

# PLASTIC FREE JULY



## Plastic Free Morning Tea - Activities

*Here are a few suggestions for activities to raise awareness and get people talking...or think up your own!*

Activity A: Facts & figures of plastic (an icebreaker & good way to learn about the issues)

Activity B: Single-use plastic & how to avoid it - the Top 4 (share easy practical solutions)

Activity C: Plastic Free July in the workplace (great way to discuss practical solutions)

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### Activity A: Facts and figures of plastic

An interactive way to demonstrate the scale of plastic waste in our world. It's a good introduction to talking about why reducing single-use plastic is so necessary.

#### What you need:

- Question cards and their answers (print from page 2)
- Keep an original copy of the answers!
- Optional: Have the single-use items on a table for people to refer to when guessing the answers.

#### What to do:

Cut up the question cards below. You can use them in these ways:

- Put them in different spots on the morning tea table or around the room and see if people can guess the answers. Or;
- Divide them up and give a few to pairs/groups of people having morning tea and see who can guess the answers. Ask the different pairs/groups to read out their questions and what their answers are. Provide the correct answers after their guess.

**Recommendation:** Follow up with Activity B or another activity which focuses on 'solutions' – what we can do at home and in the workplace to avoid single-use plastic.

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## Activity A: Question and Answer Cards

<p>Around the world, <b>500,000,000</b> of these are used each day – what are they?</p>	<p>Plastic straws. <i>Plastic straws are in the top 10 of marine pollution.</i></p>	<p>Virtually every piece of plastic ever made still exists on the planet (with the exception of the small amount incinerated). True or False?</p>	<p>True. <i>And around 50% of the plastic we buy is only used once and then thrown away.</i></p>
<p>Store-bought water has recently overtaken soft drinks as the most popular beverage in the US. Yet tap water has about 1% of the environmental impacts of bottled water. What might some of those impacts be?</p>	<ul style="list-style-type: none"> <li>• Oil &amp; water: It takes 1 litre of oil &amp; 7 litres of water to make 1L of bottled water.</li> <li>• Transport costs.</li> <li>• Aquifers and rivers around the world are being drained for bottled water production.</li> </ul>	<p>Plastic can break down completely in the environment. True or false?</p>	<p>False. <i>Plastic lasts between 500-1000 years. It becomes ever smaller 'flaky' pieces which is creating an ocean 'soup' or tiny particles, easily ingested by our marine and wildlife.</i></p>
<p>How many plastic bags are used in the world every minute? (A) 1000 B) 100,000 C) 1,000,000</p>	<p>C) 1,000,000 (one million). <i>In Australia we use around 6 billion bags a year.</i></p>	<p>Discarded drink bottles make up what volume of our rubbish? A)10% B)20% C) 40%</p>	<p>C) 40%. The reason for this is that many people buy drinks in bottles when they are out, away from home recycling facilities. Taking your own water bottle is the best solution!</p>
<p>Plastic makes up what percentage of marine debris pollution in the world's oceans? A) 50% B) 90% C) 70%</p>	<p>B) 90%.</p>	<p>Tap water costs 1c a litre compared to bottled water which costs around how much in shops?</p>	<p>Around \$3.00!</p>

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## Activity B: Single-use plastic and how to avoid it - the Top 4

This is an easy way to show everyone what we mean by 'single-use plastic' and how it doesn't have to be hard to avoid it! Here we focus on the 'top 4', as many people start with these when first doing the Plastic Free July challenge.

### What you need:

- A bag of the 'Top 4' single-use plastic items: plastic shopping bag, plastic water bottle (eg Mt Franklin), plastic straw, disposable coffee cup with lid.
- A bag of 'reusable' items: reusable shopping bag, reusable water bottle, reusable coffee cup, either a metal straw or nothing (just be ready to pucker up – your lips are the obvious alternative to a plastic straw!)

### What to do:

Explain to everyone that you'd like to show them how simple doing Plastic Free July can be. Show them the plastic bag and ask for alternatives that we can re-use. (Have the reusable bag ready as the example alternative to the plastic bag). Continue this process with all the single-use items.

**Extension:** Bring along some additional plastic-free resources if you have them at home, such as reusable produce bags, home-made toiletries, sandwich wraps, reusable containers, bicarb soda and vinegar (green cleaning products), bulk store bought food, and discuss how you use them and avoid single-use plastic in addition to the 'Top 4'. Leave them on a table for people to look at and chat about with you.



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## Activity C: Plastic Free July in the workplace

If you have colleagues showing interest in doing Plastic Free July in the workplace, there are many ways to take action together. Here are a few suggestions you could make:

- **Waste free lunches:** Designate a day where everyone bring/buys lunch without plastic packaging.
- **Keep cup coffee crew:** Challenge your workmates who buy coffees to use reusable cups. (If you have a budget, you might want to purchase some reusable cups, or else remind everyone to bring them in – most people already have these cups at home). Do ‘blind tastings’ and compare local cafes – find out whose coffee really is the best.
- **Get management on side:** If you have budget, it might be worth purchasing your manager/CEO a keep cup and inviting them to become part of the Plastic Free July challenge. Take a photo and share it with other staff.
- **Drinking water from glass:** If you have a water dispenser with disposable plastic cups, make a tray of glasses or cups available and put a Plastic Free July sign up on the water dispenser explaining why you are using glasses instead of the disposable cups.
- **Purchasing plastic-free:** If you have the opportunity to make improvements on office purchasing decisions, research and propose alternatives that might be available to reduce single-use plastic packaging.
- **Plastic Free July skill sharing lunch:** Demonstrate a skill to go plastic-free. For example, using bicarb soda and vinegar as a kitchen cleaner; beeswax sandwich wrap making or perhaps watching a documentary about plastic, such as Plastic Free July. You may have colleagues who have great skills too – encourage them to share what they do!
- **Sharing your story:** If a group of you are going plastic-free, make a lunch date each week to catch up and share how you are faring. It’s a great way to learn tips and share ideas – and fun to go on the journey together. At the end of it you might want to share your experience at an office staff function or in your staff newsletter. And we’d love to hear about it too and promote it to the Plastic Free July community. Our campaign reaches over half a million people a week so it can be good publicity for your workplace!

**Need more ideas? See PFJ in Action and Hosting Events at [www.plasticfreejuly.org](http://www.plasticfreejuly.org)**