



PLEDGE OPTIONS

GENERAL FACTS

- The world produces 300 million tonnes of plastic a year.
- 8 Million tonnes of that plastic end up in our oceans, which can be seen as 3,500 kilometres of trucks each loaded with garbage!
- According to studies done almost 80% of this ocean plastic can be attributed to packaging, which boils down to the every-day choices we make.
- South Africa is ranked as the 11th largest contributor to ocean plastic in the world. Just one after India.
- This is largely due to lack of plastic ending up in formal waste management systems.
- But also because of the inordinately large amounts of plastic we consume (+/-2kg plastic/day/ppn).

EASY FIX The little things we do makes a big difference to the ocean creatures who cannot differentiate between plastic and food.

SINGLE-USE PLASTIC refers to plastic things that use plenty of the earth's precious, natural resources (such as carbon fuel) to make and to distribute. Yet, once purchased, they are used once. And mostly only for a matter of seconds or minutes. before being tossed away, where they continue to exist happily ever after...BUT




THERE IS NO SUCH THING AS AWAY! due to its amazing resilience, plastic can take an enormously long time to degrade but truly degrade, it never does. All that happens is that it breaks down further into smaller and smaller bits which are impossible to retrieve, are mistaken as food and are slowly seeping into our food-system. So whatever piece of plastic you have ever used throughout your entire life, still exists in some form today.

EASY FIX Be mindful. CONSUME LESS AND CONSIDER MORE.

REMEMBER TO SHARE YOUR @OCEANPLEDGE ON SOCIAL MEDIA TO INFLUENCE OTHERS AROUND YOU TO DO THE SAME OTHER HASHTAGS. #CHOOSETOREFUSE #OCEANPLEDGE #PLASTICFREEJULY



#OCEANPLEDGE THIS JULY MAKE YOUR PLASTIC-FREE CONTRIBUTION

WHAT TO AVOID/ PLEDGE	THE PROBLEM WITH IT	HOW TO AVOID IT
BOTTLED WATER/ PLASTIC BEVERAGE BOTTLES 	<p>Every minute 1 million plastic bottles are manufactured. Every single hour around 250 000 disposable water bottles are dumped. A water bottle takes 700 years to decompose in a landfill. Water bottles kill an average of 1 million sea creatures per year.</p>	<p>Fill a reusable water bottle and carry it with you always Avoid – we can all do without the sugar anyway. Or opt for in glass or tin (be sure to put into correct recycling stream thereafter).</p>
INDIVIDUAL SWEET WRAPPERS 	<p>One of the most prolific in beach finds are individual sweet wrappers and chips packets. They are everywhere... Many wrappers are made from layers of metalised plastic, thus impossible to recycle.</p>	<p>Give your body a sugar break and avoid sweets and chips in plastic packets. Say no to individual sweets that accompany bill folders in restaurants. Purchase sweets packaged in paper or glass.</p>
PLASTIC BAGS of any sort 	<p>Every year 8 billion shopping bags are sold in South Africa per year. Amounts to almost 1 trillion worldwide. A million bags every minute across the globe. On average, they are only used for 12-14 minutes but take over 400 years to 'disappear' (into small microplastics) If you joined them end-to-end they would circumnavigate the globe 4,200 times.</p> <ul style="list-style-type: none"> - 90% end up in landfill - 10% end up in the ocean - Over 100 million marine creatures killed by plastic bags <p>Plastic bags clog the soil, block the water ways, crowds the landfills, contaminates the groundwater and results in a staggering amount of ocean debris. In fact, in South africa, plastic bags litter was once so prevalent that it was referred to as 'the National Flower'.</p>	<p>Remember your re-usable shoppers, keep them in convenient places like your car/ at your front door.</p> <p>Ask for a cardboard box, If you forget your bags, go back to the car to fetch them, invest in a new reusable shopper, or keep groceries loose in your trolley or basket till you get to your car.</p> <p>Be prepared during holidays: don't get caught off-guard without.</p> <p>Beware of plastic packtes that claim to be bio-degradable or made of recycled plastic. Unless that packet are wholly created from plant based derivatives. Recyled plastic is one step weaker and one step closer to being broken down into ever-existing micro-plastics.</p> <p>If you do use plastic packets, tying a simple knot in the bag will prevent it from flying away and enable you to RE-USE it again.</p>

