

GDA〈Global Devotion Association〉



How to end plastic pollution?

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Ending plastic pollution is about avoiding plastic in the first place and if unable to, reusing or recycling the material as opposed to tossing it into the garbage towards the landfill or onto the ground embarking it upon a journey to the sea.



Ways : 5R方法

1 Reduce

2 Refuse

3 Reuse

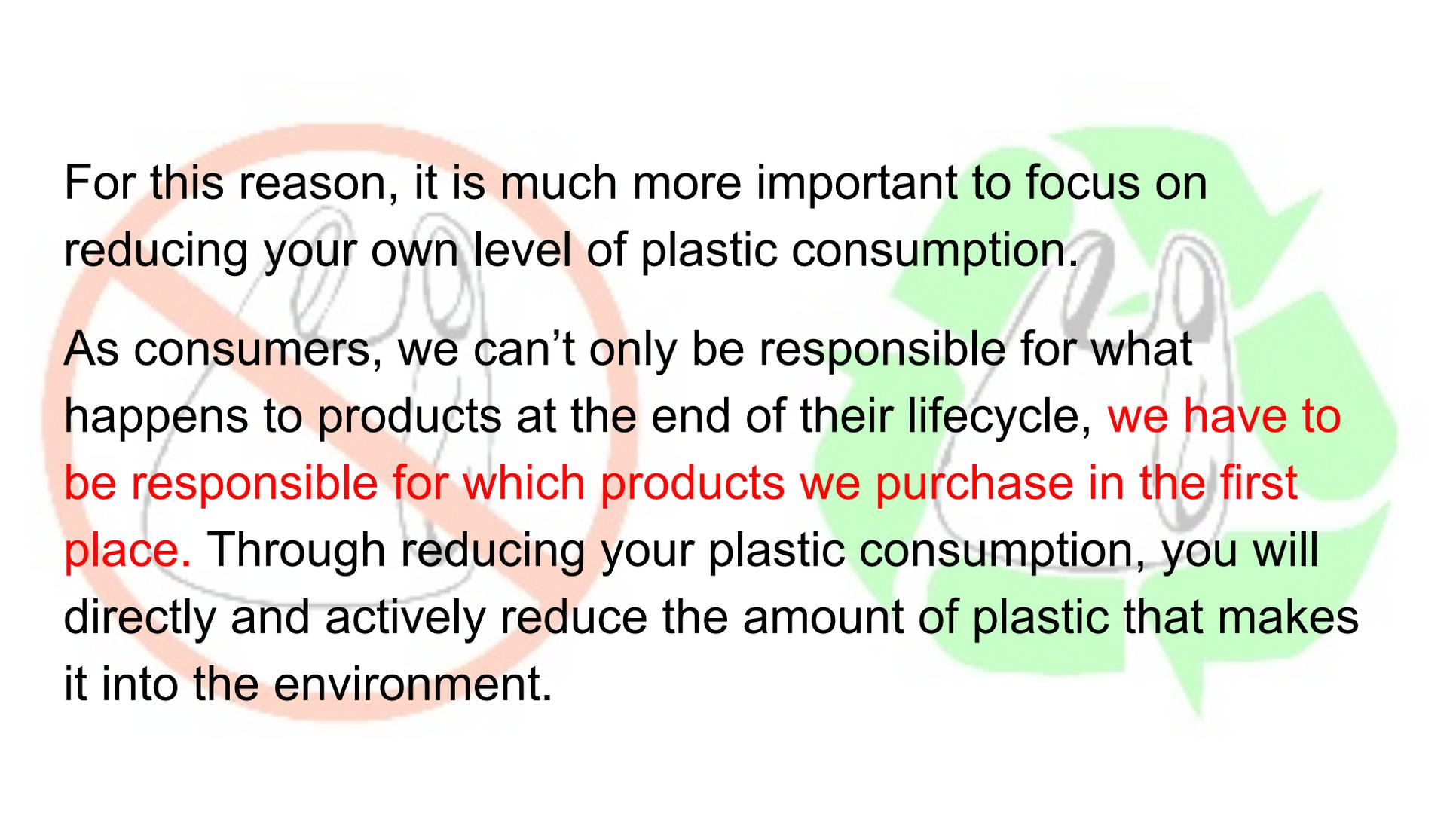
4 Recycle

5 Remove

Reduce



It's time for you to start cutting out that plastic. **The most important step we can take to limit the amount of plastic pollution is to reduce the amount of plastic we consume in the first place.** While recycling plastic waste is important, it is not nearly enough. **You may be lulled into thinking it is ok to consume plastic products because you plan to recycle them.**



For this reason, it is much more important to focus on reducing your own level of plastic consumption.

