

# Our Toxic **Plastic** World

## THE FACTS

- More plastic has been produced in the last ten years than in the entire previous century. By 2040, the world will be producing a garbage truck load of plastic every second.
- 99% of plastic is produced using fossil fuels, a process which perpetuates climate change. Approximately 16,000 chemicals are used in plastic production, many of them toxic to humans.
- Over 50% of all plastic is intended to be used only once. It's used in minutes but lasts for centuries. Most single-use plastic is used for packaging.
- Micro- and nanoplastics are found in every corner of the earth, from the top of Mount Everest to the bottom of the Mariana Trench in the Pacific. They've also been found in every part of the human body.
- Less than 9% of all plastic produced has been recycled. Today's chemical recycling or pyrolysis (incineration) is energy-intensive and highly polluting, creating toxic emissions and hazardous waste.

## HERE'S WHAT YOU CAN DO

- **Skip the stuff!** Decline single use utensils, straws, condiment packs, and other plastic items in restaurants and for take-out. Carry your own kit of utensils and napkins in your car.
- **Refuse to buy** items packaged in plastic that don't need to be.
- **Use paper bags for trash** instead of plastic. Put wet items in compost or in used plastic bags.
- **Never put fall leaves** in black plastic bags. Put in compost or use paper bags instead.
- **Bring your own** water bottles, coffee cups, shopping bags, and produce bags.
- **Use glass or stainless steel** to store food. Buy bulk items in paper bags.
- **Buy and wear** clothing made from cotton, wool, and linen, not plastic synthetic fabrics.
- **For personal care items**, choose bar soaps, shampoo and conditioner bars.
- **For cleaning**, choose powdered laundry detergent in cardboard boxes, dish soap bars, and uncoated dishwasher tablets. Use sponges and scrubbing pads made from natural materials.



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