

# WHAT ARE SINGLE USE PLASTICS?

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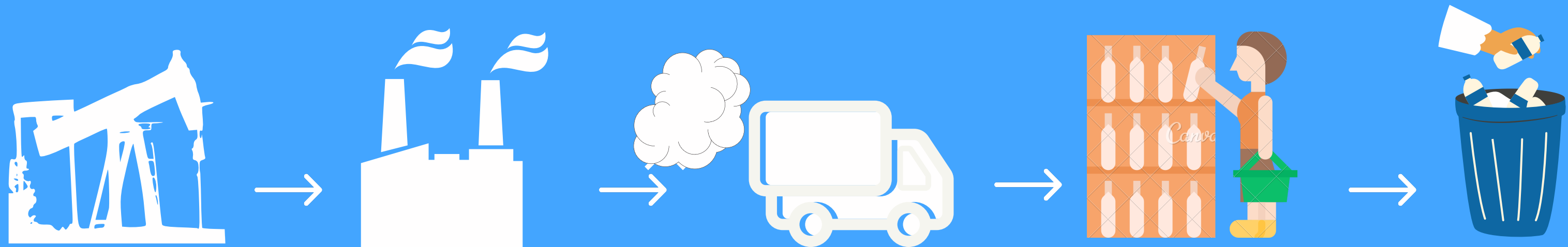
**Items intended to be used only once before they are thrown away. These include items such as carry bags, food packaging, bottles, straws, containers, cups and cutlery.**

# Why are single use plastics problematic?



# 1

## ***UNSUSTAINABLE USE OF RESOURCES***



Extremely unsustainable use of finite resources as SUPs are made to be used only once and discarded.

If current trends continue, by 2050 the plastic industry could account for 20% of the world's total oil consumption.



**8.3 billion metric tonnes of plastic produced till date.**

**6.3 billion metric tonnes became plastic trash - in landfills and natural environment.**



2

***POLLUTION***

**RIVERS CARRY PLASTIC WASTE  
FROM DEEP INLAND TO THE SEA,  
MAKING THEM MAJOR  
CONTRIBUTORS TO OCEAN  
POLLUTION**





**If current trends continue, our oceans could contain more plastic than fish by 2050.**

# 3

## *HEALTH HAZARD*



Chemicals from plastic containers can leach into the food and, in turn, our bodies.

Phthalates

Bisphenol A (BPA)

Antimony


Styrene

Pthalates/ BPA - hormone disruptor, contributes to childhood obesity and cardiovascular disease.



Polystyrene can leach styrene, a suspected carcinogen,

PET can leach antimony, a toxic metalloid, into food and beverages








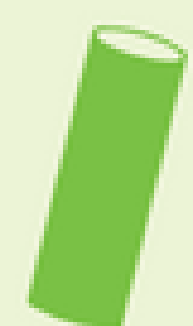
**PET**  
Contains antimony.  
Do not heat.  
Do not reuse.





**HDPE**  
No known health concerns with HDPE.





**PVC**  
Contains Phthalates.  
Avoid in food products.  
Do not heat.





**LDPE**  
No known health concerns with LDPE.




**PP**  
No known leaching chemicals.  
Considered safer for reuse.



**PS**  
Contains styrene which may leach into other systems.



**Other**  
Other or polycarbonate. May contain BPA that can leach into other systems.



# 4

## ***PLASTIC IS FOREVER***

Plastic never goes away, it just breaks down into smaller and smaller pieces.

These tiny plastic particles are swallowed by fish who mistake them for food, and thus can find their way onto our dinner plates.





**"The potential hazards associated with microplastics come in three forms: physical particles, chemicals and microbial pathogens as part of biofilms" WHO**

2017

Microplastics in tap water as well as bottled water

2018

- Plastics found in human poop
- Found in sea salt

2019

- Microplastics found in the arctic snow
- Found in the soil in remote locations

2020

- Microplastics is the new acid rain
- Found inside plants

2021

Presence confirmed in human placenta

**WWF report of 2019 quotes that an average person could be ingesting approx 5 grams of plastic every week.**



# 5

## ***LINKED WITH DISASTERS IN MOUNTAINS***

Plastics end up being thrown in drains and jhoras, which are important drainage systems for the mountains.

