

## Tips and Resources for Plastic Free July



Well done on signing up for Plastic Free July!

To support your efforts, below are some resources collated by word of mouth from Curtin residents and their neighbours, friends and colleagues. Listing does not constitute endorsement, rather **these are suggestions for sourcing products to reduce your plastics use.**

**We welcome feedback on your experiences** (the good and the not so good), noting the list was current on 21 June. Please let us know of other Curtin-based options you identify. We'll update our list as *Plastic Free July* progresses and recirculate at the end of the challenge.

And finally – **don't try to change everything at once!** View sustainability as a long-term project. Gradual change, focusing on one area at a time, is more likely to stick. Perhaps change one or two habits each week in Plastic Free July, aiming to continue these for the longer term. Then make progressive improvements as you go along. Talk to family and friends for support and to find new ideas for your sustainability journey. Good luck!

### PLASTIC FACTS

1. The most important step to address plastic waste is to avoid and reduce your use of plastic. This can be done through consumers refusing to buy products made from plastic or packaged in unnecessary plastic, and manufacturers being required to improve design of products and packaging to minimise waste.
2. Reusing or refilling plastic items is more important than recycling in the reduction of plastic waste. Buy cleaning products in bulk and refill containers – if you buy a 5 litre container and keep refilling, think how many hundreds of plastic bottles would be saved from going to waste.
3. We produce 102 kg plastic waste per capita in Australia, but only 13% of plastic waste is recycled. A typical recycling bin in Australia contains 14% contamination, this causes problems with sorting and recycling so waste goes to landfill instead.
4. The largest groups of manufactured plastic products are 38% packaging, 16% building and construction and 15% textiles. Refuse plastic packaging and wear natural fibres to reduce your contribution to plastic waste.
5. Soft plastics make up 30% of plastic packaging in Australia and cannot currently be recycled.
6. In 2019-2021, the growth in single use plastic manufactured from virgin fossil fuel feedstock was 15 times that from recycled feedstock.