

Plastic Free July

# **Description**

#### Theme:

• 'Plastic Free July' is a <u>global movement</u> that was started in 2011 to encourage individuals and communities to reduce their plastic consumption for the July month.

## Why is this important:

- <u>Plastic waste pollutes air, water and soil.</u> Thereby it affects the health of animals and humans. Hence it is very important to <u>raise awareness</u> in people about plastic pollution. Plastic Free July helps in achieving this goal.
- This movement <u>encourages behavioural change</u> by promoting sustainable alternatives. People and communities share ideas and resources to reduce plastic consumption.

#### What can we do:

- We can bring our own bags when shopping instead of using single-use plastic ones, use reusable water bottles rather than buying bottled water, and choose glass or stainless steel containers instead of plastic ones. By buying items in bulk, we can cut down on packaging waste, and we can also opt for products with minimal or no plastic packaging, like bar soap and bamboo toothbrushes.
- We should commit to reducing plastic use for the month of July, share information about Plastic Free July with friends and family, and participate in local clean-ups and workshops on sustainable living. We can also choose to buy from companies that prioritize sustainable practices.



## The long-term impact of Plastic Free July:

 We can help create new eco-friendly materials and packaging by wanting more products without plastic. Our actions together can change rules to make less plastic. <u>Businesses will</u> <u>be forced to make plastic-free products</u> to win the approval of consumers. Doing small things every day can make us more sustainable in the long run.

### **Conclusion:**

By joining Plastic Free July, people can help reduce plastic pollution globally and protect the environment. When everyone takes small actions together, they can have a big impact. Plastic Free July is a chance to think about using less plastic and start doing things that are better for the Earth. By learning, doing, and working together, we can make the world healthier for the future.

### Your Turn...

What are your thoughts on 'Plastic Free July'? Express your thoughts through the comment section below. Subscribe to our blog to read answers to the trending GD topics.

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