

“International Plastic Free Day”- July 3,2020



Plastic Bag Free Day is a global initiative that aims to eliminate the use of single-use plastic bags in the world. It is an important day to raise awareness of the negative impacts of plastic bags on the earth as well as on humans. A **2018 U.N. Environment report** on single-use plastics defines “*single use plastics*” as *plastic “items intended to be used only once before they are thrown away or recycled.”* The most commonly used ‘single use plastics’ are- plastic forks and knives, plastic shopping bags, plastic tea and coffee cups, plastic water bottles, plastic straws and plastic containers.

The U.N. Environment reports just 9% of the world’s 9 billion tons of plastic has been recycled. Most of our plastic ends up in landfills, our oceans and waterways, and the environment. Plastics do not bio-degrade. It takes 100s of years to decompose. In the meantime it contaminates our soil and water. It not only pollutes the environment but also directly harms many living organisms.



On this occasion of “International plastic Free Day”, let us all pledge to stop or radically reduce the usage of plastic bags and emphasize on the alternatives to single use plastics.

Here are some ideas:

- Use cloth or reusable shopping bags instead of plastic bags
- Bring your own coffee mugs, and avoid establishments that don’t offer non-plastic options.
- Avoid non-recycled plastic bottles and plastic straws
- Buy items in bulk to reduce plastic packaging.



We all can do our part to prevent further damage to our environment from plastics. We need to think it through when using non-degradable plastic products in regard to what it does to our environment and how it will wreak havoc in the coming years.