As consumers, we can't only be responsible for what happens to products at the end of their lifecycle, **we have to be responsible for which products we purchase in the first place.** Through reducing your plastic consumption, you will directly and actively reduce the amount of plastic that makes it into the environment.

Refuse

Do you ever wonder why water at a restaurant always comes with a straw? Do you ever marvel at how many plastic shopping bags grocery stores will wrap around your purchases? **It is important, whenever possible, to refuse plastic.** Much of the most frequently discarded plastic items, with the shortest lifecycles, are those given to us for free. **Plastic straws, grocery bags, plastic utensils, plates, and cups are all frequently given away with other purchases.**

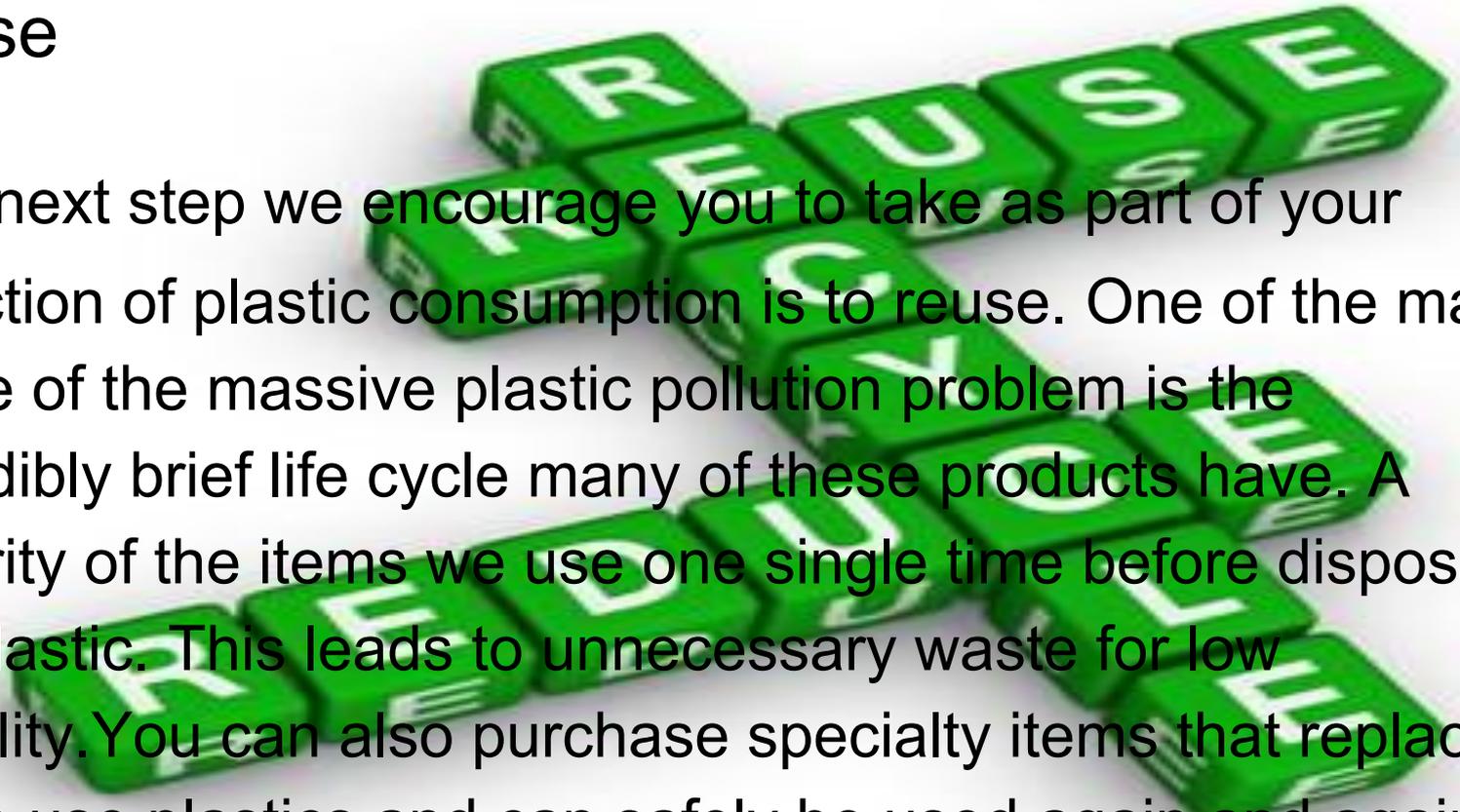
All you have to do to eliminate this source of plastic pollution is to simply refuse to accept these items.

