

# Join the Challenge

## Do your bit

### Sign Up to Plastic Free July

Plastic waste is one of the biggest and most insidious forms of pollution in our natural environment.

It is everywhere, from the middle of the ocean to the mountain tops, in densely populated cities and open deserts and everywhere in between.

*Every year, about 8 million tons of plastic waste escapes into the oceans from coastal nations. That's the equivalent of setting five garbage bags full of trash on every foot of coastline around the world. (National Geographic).*

We can all make changes to reduce plastic waste. Join the Plastic Free July Challenge and see what you can do.

<https://www.plasticfreejuly.org/>

#### Plastic Waste in the Time of COVID-19

Life has changed for many people:

- Increased takeaway, in place of eating out
- Increased cooking at home
- Changes in coffee habits – no more re-useable cups
- Changes in personal hygiene: increased sanitiser use, disposable tissues and wipes, and hand washing
- Changes in transport: greater use of car, less use of public transport

For many of us, behaviour changes have led to an increase in waste production in some areas, and a reduction in other areas. During July, take a moment to see if you can make further changes to reduce your waste.



*1 Lunchtime Litter collection 2019*

#### What does the challenge involve?

- Swapping out single use plastics in your life, for a more environmentally friendly alternative
- Identifying how you can live differently to reduce plastic consumption and waste
- Taking part in activities that reduce plastic in the environment eg a litter collection from your local area or favourite hangout

Not sure what you can change? [Take a quiz to identify plastics you can change.](#)

Find out what you can do: <https://www.plasticfreejuly.org/get-involved/what-you-can-do/>

#### More information about plastic

<https://www.nationalgeographic.com/environment/habitats/plastic-pollution/>