



## Join us for Plastic Free July!

We've heard the statistics about the terrible plastic pollution in our oceans -- about 8 million tons of plastic entering the sea every year -- and if we continue at this rate there will be more plastic in the ocean than fish by 2050.

What we don't tend to hear as much about is the plastic pollution right here in our backyard and that 20 Million pounds of plastic make their way into our Great Lakes each year. To put that in perspective, that's the equivalent of 100 Olympic-sized swimming pools filled with plastic bottles being dumped into our Great Lakes EVERY YEAR.

The International campaign for a Plastic Free July was created to help bring awareness to our plastic pollution crisis and encourage people to rethink their use of plastic. Please check out our calendar below and see how you can make a difference, starting July 1 and continuing throughout the year!

### Did you know?

- Since 1950 more than 9 billion tons of plastic has been produced!
  - To put in perspective, that is more than ONE TON of plastic for every person alive today.
- If we continue at this rate, plastic production is expected to quadruple by 2050!
- We have developed a "disposable" lifestyle and estimates are that around 50% of plastic is used just once and thrown away -- this is the stuff we're seeing litter our coastlines and our Great Lakes.
- Plastic never really goes away, it just breaks down into smaller pieces called microplastics that are making their way into the air we breathe and the water we drink.
- Where do plastics go in the US? 75% sent to landfills; 16% burned; only 9% is recycled
  - A recent study showed that on average, people could be ingesting approximately 5 grams of plastic every week, which is the equivalent weight of a credit card.

**Thank you for being part of the solution!**

# Plastic Free July – 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



**GREAT LAKES  
PLASTIC POLLUTION  
SOLUTIONS  
COALITION**

## GLPPSC Members:

[AFFEW](#) | [Crossroads Group, Sierra Club, MI](#) | [Environmental Council of Huron Valley, MI](#) | [ECO Brighton](#) | [Greater Grand Rapids Sierra Club Network, MI](#) | [National Council of Jewish Women, Michigan](#) | [Nepessing Group, Sierra Club, MI](#) | [Sierra Club Ontario](#)

## 1 Plastic Audit

See how much plastic you use in a day/week and take the [Plastic Free Challenge](#). IN CANADA? Sign up for [Hiking Hero](#) and make picking up litter part of your hike!

## 2 Tell a Friend

Tell a friend about Plastic Free July and why it's important to you.

## 3 Say NO to Glow Sticks

Glow sticks are hazardous waste; please dispose of them accordingly or better yet, choose a reusable glow stick.

## 4 Plastic Free Picnic

Celebrate our country's independence with your independence from plastic! Use reusable or alternative items such as compostable cutlery at your holiday picnic.

## 5 Great Lakes Plastic

22 million pounds of plastics enter the Great Lakes every year! What will you do to reduce your impact?

## 6 Explore Terracycle

Recycle toothbrushes, plastic gloves, and so much more! Visit [Terracycle](#) to learn about their programs.

## 7 Make some DIYs

Check out [this guide](#) on how to make several household products to help reduce your plastic consumption at the store.

## 8 Accountability

1. Find plastic litter
2. Take a pic
3. Post pic with #IsThisYours?
4. Tag the brand

## 9 Write to a Company

Send an email or letter to a company about their plastic waste and how they can reduce it. [Here is a template you can copy/paste!](#)

## 10 Movie Night

Tonight watch one of these amazing documentaries on our plastic problem and see how you can be part of the solution.

[Suggestions here](#)

## 11 Read a Book

Borrow a book from the library (or from a friend) about plastic waste. [Suggestions here](#)

## 12 Refuse

Say NO to single use plastic! At this rate, there will be more plastic in the ocean than fish by 2050! [Carryout Tips](#)

## 13 Balloon Debris

Kills Wildlife & pollutes. [Learn more](#)

## 14 Learn What YOU Can Do to Help!

[NCJW Webinar](#)  
“Sustainability: Acting Now to Secure the Future”.  
Click here for further details.

## 15 Join an Eco Group

Learn more about our GLPPSC members via the links at the top of the calendar.

## 16 Reduce Plastic Bottles

Humans use ~ 1M plastic bottles/min. Skip bottles of hand soap, body wash & shampoo. Try bar soap or look for a Zero Waste store in your area!

## 17 Check Out Our

[Green Grocery shopping guide](#) before your next trip to the store.

## 18 Choose Natural Fibers

35% of plastic in the oceans comes from washing synthetic fabric. Choose natural fibers: cotton & wool vs. synthetics (nylon, polyester, & acrylic).

## 19 Skip Styrofoam

Bring a reusable mug when allowed and your own containers for carryout when dining in; ask for foil vs plastic.

## 20 Microplastics

Learn more about microplastics.

[Article from NOAA](#)

[NPR podcast](#)

## 21 Community Clean-up

Clean up a park near you or sign up for a local clean-up.

[Affew's Beach Sweep](#)  
7 -8 p.m. Stearn's Park  
Ludington

## 22 Recycle Right!

One bad apple can spoil the whole bunch. Know what your recycling provider accepts (and what they do not)! Plastic bags and film should be returned to retailers for recycling.

## 23 Plastic Packaging

40% of plastic waste is packaging – used just once & then discarded. Be mindful of the packaging when selecting products.

## 24 Educate Others!

[Join us in September](#) to help educate lawmakers on plastic pollution.

## 25 Bring Your Own Bag

It is estimated that 4 trillion plastic bags are used worldwide annually. Only 1% of plastic bags are returned to stores for recycling.

## 26 Green Lunches

Plastic waste is choking our planet! Use beeswax wraps or reusable bags in place of plastic wrap and sandwich bags.

## 27 Upcycle Challenge

Before you toss that old plastic item, up-cycle it into something new you can use. [Click here](#) for inspiration.

## 28 Learn about Green Initiatives in Your Town

[Brighton](#)  
[Grand Rapids](#)  
[Oakland County](#)  
[Wayne County](#)  
[Washtenaw County](#)

## 29 Support Plastic Pollution Legislation

Including these US/MI bills:  
[S 1507](#)  
[HB 4157](#)  
[HB4331/SB167](#)

## 30 Trap Microplastics

Add a filter to your washing machine such as [LUV-R filter](#) or [Filtrol-160](#) or use a [Guppy Friend Bag](#)

## 31 Keep it Going

Keep these plastic free initiatives going as, together, we CAN make a difference!