Refusing these giveaways in your everyday life will have a large impact on your overall plastic pollution footprint. While plastic products have brought a certain level of convenience, there were already alternative products at the advent of plastics.



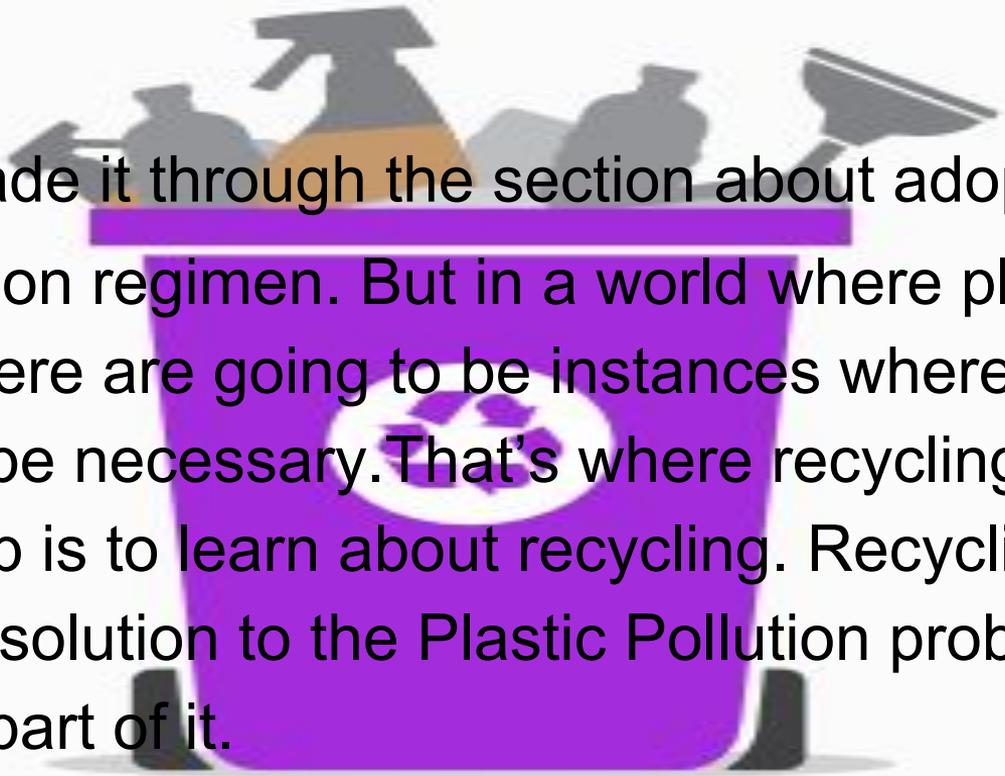
Reuse

The next step we encourage you to take as part of your reduction of plastic consumption is to reuse. One of the main cause of the massive plastic pollution problem is the incredibly brief life cycle many of these products have. A majority of the items we use one single time before disposal are plastic. This leads to unnecessary waste for low usability. You can also purchase specialty items that replace single use plastics and can safely be used again and again.



Recycle

You have made it through the section about adopting a plastic reduction regimen. But in a world where plastic is so ubiquitous, there are going to be instances where consuming plastic might be necessary. That's where recycling comes in. Your next step is to learn about recycling. Recycling is far from the final solution to the Plastic Pollution problem, but it is an important part of it.



If recycling is the best option, you should do so following the rules of the community, town or city in which you live. For the most part, only recycle if you are positive that the item is truly recyclable. Educating yourself on proper recycling is crucial to its effectiveness. Recycling properly might feel daunting at times, but once you figure out the rules in your community it will all feel easier. You can even make a sign explaining the rules and hang it near your recycling and trash cans.

Remove

So far, so good! With this toolkit, you have made every effort to reduce the amount of plastic pollution we allow to flow into the environment.

Unfortunately, the fact of the matter is that there is already an immense amount of plastic pollution dirtying our waterways and harming the planet's organisms.



HELP TO REMOVE PLASTIC

- Start a beach or river clean-up in your local community.
- Support the work of organizations removing plastic from the environment.
- Purchase innovative products created from recovered ocean or environmental plastics.

Summary

Now, you can set a commitment or a goal for a reduced level of plastic pollution. Every month, as you adopt more and more behaviors to reduce your plastic consumption and pollution, you will be able to see your footprint shrinking. At the end of every month and at the end of a year, you will be able to compare your results to the goals you set at the beginning of the process. Hopefully you will not only meet but exceed them!