

A Month To Reduce

Plastic Fact of the Week

The “working life” of a plastic bag is 15 minutes.

Challenge of the week

Plastics in my kitchen

- ▶ Mark and count all the plastic items you can find in your kitchen. Write down each item that is single use.
- ▶ How much can be reduced? How much can be reused? How much can be recycled?

For more ideas you can refer to the mind map.

53

STEPS TO PLASTIC FREE

How can we REDUCE plastic in our life?

Let's start with a few simple steps and make our world a better and greener place. Let's join together and REDUCE our plastic waste footprint. Remember every little STEP you take makes a difference. So choose a few and get started!

EASY



19. Refuse Plastic bags for few items

Refuse to take plastic bags when you buy only 1 to 2 items.



20. Travel Mug

Carry your own travel mug and refuse getting disposable coffee cups



21. Save Boxes

Save take out boxes, plastic boxes, cartons etc. for storage and organization.



22. REUSE!

Reuse materials in your home instead of throwing them away.



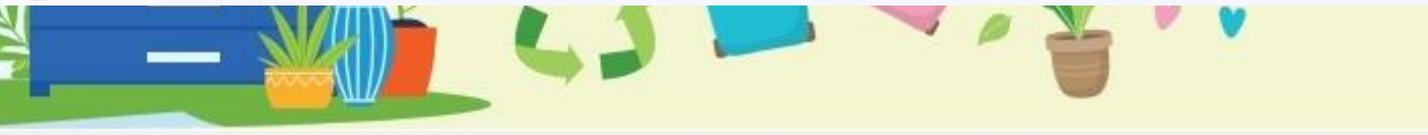
23. Plastic Produce bags

Buy vegetables and fruits with your own mesh bag or reusable bag at the local market instead of their plastic bags.



24. Plastic Egg Cartons

Reuse as a child's teaching aid or organizational hack.



Moderate

25. Buying Bulk and BIGGER

Buy essentials in bulk and in bigger containers that last longer- toothpaste, shampoo, bodywash, facewash, cleaning items- this reduces the amount of plastic we consume and throw and saves money.

26. Paper over Plastic

Choose paper packets, packaging and bags over plastic whenever you can.

27. Plastic free meals

Carry and use your own when travelling and eating out, instead of using disposables.

28. Homemade Yogurt

Make your own homemade yogurt and reduce the amount of plastic containers. Its very easy don't worry.

29. Popcorn

Replace popcorn packets by buying kernels and popping them at home.

30. Chips

Replace your packet of chips with a homemade baked potato or homemade fries.

Difficult

31. Sodas and Juices

Eat fresh fruits, instead of sugary juices and soft drinks.

32. Self Care Products

Find simple and natural products without plastic packaging to cleanse and hydrate your skin.

33. Homemade snacks and bars

Make your own snacks and energy bars at home to avoid buying bars wrapped in plastic.

34. Plastic Packaging

Avoid buying items with extra plastic packaging.

35. Food Preservation

Choose existing glass bottles or boxes, over plastic wrap and ziplock bags for storage.

