

# PLASTIC FREE LIFE GUIDE



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# Plastic Free Guide

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## **Plastic Free Guide:**

**Say Goodbye to Plastic** Sandra Ann Harris, 2020-08-28 A simple and powerful book educating people about the epidemic of plastic use and solutions for a plastic free future If you've heard of the plastic free lifestyle but think you don't have time for it in your busy life prepare to be delightfully wrong Goodbye Plastic shows you how whether you're seeking to knock plastic out of your life or just try out a few novel eco hacks in your kitchen bathroom office or dining room Plastic pollution activist and entrepreneur Sandra Ann Harris invites us to say goodbye to plastic room by room Opportunities abound to simplify our lives by rethinking our wasteful habits we just need to learn to recognize them

**Go Green Or Go Home** Logan J. Davison, 2019-09-16 Plastic free living is no new trend but already for several decades a topic which is discussed in the retail trade among environmentalists and world do gooders For decades people have been fighting against mountains of rubbish and the topic of recycling and waste avoidance has been on the agenda for a long time The fact is that dealing with plastic is a central issue in our everyday lives because we deal with plastic on a daily basis and have many plastic objects in operation every day The packaging waste generated in a week often filled more than one yellow sack The question we ask ourselves is whether this waste should not actually be reduced or avoided Plastic waste that does not arise in the first place does not have to be disposed of and recycled The annoying thing about plastic waste is that it pollutes both the landscape and the seas The damage caused is not only visual but also natural Sea animals can die by absorbing plastic remains and the pollution of the oceans by plastic waste ultimately leads to littering of the beaches which are visited by tourists in summer A small step for example is to think about transporting your purchases before going to the supermarket The choice of goods is also crucial as it avoids the need for cumbersome outer packaging directly on the supermarket shelf Thinking holistically about plastic packaging gives pleasure and more meaning to life Who really decides to live plastic free or at least to avoid plastic shows itself as a protector of the environment and secures the habitats for future generations Research shows that customers are generally aware that plastic is harmful and that it is better to buy goods that do not need much outer packaging Living plastic free can be an enrichment for the whole family and can also have a positive impact on attitudes

*Life Without Plastic* Jay Sinha, Chantal Plamondon, 2017-12-12 After the birth of their son Jay Sinha and Chantal Plamondon set out on a journey to eliminate plastic baby bottles as the Canadian government banned BPA When they found it was difficult to procure glass baby bottles Jay and Chantal made it their mission to not only find glass and metal replacements for plastic but to make those products accessible to the public as well Printed on wood free FSC sustainable certified paper and with BPA free ink Life Without Plastic strives to create more awareness on the issue of BPA polycarbonates and other single use plastics and provides readers with safe reusable and affordable alternatives While plastic has its uses in technology medical and some products around the home certain single use plastics release chemicals when put in contact with food and water These disposable plastics are also found in produce and cleaning products Jay and

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How to Give Up Plastic Will McCallum, 2019-07-16 An accessible guide to the changes we can all make small and large to rid our lives of disposable plastic and clean up the world's oceans How to Give Up Plastic is a straightforward guide to eliminating plastic from your life Going room by room through your home and workplace Greenpeace activist Will McCallum teaches you how to spot disposable plastic items and find plastic free sustainable alternatives to each one From carrying a reusable straw to catching microfibers when you wash your clothes to throwing plastic free parties you'll learn new and intuitive ways to reduce plastic waste And by arming you with a wealth of facts about global plastic consumption and anecdotes from activists fighting plastic around the world you'll also learn how to advocate to businesses and leaders in your community and across the country to commit to eliminating disposable plastics for good It takes 450 years for a plastic bottle to fully biodegrade and there are around 12.7 million tons of plastic entering the ocean each year At our current pace in the year 2050 there could be more plastic in the oceans than fish by weight These are alarming figures but plastic pollution is an environmental crisis with a solution we can all contribute to

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*Audio-visual Guide*, 1954 Pretty Much Plastic-Free Cassidy Coleman, 2023-11-26 Are you interested in reducing your plastic usage but not sure where to start This book offers a hands on guide to living a more sustainable plastic free life It includes interactive pages for writing and can be taken with you wherever you go The book is a combination of a graphic novel journal and DIY activities that make it easy for beginners to understand the process of eliminating plastic from their lives and helping the environment This guide provides practical and easy to follow steps to live a pretty much plastic free life

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