

Plastic Free July!



Plastic Free July is a global challenge to reduce the amount of single-use plastics throughout the month of July.

Each year roughly 35 millions tons of plastic are generated in the United States. Of that, only 9% is recycled. The remaining go to either waste to energy facilities, (incinerators) or landfills. It is estimated that one plastic bottle could take up to 500 years to disintegrate if left in a landfill. The Plastic Free July challenge brings a focus on finding alternatives to single-use plastics, that are produced for the purpose of being used once then discarded.

For the month of July, try swapping out a single-use plastic with a reusable option!

Drinkware: Bring reusable water bottles and coffee cups to school or work instead of using plastic cups or disposable plastic water bottles.

Shopping: No matter what type of shopping, grocery shopping or otherwise, bring your own reusable bags to hold your purchases.

Refuse: Refuse plastic straws and utensils at restaurants. Purchase reusable alternatives that can be brought with you.

Storage: Whether it is food, seasonal items or clothing, opt for a reusable and durable container.

Refill Stores: Shop at a refillery. These stores have bulk products that can be bought by refilling your own containers from home. These stores carry products like laundry detergents, soaps, shampoos and other cleaning products.



Taking small steps together to reduce single-use plastics helps create a collective positive impact for our communities. Less waste equals less litter and decreased costs, as well as greater conservation of natural resources. For more information and resources, visit our [website](https://www.plasticfreejuly.org).