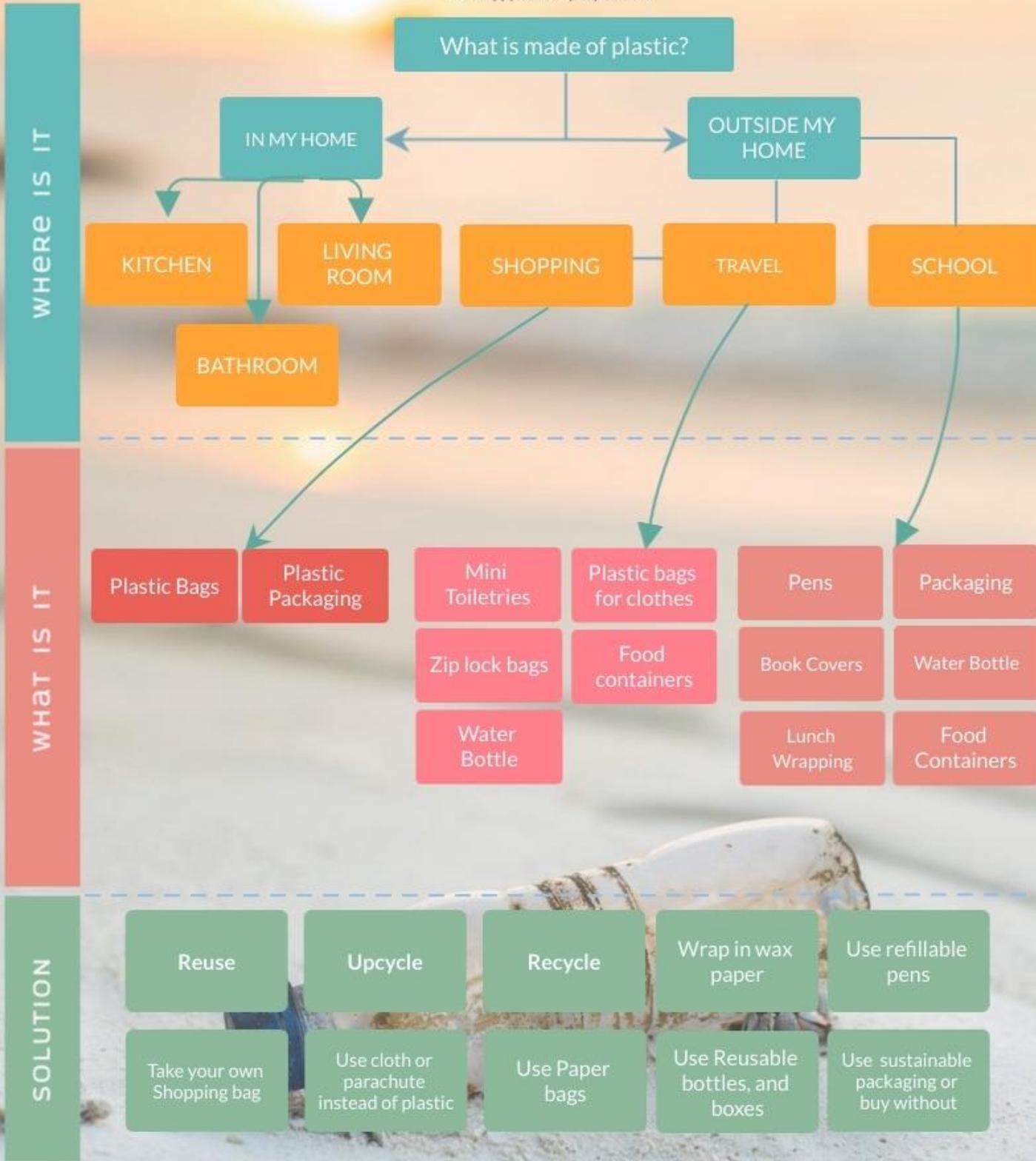
36. Natural Rubber gloves

Choose reusable and natural rubber gloves over the disposable ones for house cleaning.

PLASTIC IN OUR DAILY LIVES

Can you Reduce or Refuse some of the plastic?

BY Happy Nests By Supermoms



Kids Corner

Happy Nests

AN UPLIFTMENT IN



How much do you know about plastics and its recycling?
Take this quiz and find out!

<https://quizizz.com/join?gc=00499884>



Approximately how many years
does it take a plastic bag to
decompose?

500

100

1500

5000



How much water does it take to
recycle one plastic bottle?

1.5 gallons

0.5 gallons

1 gallon

3 gallons

Types of Plastics Wordsearch

Do you know the names of the different types of plastics used to make items that we use everyday? Find them in this wordsearch using the clues given below.

