



# Small Actions by Many People Can Change the World

FROM TORONTO  
AND BEYOND



The Sustainable Capacity Foundation (SCF) is honoured to give a \$1,000 grant to One Piece a Day (OPAD) for their work towards reducing litter. OPAD is a global environmental initiative based out of Toronto that raises awareness about the detrimental effects of litter and plastic pollution on the planet. The transformative work is done with the use of a namesake mobile app, available for both iOS and Android, that allows users to log every piece of litter picked up or refused. The app helps raise awareness by illustrating that if every person on the planet picked up just one piece of litter a day, the amount of visible pollution could be greatly reduced. OPAD's work is far-reaching. The organization often goes to schools, colleges, and universities to speak to students about issues of litter, plastic pollution, and how small actionable steps by many can make a real impact on the planet.

OPAD founder, Dmytriy Perekhita is an architect, family man, and diehard environmentalist. He started OPAD after witnessing copious amounts of pollution infiltrating the shores of the Maya Riviera and thought: "What if everybody could just pick up one piece of trash a day?". Dmytriy believes small actions by many people can change the world for the better. In addition to this community-driven initiative, Dmytriy is a global thought leader in climate change and has been featured in several media outlets including ThriveGlobal, Authority Magazine, Alternatives Journal, Waterfront Magazine, The Millennial Source, and Climate Change with Scott Amyx.

Plastic pollution is a serious issue that has a direct relationship with climate change. Plastic production creates a significant carbon footprint since 99%—

—of plastics come from fossil fuels. The extraction of oil and gas, particularly hydraulic fracturing for natural gas, releases many toxic substances into the air and water, often in significant volumes. On top of this issue, plastic pollution has been increasing globally is due to the mainstream usage of single-use plastics.

Although plastic is labeled as disposable, it is not a biodegradable material which means every single piece of plastic ever made still resides on our planet to this day. Plastic pollution is seemingly inescapable and can be found in cities, parks, forests, and beaches. Sadly, plastic pollution has a direct and deadly effect on wildlife. Thousands of seabirds, sea turtles, seals, and other marine mammals are killed each year after ingesting plastic or getting entangled in it every year. Plastic also is known to have negative effects on human health such as instigating cancer, neurological, reproductive, and developmental toxicity, and impairment of the immune system. Since plastic is a relatively new invention, there may be other harmful effects of its use on people, animals, and the planet that are still unknown.

OPAD has had many achievements since its inception in 2017. OPAD operates globally, but helps with local projects too. In 2019, 160,000 pieces of litter were removed from the Don River ravine during an 800-person clean-up. Most notably, OPAD hit 2-million pieces of litter logged at the end of 2021. The important work that OPAD does is endorsed by acclaimed organizations like the David Suzuki Foundation and individuals like Sir David Attenborough. For these reasons, SCF is a proud supporter of OPAD.