

Our addiction to plastic needs a cure!

While **RECYCLING** gets the most attention, we need to focus on **REDUCE, REUSE** and **REFUSE** if we hope to stop plastics pollution!

PLASTICS SOLUTIONS

- **Recycle plastic bottles and containers in your curbside Blue Box (RecycleBC)...return deposit bottles to bottle depots...recycle plastic bags/overwrap/styrofoam at recycling centres like Return-It (on Willow Street in Campbell River) which participates in RecycleBC's pilot program to collect other flexible plastic packaging. For more details: <https://www.return-it.ca/>**
- **Avoid buying products packaged with plastic. Support stores that are transitioning to eliminating plastics – including styrofoam – for packaging of products they sell.**
- **Bring reusable cloth, paper or mesh bags and boxes to stores and farmer's markets when you're shopping.**
- **As an alternative to using plastic for wrapping refrigerated items, use cloth, beeswax wrap, wax paper or use a bowl with a ceramic plate on top.**
- **Do not use plastic straws. Best are straws made from reusable metal or glass. Second best are biodegradable paper or bamboo straws.**
- **Initiate and support efforts to get City Councils to pass bylaws banning stores from using single use plastic bags for packing groceries and similar bylaws banning the use of plastic straws, utensils, disposable cups and styrofoam takeout containers in restaurants.**
- **Wherever you enjoy your coffee break, bring your reusable cup or mug.**
- **Make your city a Blue Community banning the use and sales of bottled water at community centres and city sponsored events.**
- **Encourage community groups' events and stores to be "plastic free".**
- **To decrease your daily use of plastics, use tools like Ocean Wise's #BePlasticWise pledge <https://pledge.ocean.org/> or the Less Plastic For Lent calendar (Anglican Church).**
- **Whenever you are out, rather than buying water in plastic bottles, use water fountains or bring your own reusable drinking water container. Encourage cities to have water refill stations throughout the community and at community events.**
- **Bioplastics are made from non fossil fuel sources but be aware that these plant-based products are not all environmentally friendly and many are not easily compostable in backyard composters or in landfills.**
- **Participate in garbage cleanups at local beaches, streams and woodlands as well as along neighbourhood streets. Encourage governments to fund cleanups and provide more public education on plastics pollution.**
- **Demand that governments stop investments in the plastic industry; make plastic producers reduce production and industrial use of microplastics and single use plastics, and make them pay the full cost of recycling their wares.**
- **Support international, national, provincial and local government bills banning or reducing plastics.**
- **Share this list with your family, friends and neighbours!**