WHAT TO AVOID/ PLEDGE	THE PROBLEM WITH IT	HOW TO AVOID IT
<p>Take away COFFEE CUPS</p> 	<p>South Africa – along the lines of 1 billion coffee cups disposed of every year. Sometimes they look like paper realise that they are actually lined with wax which is a form of plastic. And those bad boys, just do not bio-degrade.</p> <p>Worst of all are Styrofoam cups – These take 500 years to decompose. Out of principle, just say NO.</p>	<p>Carry your own re-usable coffee cup and START A #RE-FILL REVOLUTION</p> <ul style="list-style-type: none"> • Speak to your local coffee shop and ask them how much they pay per cup. And then ask them if you can get a discount if you bring your own. Slow-down your pace and enjoy 5 minutes of a real cups inside.
<p>Coffee Cup LIDS</p> 	<p>Most lids are plastic. You can check for the plastic sign on the lid. Even when they are 'compostable', South Africa has little to no infrastructure to compost and they usually just end up as in landfill or on our beaches with all the plastic varietals.</p>	<p>Start a #TOPLESS trend.... Say no to coffee cup lids make it go viral.</p>
<p>Your DOGGY DO</p> 	<p>Putting your doggy doo into small plastic bags means preserving them for eternity.</p>	<p>Use paper bags instead of plastic to collect our doggy do (otherwise doggy-do in little bags will be. will be preserved for generations to come).</p>
<p>Plastic drinking STRAWS</p> 	<p>Plastic straws were introduced in the 1960's – as the more "hip" alternative to paper straws.</p> <p>Straws are made from plastic which is made using non-renewable fossil fuels.</p> <p>Most abundant find on South African Beaches. As many as 44/m on a beach clean up in East London despite daily municipal beach clean-ups.</p> <p>Over 500 million straws are disposed of in USA on a daily basis.</p> <ul style="list-style-type: none"> - That is enough, if connected from end to end, to wrap around planet earth 2,5 times (in one day from one country). - or to fill 127 big school busses to the brim with plastic straws, every day. 	<p>Use your mouth!</p> <p>Get into the habit of saying NO, before it gets stuck into your drink or dropped off on your table.</p> <p>Carry with you some paper straws or use other alternatives like bamboo, metal, glass.</p> <p>Many restaurants are opting for the new fully compostable PLA straws. However, unless those are composted in a thermo-controlled composting heap of 39 degrees, they will take a long time to decompose.</p> <p>So, if they end in the cold ocean they can still do as much damage for up to over a year.</p>

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	<ul style="list-style-type: none"> - They are used once and thrown away. - They cannot be recycled and do not fully biodegrade. - Straws contain BPA which is linked to many health problems including hormonal disturbances cancer and infertility. - Plastic straws feature in the Top Ten items found on beaches worldwide <p>Many end up in our oceans in strange places like turtles noses, stuck in sea grass and sea weed.</p>	
<p>TAKE-AWAY UTENSILS AND CONTAINERS</p> 	<p>Plastic utensils and polystyrene containers are made from a lower grade of plastic that mostly cannot be recycled, leaches a large amount of petrochemicals and takes hundreds of year to decompose into micro-bits.</p> <p>Fragments of polystyrene cups and trays are among the most ubiquitous forms of litter found on beaches, with an average density of 3 pieces per metre and peak values on urban beaches of up to 30 pieces per metre. This is despite increasing efforts to clean up beaches. Once broken down into little bits, polystyrene is nearly impossible to retrieve.</p>	<p>Eat inside the restaurant. Choose to support restaurants that offer compostable options e.g. bamboo/ bagasse (carboard like) packaging. Bring your own container. Or save you pennies and opt to dine in.</p> <p>Keep your own reusable cutlery with you.</p>
<p>PRE-PACKED FRUIT & VEG</p> 	<p>Prepacked products often come in excessive and often unnecessary plastic as well as expanded foam / polystyrene that takes hundreds of years to decompose.</p>	<p>Opt for the loose ones (but skip the little plastic baggie and pop into a re-usable bag instead).</p>

