

# One Earth *Alert!*

*Plastic* is Harming Our World - We Need to Do Something!

**STOP** buying water in plastic bottles – fill your own reusable stainless steel or glass bottle with your own filtered water. **FACT** - We use about 60 million individual size plastic water bottles every day. Hundreds of thousands of nanoplastics have been detected in a single bottle.

**BUY** personal care products that do not contain plastic microbeads, which are commonly found in facial scrubs and whitening toothpastes due to their abrasive properties. **FACT** - Plastic microbeads have become a significant source of pollution in our waterways. Plastic is made from fossil fuels and chemicals and can absorb toxic pollutants like PCBs, pesticides, and motor oil. When these microbeads are mistaken for food, the toxins move up the food chain and can harm humans through the consumption of contaminated seafood.

**DON'T TAKE** that shiny paper receipt next time you make a purchase. You may have heard that the chemicals bisphenol-A (BPA) and bisphenol-S (BPS) are found in plastic water bottles, beer and soda cans, and canned foods, but they also coat the thermal papers used for store, bank, and gas station receipts.

**FACT** - BPA and BPS readily migrate through your skin into your bloodstream, where they are powerful endocrine (hormone) disruptors.

## RECYCLING

plastic only makes things worse. Burning it creates dioxin, a potent carcinogen. Crushing it creates micro-and nanoplastics. A recycled plastic bottle contains more harmful plasticizing chemicals than a new bottle.

## ALWAYS

bring a reusable bag with you when you shop. **FACT** - We use more than 5 trillion single-use plastic bags each year. It takes 1,000 years for a plastic bag to degrade in a landfill. They break down into micro- and nanoplastics which migrate into our air, water, and even our bodies.

**START** a campaign to ban all plastic food containers, utensils and straws in cafeterias and ask food service managers to replace with biodegradable items made from PFAS-free materials. Bioplastics also contain toxic chemicals and are not a good alternative.

**FACT** - Untold billions of pieces of plastic food packaging are floating in our oceans. In some areas of the oceans, there is more plastic than zooplankton, and we lose hundreds of thousands of sea mammals and fish, as well as over a million sea birds are killed each year as they mistake plastic for food.

## DON'T BUY

coffee, tea, or hot chocolate in Styrofoam cups.

**FACT** - Styrofoam is made from polystyrene which leaches into hot liquids. According to the EPA, styrene can cause cancer in humans.

## and AVOID

any items made from polyvinyl chloride (PVC). PVC is the most toxic of all plastics. It smells toxic too, so even if you can't find a content label, if it stinks, it's probably PVC. According to the EPA, vinyl chloride can cause cancer in humans.

For more information about plastics and other environmental toxins, visit our website: [www.grassrootsinfo.org](http://www.grassrootsinfo.org)

