

A Month To Reduce

Plastic Fact of the Week

The largest market for plastics today is for packaging materials. That trash accounts for nearly half of all plastic waste generated globally; most of it never gets recycled or incinerated.



Challenge of the week



Match the following:



Plastic Items	Tips to Reduce
1. Water Bottles	A. Drink directly
2. Toys	B. Use refillable ones
3. Shopping Bags	C. Carry your own reusable one
4. Straws	D. Donate
5. Garbage Bags	E. Compost food waste
6. Drinking Cups	F. Eat homemade food
7. Balloons	G. Eco-friendly decorations
8. Take out Boxes	H. Carry your own travel mug
9. Packaging	I. Take your own cloth bags
10. Pens	J. Buy Bigger

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



37. Gift wrap

Get creative by going back to the basics, and presenting gifts on trays, baskets, and wrapping in fabric.



38. Personal Care Products

Check labels of personal care products- choose ones that don't contain plastic in them.



39. Natural Cleaners

Clean surfaces with vinegar and water and reduce the amount of detergent bottles.



40. Recycling Bin

Make your own recycling bins at home and segregate your waste.



41. Single use Plastic Cutlery

Go for reusable wooden or stainless steel cutlery and avoid single use plastic ones.



42. Plastic confetti

Say no to confetti or more environment friendly option.

Moderate

43. Water Purifier

Invest in a water purifier (or drink from the tap in countries where it is safe to drink)

44. Compost

Make your own compost from food waste and reduce the amount of garbage bags you use.

45. Appliances

Most appliances contain plastics. Repair instead of replacing when possible. (also avoids packaging)

46. Natural Cleaning cloths and scrubbers

Old cotton T-shirts and socks make great dusters and scrubs.

47. Recycle!

Give all used items that can't be reused to recycling.

48. Brushes and combs

When you need new ones, buy natural wooden products over plastic.

Hoppy Nests

Difficult

49. Green gifts

Plants and upcycled hand made products, make great environmentally friendly gifts.

50. Zero Waste Events

Make Mitishitabis, weddings, birthdays all waste free. Say no to single use disposable decorations and go for eco-friendly decor.

51. Lotions

Choose lotions and lip balms in plastic free containers.

52. The munchies

Replace prepared snack and meal packets by cooking fresh homemade meals.

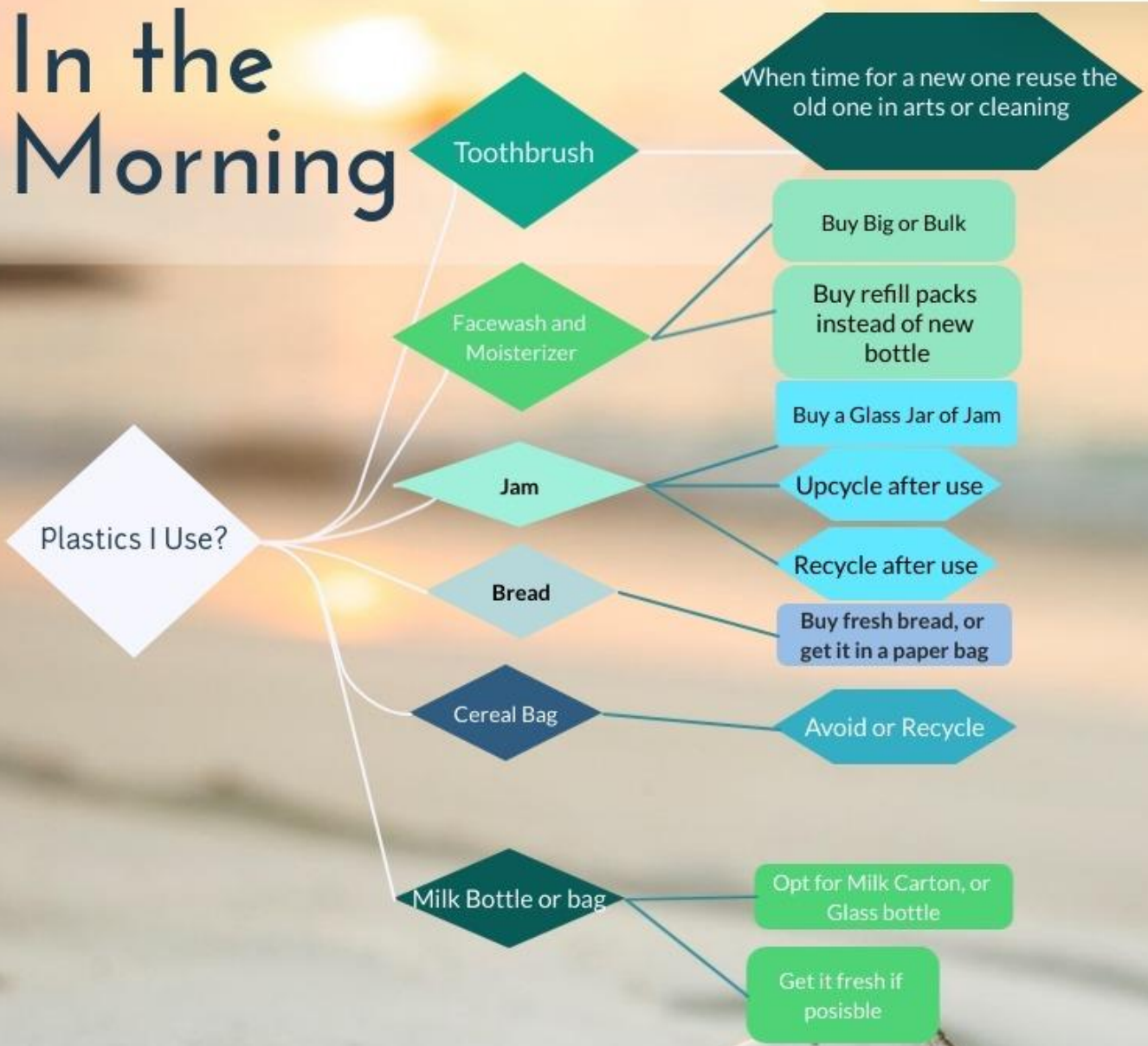
53. Handmade Clothes

Have fun using natural materials like cotton to design and stitch your own outfits, in order to reduce plastic packaging with store bought ready mades.