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<p>MILK CONTAINERS</p> 	<p>Milk containers are usually HDDP and can be recycled to prevent them from ending immediately in landfill. However, watch out for those 'green' or 'eco' bottles that are in part plant-based as they will disrupt the recycling stream. Lids cannot be recycled.</p>	<p>Ideally, get fresh milk options from reusable glass bottles. Although we currently have few alternative options, try to ensure that your plastic bottle contains a 5 plastic resin code and ensure that it goes into recycling. Make your own nutmilk. Use your milk bottles for eco-bricking.</p>
<p>PLASTIC CLING WRAP FOR SANDWICHES OR LEFTOVERS</p> 	<p>The plastic we use for left-overs, take away's and even cooking with is not ideal for our health or planet.</p>	<p>Store food in reusable containers, use a re-usable lunchbox or wrap in beeswax wrap.</p>
<p>Personal care, dental or cleaning products which contain MICROBEAD exfoliants</p> 	<p>Microbeads are unnecessary and easily replaceable abrasive particles found in a wide range of products including glitter, dishwashing detergent, toothpaste, mascara, body exfoliators, handwash, nail polish and more... Look out for tiny little particles which once entering our water systems are impossible to retract and embed themselves in seagrass, ocean floors and ultimately our food chain.</p>	<p>Check the products you buy for microbeads. Look out for words such as polyethylene, polypropylene, nylon or which have visible yet unknown exfoliating properties.</p> <p>Use natural made products in which the exfoliants are missing or made from natural substances like pips or sand.</p>

WHAT TO AVOID/ PLEDGE

THE PROBLEM WITH IT

HOW TO AVOID IT

PERSONAL CARE PRODUCTS which come wrapped in plastic



Earbuds, toothpaste, shampoos, shower gels and soaps all come in plastic that we often use once and discard.
Over 2 billion plastic razors are disposed of in the USA every year. In the USA 850 million toothbrushes used per year. It can take anything between 20-1000 years for a plastic toothbrush to “break up” but we all know that it never goes ‘away’.

Buy only wax paper earbuds.
Buy only bamboo toothbrushes.
Shop personal care products from stores which offer products in glass jars or paper wrappers.
Support stores that have refill options.
Use shampoo bars.
Use metal razors instead of disposal options.

PRE-PACKED MEAT & FISH



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Order from the deli counter and bring along your own container/ jar or ask for yours to be wrapped in a paper option.

Plastic Toys



Birthday parties, drive through fast food stores, promotional give aways, R5 stores are notorious for plastic products at affordable prices.
Do not be lured!
Millions of useless plastic toys are dished out as an incentive for purchase and maybe played with for a few short minutes before ending up in landfill.
Too sad. Too bad.

WHAT TO AVOID/ PLEDGE	THE PROBLEM WITH IT	HOW TO AVOID IT
BIN YOUR BUTTS 	<p>Over 4.3 trillion cigarettes are manufactured every year. Most of which end up on our roads, in our drain water and ultimately in our seas and on our shores. It's the most common beach find. The chemicals leach out and poison up to 100 meters around it affecting biodiversity and habitats all around.</p>	<p>Quit? Roll your own. Carry along a tin which you can use to bin your butt. Always dispose of in a proper refuse bin. Take along with you a plastic beverage container and start eco-bricking your butts.</p>
BALLOONS 	<p>What goes up must come down. Balloons are an increasing threat and endanger animal life. Cause of many deaths and suffering of marine creatures through strangulation and starvation. Cause of power outages, tantrums and unsightly litter. Mistaken as food by all creatures incl turtles, whales, seals, penguins.... Latex balloons can take from 1-4 years to degrade. The other more metallic looking balloons are even worse. They are made from mylar nylon, a metallicized polyester, which is dirty in both production and disposal, and not designed to decompose.</p>	<p>Avoid. Use paper streamers or reusable bunting instead.</p>
DON'T IGNORE OTHER PEOPLE'S LITTER 	<p>The problem with plastic is that it does not belong to just one person, or one country, or one industry.</p> <p>Plastic is a global problem that belongs to us all. We all need to tackle it together and by setting the example we teach others to be free.</p>	<p>Pick up plastic blowing in the streets. Join beach clean-ups. Make sure bins are properly closed.</p>

THINGS TO REMEMBER WHEN SAVING OUR SEAS:

- True positive and lasting change is slow as a deep flowing ocean current. It gathers momentum from lots of small individual changes, made collectively and consistently over time.
- Commitment to one single and specific goal is a sure-fire way to achieve change.
- Choose your pledge with goal and focus.
- Commitment is the key to change.
- Your drop of positive ocean change, no matter how small, will create a ripple effect of change, affecting everything around you, from the way you see the world to the way others are influenced by what you do. Individual power is where it is at.
- So much of what we do is based on habit. Doing things differently 47 times replaces even the most ingrained habits and reveal a different world.
- Now is the best time to make your #oceanpledge and to become part of an ever-growing community that stands together to impact positive ocean change.
- Please visit us on www.oceanpledge.org and see how your change can make the difference.