

# ReThinking PLASTIC

Take action!  
Let's stop plastic pollution

Color your own poster. Be part of our activities to solve the problem of plastic pollution in our planet. If you want to participate this is what to do:

## READ

On the next page find important information to complete your poster.



## COLOR

Print page No. 3 of this document, color your poster, write down your name and state the activities you are doing and which ones you are planning to do. Define your commitments in each activity.



## SHARE

Take your poster to school; put it up on a bulletin board or in your community center. Discuss this topic with your friends and family.



# ReThinking PLASTIC

**Most of the plastic pollution that affects the environment is produced by what is known as disposable plastic.**

*it makes no sense that something we use just once is made of a material that will last hundreds or thousands of years*

**We must take action and change our habits to avoid more plastic pollution.**

**Say NO to plastic drinking straws:** In the United States alone, 500 million plastic straws are used every day; if we joined each one of them up together, we could circle the earth two and half times. How impressive!! And the worst part is that most of the plastic straws end up in waste garbage landfills or floating in the seas.

**Buy boxes, avoid plastic containers:** Many products, such as laundry detergent or dishwasher soap, usually come in plastic containers; but, we can also buy them in cardboard boxes.

**Reuse glass containers:** Instead of recycling or throwing them away, reuse the jars to store other foods or make them handy when you buy bulk foods.

**Use reusable bottles and glasses:** Bottled water produces 1.5 million tons of plastic waste per year, and these bottles require almost 180 million liters of petroleum (oil) to produce them. Simply refilling your reusable water bottle will prevent some of these plastic bottles from ending up in landfills and oceans.

**Give up chewing gum:** Chewing gum was originally made from a tree sap called chicle, a natural gum; but when scientists created synthetic rubber, polyvinyl acetate and polyethylene, which are types of plastic, they began to replace natural rubber with some of these plastics. Give up chewing gum, it is harmful to your health and the environment.

**Bring your own container:** Whether you're picking up a takeout order or taking home restaurant leftovers, bring your own reusable containers. When you place your order, ask if you can take the food in your own container. Most restaurants will have no problem with that.

**Avoid plastic utensils:** Bid farewell to disposable plastic utensils such as forks, knives, spoons. Try to pack your own cutlery for your lunch. Many of these utensils end up in the sea or in the stomach of some bird that will die after swallowing it.

**Bring your own reusable bag when you go shopping:** Use cloth bags, which do not pollute and keep several handy in the usual places, such as in the car or in your handbag and thus significantly reduce the number of 160,000 plastic bags that are used every second in the world.

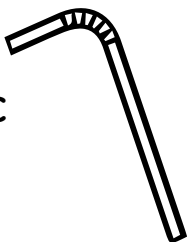
**Support environmental organizations:** There are many nonprofit organizations that work to address the problem of plastic pollution in a variety of different ways, such as the Oceanic Society, Plastic Pollution Coalition, or Plastic Soup Foundation among others.

**Spread the message:** Stay informed about problems related to plastic pollution and help others learn about the problem. Tell your friends and family how they can be part of the solution. Be informed and spread the message.

These are the activities and the commitments towards a planet with less plastic pollution, done by:

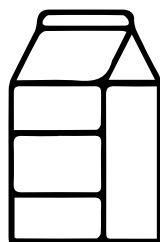
write your name here

Say NO to plastic drinking straws



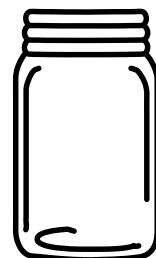
- This is what I am doing
- I am committing to do this

Buy boxes, avoid plastic containers



- This is what I am doing
- I am committing to do this

Reuse glass containers



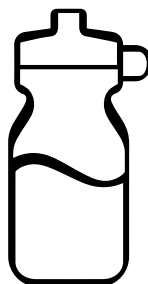
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Give up chewing gum



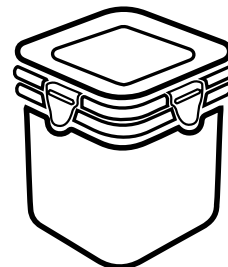
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Use reusable bottles and glasses



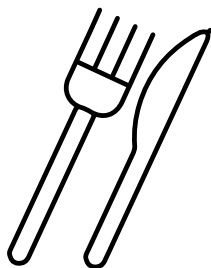
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Bring your own container



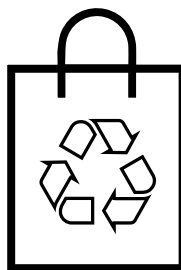
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Avoid plastic utensils



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Bring your own reusable bag



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Support environmental organizations



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Spread the message



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