



ECO TIPS - JULY

Let's think about plastic pollution this month and what your and my role can be in ending it!

“*Plastic Free July*® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?” (quoted from: www.plasticfreejuly.org)

In March 2022 Heads of State, Ministers of environment and other representatives from UN Member States endorsed a historic resolution at the UN Environment Assembly (UNEA-5) in Nairobi to [End Plastic Pollution](#) and forge an international legally binding agreement **by 2024**. The resolution addresses the full lifecycle of plastic, including its production, design and disposal.”

Plastics have various attractive properties: being cheap, light, easy to mass-produce and having many applications – BUT: It is scary how waste plastics are now being found en masse in our rivers and oceans, road verges and countryside - and even in our food as microplastics!

Here are some ideas how to reduce plastic pollution:

- Buy loose products without plastic packaging wherever you can – for example fruit and veg;
- Avoid buying drinks in plastic bottles;
- Avoid cosmetic products that contain plastic microbeads;
- Buy new clothes only made of natural fibres. Every time synthetic fibres get washed they release microfibres into the waste water;
- Reuse plastic items if you have already bought them (ice cream containers, PET bottles, shopping bags etc.);
- Consider investing in durable products rather than buying cheaper plastic items with a shorter life span;
- Help at the village litter pick;
- Pray and campaign for an effective international agreement that will **end plastic pollution!**

Lots of homework for our “*Plastic Free July*”! May God help us...