Hoppy Nests

Plastics in our daily lives

In the Morning



Sixty Million *More than 60 million plastic bottles end up in landfills and incinerators every day.*



Kids Corner

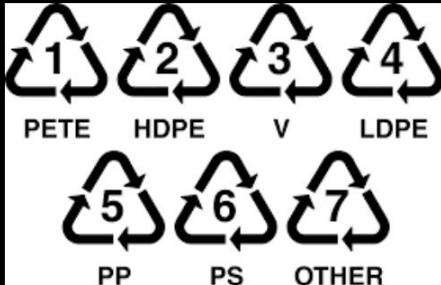
Happy Nests

AN UPLIFTMENT IN



Increase your knowledge about plastics by taking this fun quiz.

<https://quizizz.com/join?gc=08326428>



Where can you find these symbols?

On various plastic containers and packaging

Only on recyclable plastic items

On recycling bins

On items made from recycled plastic

Although PET 1 plastic bottles are 100% recyclable, only about ____ % are actually recycled.

30

7

45

2

A MONTH TO REDUCE

Unscramble these words and find out the types of plastics we use, ways to reduce them and impacts of each.

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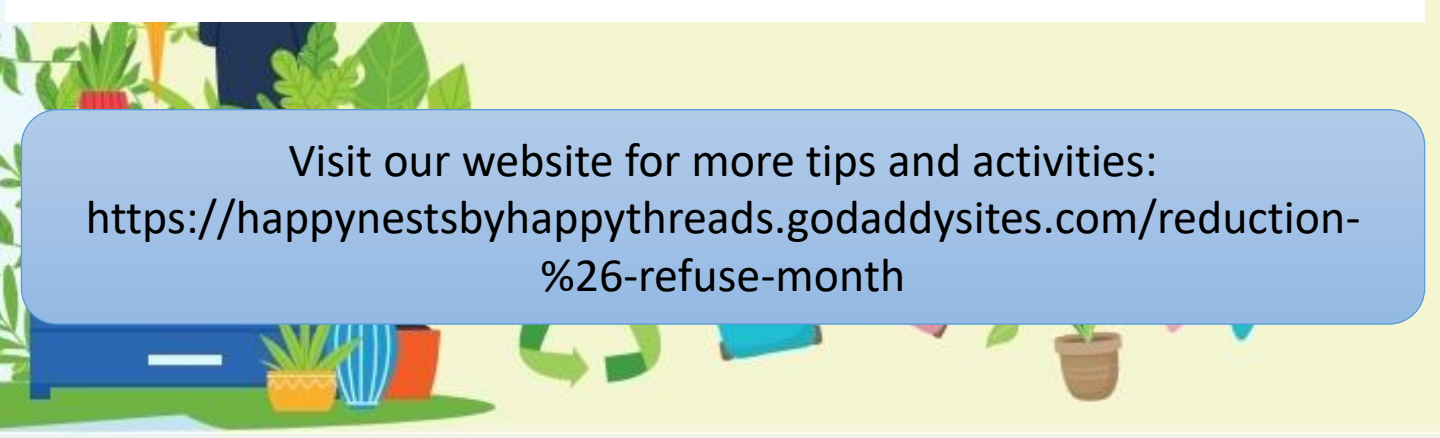
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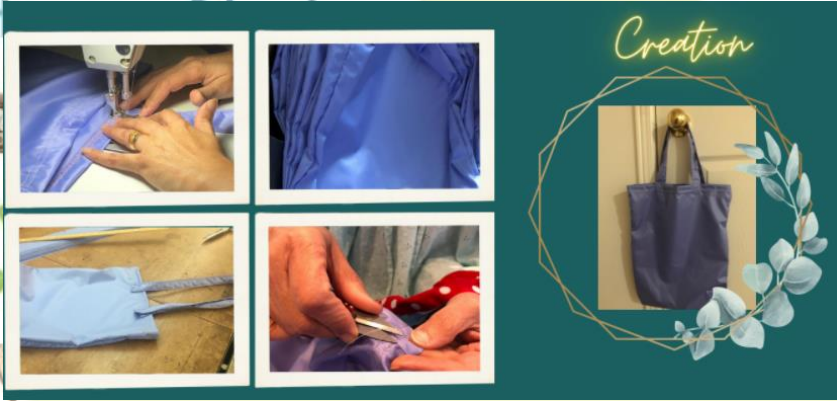
Visit our website for more tips and activities:
<https://happynestsbyhappythreads.godaddysites.com/reduction-%26-refuse-month>



Creative upcycled products by Happy Nests



Make it yourself!



Make your own cloth bags from scrap fabrics and use it on your next grocery trip!

My Plastic-Free Experience

This initiative was carried out by Happy Nests in Toronto where they created 412 cloth bags. The bags were then distributed 1 per family on the Urs Mubarak of Syedna Ismail Badruddin RA.



Visit our website for more:
<https://happynestsbyhappythreads.godaddysites.com/>