G	V	C	P	X	P	A	H	P	M	L	V	V	J	C	H	I	V	G	Y	N	D	S	S	A
I	B	O	G	V	C	P	Y	O	E	H	T	C	U	E	B	Q	U	M	F	Q	E	C	H	I
P	O	L	Y	E	T	H	Y	L	E	N	E	T	E	R	E	P	H	T	H	A	L	A	T	E
X	N	C	B	N	G	C	B	Y	N	Q	D	F	O	J	C	A	I	N	B	F	H	I	O	T
B	K	T	G	Q	D	J	C	V	D	L	X	U	F	J	Y	N	G	O	C	L	O	C	Y	I
C	L	O	W	D	E	N	S	I	T	Y	P	O	L	Y	E	T	H	Y	L	E	N	E	H	Z
J	J	C	W	P	H	F	N	N	P	P	X	E	C	U	V	B	D	E	G	O	Y	H	A	N
H	E	P	O	Z	P	O	L	Y	P	R	O	P	Y	L	E	N	E	D	S	H	Q	N	G	Y
M	I	W	Y	W	X	B	H	L	G	L	C	O	F	Z	J	O	N	W	A	Q	Z	Q	R	Q
E	O	Q	C	Z	J	B	B	C	B	D	O	P	Z	J	N	Q	S	M	L	L	W	A	V	F
I	V	T	A	P	T	K	W	H	Y	L	E	X	Y	Z	S	S	I	G	V	W	T	O	S	T
B	Y	V	W	F	J	X	D	L	T	A	C	N	E	H	S	H	T	J	G	N	K	F	U	K
U	O	D	V	B	I	B	F	O	D	G	J	D	M	X	R	Z	Y	E	K	M	O	Q	C	S
O	Y	O	H	C	D	C	H	R	N	Y	W	V	Q	H	Y	V	P	R	D	N	M	Y	L	U
H	C	R	O	X	N	L	Q	I	W	B	P	U	D	R	O	G	O	A	F	Z	Z	Z	R	R
W	D	X	Q	Z	N	M	W	D	B	S	U	E	I	R	N	B	L	P	L	D	U	H	N	J
E	R	M	X	V	T	W	M	E	K	E	B	K	O	F	X	S	Y	T	N	N	U	R	D	Y
J	I	Q	R	Q	A	N	M	F	Q	T	T	J	R	D	H	G	E	U	H	C	Z	K	N	P
C	Q	K	A	M	Y	K	J	P	K	W	T	W	J	V	I	A	T	Q	L	T	N	B	F	B
J	T	E	W	Q	H	H	J	U	C	M	J	M	K	H	F	K	H	Z	L	J	I	L	U	M
R	Y	F	M	C	V	Q	Y	S	X	W	M	Z	B	U	X	S	E	U	H	V	H	G	F	V
L	Y	X	D	D	G	T	V	P	A	U	V	V	Q	T	O	R	L	X	I	V	I	F	A	T
Y	F	Z	S	G	Y	A	H	J	X	P	O	L	Y	S	T	R	E	N	E	I	J	R	Z	G
Y	S	J	Q	L	N	A	L	T	I	N	D	I	L	I	T	G	N	O	A	B	T	O	A	N
U	I	I	C	F	R	O	K	L	B	A	I	F	D	K	E	N	E	D	Y	F	R	M	V	K

Word Direction: → ↓



Clues- Acronyms

- HDPE
- LDPE
- PET
- PP
- PS
- PVC



Visit our website for more tips and activities:
<https://happynestsbyhappythreads.godaddysites.com/reduction-%26-refuse-month>

Creative upcycled products by Happy Nests



plastic container for planti

Make it yourself!



Learn to make your own edible plastics in just a few simple steps.

Visit

<https://youtu.be/n40tMeenpdU>

My Plastic-Free Experience

Maria Shabbir Saifee from Amravati takes the challenge this month to refuse and reduce plastic!

She gives a list of steps she took in her own life since the beginning of this project this year after joining "Happy Nests".

1. She replaced all her plastic food containers into glass jars and steel.
2. She switched to using cloth bags instead of polythene shopping bags.
3. She uses leftover laces and materials decorate her books.
4. And much more....

Check out her full story on our website in the reduction page and get inspired!

Send us your story and get it featured in our next weeks' newsletter!

Visit our website for more:

<https://happynestsbyhappythreads.godaddysites.com/>