These clogged waterways hinder the flow of water which get diverted, often times leading to serious consequences causing such as landslides in the mountain areas





**If current trends continue, our oceans could contain more plastic than fish by 2050.**

# 6

## ***AIR POLLUTION FROM BURNING***

Burning is one of the most common ways to make waste 'disappear'.

Burning / Incineration of plastics releases toxic fumes into the air

Contributes to climate crisis



**Let's break our  
plastic addiction**





**Bring your own!  
Do without!  
Choose unpackaged!**

**SINGLE USE  
MUST GO**



**1 million plastic bottles bought every minute**

**50% of consumer plastics are single use**

**500 billion plastic bags used each year**

**83% of tap water found to contain plastic particles**

**13 million tonnes of plastic leak into the ocean each year**

**17 million barrels of oil used on plastic production each year**

**10% of all human-generated waste is plastic**



PLASTIC BAGS / PP BAGS



BOTTLED WATER



DISPOSABLE PLASTIC PLATES/ CUPS

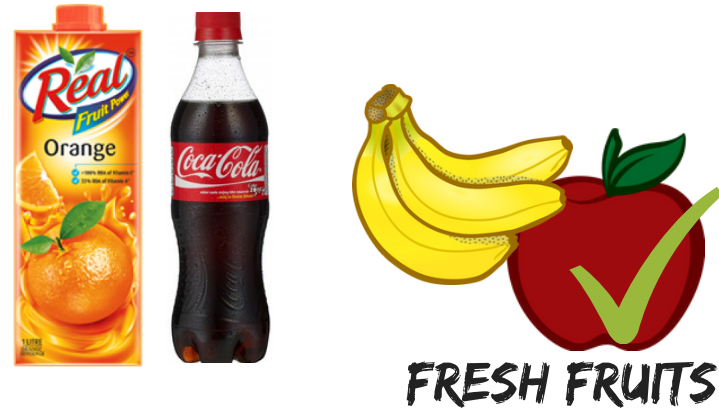


# SIMPLE STEPS TOWARDS ZERO WASTE

MULTILAYERED PLASTIC



PLASTIC BOTTLES/ TETRAPAK



PLASTIC STRAW/ CUP COVERS / GARBAGE BAGS



PLASTIC FREE PERSONAL CARE



PLASTIC FREE CELEBRATION

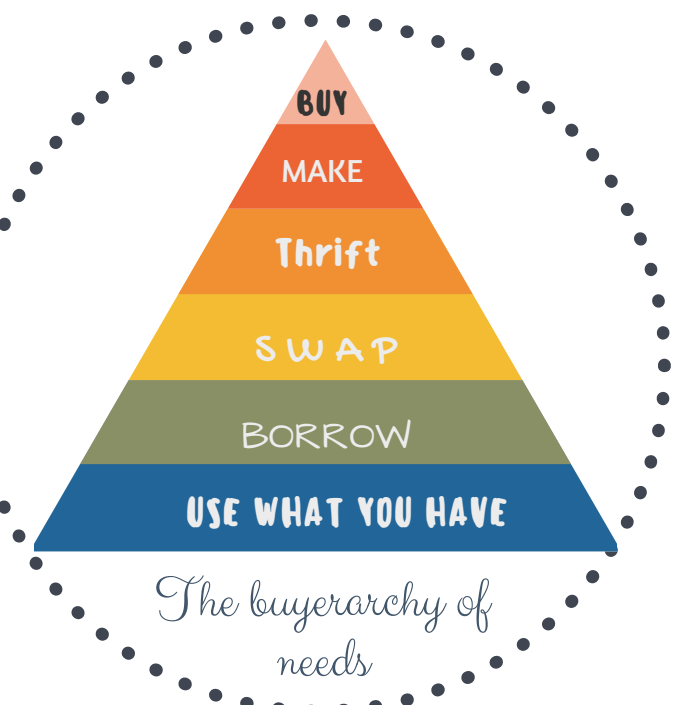
MICRO PACKETS



MICRO BEADS SHAMPOO/ FACEWASH/ TOOTHPASTE



SUSTAINABLE MENSTRUAL PRODUCTS



BUY LESS!