

# Plastic Free July

Have you heard of Plastic Free July? It is a global initiative during the month of July to stop using disposable plastic, and to start making healthier, more sustainable choices in your life. Remember, every dollar you spend buying plastic is a vote for more plastic to be produced. You *can* make a difference by changing to how you shop and spend your money, and by using more earth-friendly products. You'll be sure to save some money too!

For more information, or to sign up for the full challenge, visit <http://www.plasticfreejuly.org/>

More than a million people took place in last year's challenge! If you are interested in making some healthier swaps this July, here's are some ideas to get you started:

## Plastic water bottles



One of the easiest items to eliminate in your life is plastic bottles. Do yourself and your recycling bin a favor by breaking up with bottled water. Carry a reusable bottle or thermos with you everywhere. You'll be amazed how many times you'll reach for it during the day. Or, go second hand and reuse a glass jar!

## Plastic bags

Plastic bags are a huge environmental problem. These light-weight blights blow into waterways, choking sewer pipes which can cause floods and environmental degradation. More visible is the impact plastic bags have on marine life—catching on legs and limbs, and unfortunately being ingested by turtles since they look like jelly fish. Make the switch to reusable bags or ask for paper bags instead of plastic.



## Paper coffee cups



Starbucks has estimated that they use 6 billion paper cups per year. Ouch. Paper to-go cups cannot be recycled since they are lined with a thin layer of plastic to keep the boiling liquid from degrading the paper. Swap the paper cup by bringing your own thermos or mug from home. Some chains even give you a discount for bringing your own cup!

## Straws

Did you know straws never break down? In America, 500 million of these bad boys are used every single day. Challenge yourself to order all your beverages without a straw. If you really need a straw look at buying a reusable straw.

