



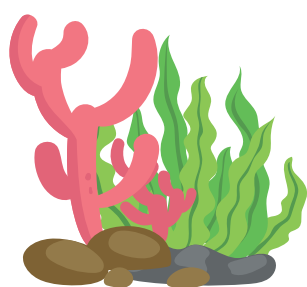
Plastic Free Friday

Be part of us in the Plastic Free Friday and start your plastic-free habits! Going plastic free one day per week is easy and we can then help our planet:



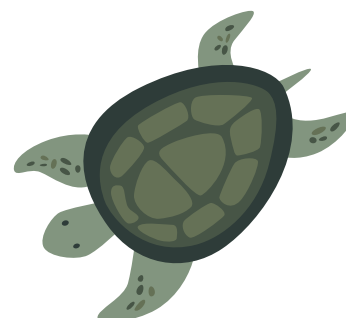
Reduce huge carbon footprint

- The manufacture of plastics is associated with a great amount of carbon emissions



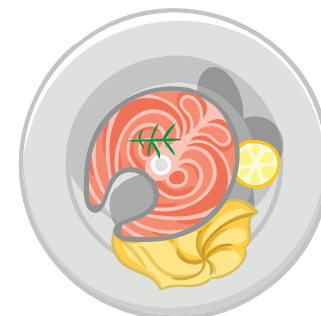
Keep our oceans clean

- A lot of plastics end up in the oceans and some scientists predict there will be more plastics than fishes in the oceans by 2050




Save marine animals and birds

- Entanglement in and ingestion of plastics cause fatal or sub-lethal consequences on marine animals and birds



Protect the food chains

- Microplastics have been found in fish species, which increase the chance of putting potential adverse health effects on humans along the food chain


 Sea Turtle with Straw up its Nostril
 by Costa Rican Sea Turtles
<https://youtu.be/4wH878t78bw>

Plastic is designed to last forever but we only use it for minutes!

Replace disposables with

REUSABLES!



Read More:

➤ **Less Plastic**

<https://lessplastic.co.uk/>

➤ **Plastic Free July**

<http://www.plasticfreejuly.org/>

References:

- Marie-Luise Blue. 2018. What Is the Carbon Footprint of a Plastic Bottle? Sciencing. Available: <https://goo.gl/wWNRCi>
- Sarah Kaplan. 2016. By 2050, there will be more plastic than fish in the world's oceans, study says. The Washington Post. Available: <https://goo.gl/zjgYU9>
- Emily Tsang. 2018. Greenpeace in health warning after plastic found in a fish species popular for Chinese meals. South China Morning Post. Available: <https://goo.gl/zE9ssf>



**Start your Plastic Free Friday
and make everyday a Friday!**

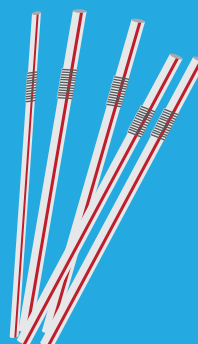
Say "No" to:



Disposable
lunchbox



Disposable
cup



Plastic
straw



Plastic
bag