

# Why Refuse Disposable Plastics?

The Facts:

- **Plastic is forever**
  - Every bit of plastic that has been created still exists. The earth cannot digest plastic.
- **Plastic poisons our food chain**
  - Plastic creates toxic pollution from manufacture to use to disposal. It breaks down into small particles that are ingested by wildlife on land and in the ocean, thereby contaminating the food chain.
- **Plastic affects human health**
  - Harmful effects from chemicals leached by plastics are in the bloodstream and tissue of us all.
- **Disposable plastics are the main source of plastic pollution**
  - Consumption of bags, bottles, straws, utensils, polystyrene cups, food packaging and more has spiraled out of control.

**It is hard to stop using plastic. Some is essential, such a plastic used for pipes because it lasts forever. But Single use plastic can be reduced or ended. Always try to REFUSE to use the product, but if you can't, REDUCE the use of the product, REUSE it for something else, or RECYCLE the product through proper channels.**

Listed below are some of the items in daily use that we should try to refuse or at least reduce! Look over this checklist and decide which items you can take action on. Check off the things you can do and write in the blank spot HOW you will do it. Add more weekly!

	Refuse	Reduce	Reuse	Recycle	HOW?
Example: Plastic bottles	X	X			I will never buy water in plastic bottles. I will use reusable cups and water from my home
Plastic bottles (water, soda, etc)					
Plastic cups					
Straws					
Cotton swabs w/plastic sticks					
Fruits/Vegetables packaged in plastic bags					
Plastic resealable bags					
Plastic cling wrap					

	Refuse	Reduce	Reuse	Recycle	HOW?
Plastic utensils					
Plastic plates					
Food containers unless reusable					
Plastic Packaged toys, clothing, household goods					
Plastic grocery bags					
Cleaning containers					
Toothbrushes					
Toothpaste tubes					
Medicine bottles					
Diapers					

**Go to these website for more ways to reduce your plastic footprint:**

<https://www.plasticpollutioncoalition.org/get-started-living-plastic-free>

<https://plasticoceans.org/>

<https://www.nrdc.org/stories/10-ways-reduce-plastic-pollution>

<https://www.earthday.org/campaign/end-plastic-pollution>

Join the North Georgia Conservation Coalition!! This check list is posted on our website. Go to our website for more information!!

<https://www.ngacc.org/initiatives>

