

NOT-SO-FANTASTIC PLASTIC

Plastic makes our lives so easy; we can walk out of our front door empty handed and head to the store where we can snap up a plastic bottle of water, a plastic box of sandwiches and a bag of crisps, then carry our shopping home in a plastic bag, without a thought.

The problem is that plastic doesn't just disappear – it takes hundreds of years to break down and in the meantime we are filling our oceans with a dumper truck's worth of plastic garbage every MINUTE!



POLLUTION SOLUTION – HOW TO DITCH THE PLASTIC HABIT

- Carry a reusable bottle when you're out and about, then look out for water fountains or ask in a cafe if you can top it up.
- Always take a reusable bag shopping with you – you could even make your own.
- Buy loose fruit and veg from smaller shops and markets or make a stand in the supermarket by leaving everything in plastic right there on the shelf.
- Take empty containers with you to fill up in the refill shops or zero-waste stores that are popping up in lots of our towns and cities.
- There are loads of fun, hard-wearing reusable food containers out there, so take a packed lunch or picnic with you when you're out and about. If you want a taste of street food, buy from the good guys who use recyclable packaging.
- Cook from scratch – all those ready-meals and takeaways don't just cost more money; with their piles of plastic packaging, they cost the planet too.

Buying plastic bottles of water is just bonkers if you live in a country with safe drinking water on tap. Around a million plastic bottles are sold around the world every minute and less than 25% of these ever get recycled.

It's not just the sea birds, turtles and mammals, like seals, that are eating our plastic – we are, too. Plastic eventually breaks down into tiny particles that we can barely see and it makes its way into the marine food chain. Tiny creatures consume the microplastics → they provide a meal for the small fish → they in turn are eaten by bigger fish → and so it goes on until that contaminated fillet of fish ends up on your plate.



Yam, anyone fancy a bit of toxic waste in their supper tonight?