



PLASTIC-FREE FEBRUARY

YOUR GUIDE TO GOING
PLASTIC-FREE

From Individual to International Action

**Kick the
Plastic Habit!**

WWW.CLEARCOMMUNITY.ORG

Join Plastic-Free February

This February, make sustainable choices to reduce your plastic waste.

Join CLEAR Community in making a Plastic-Free Pledge and let's change our plastic habits forever.

Each year, over 300 million tons of plastic are produced, and **14 million tons of plastic end up in the ocean.**

80% of all marine debris is plastic.

Plastic can be dangerous and even **fatal to marine species** as they ingest or get entangled in plastic products

Microplastics now also enter human food chains and **impact human health.**

Where Does Ocean Plastic Come From?

1. Plastic bags



2. Plastic bottles



3. Plastic food containers



4. Wrappers



5. Fishing related items



From the Rivers to the Sea...



80% of the world's ocean plastics is transported from land to sea via rivers and coastlines.

1,600 rivers have been found to be responsible for 80% of river and coastline plastic inputs to the ocean.

Although plastic should be prevented from ever reaching rivers and coastlines, cleaning them up could massively reduce the amount of plastic entering the ocean

To help, **participate in local river and coastal cleanups**, contact your local council to **clean up local water systems**, or **donate to river and coastal cleanups** further away



Make Your Home Plastic-Free

Choose reusable

Avoid single or limited-use items like coffee cups and water bottles, and opt for a long-lasting alternative instead

Say 'no' to plastic bags

Take your own shopping bags and containers wherever possible

Think Refillable

Whether it's food, cosmetic products, or cleaning supplies. Replace your everyday standards with refillable products.

Consider Clothing

Synthetic fabrics like polyester or nylon are a huge contributor to ocean microplastics. Opt for more natural fibres like cotton, linen, and hemp. You can also use a washing machine filter to prevent microplastics running into water systems during washes.



Plastic-Free Food

Watch how you shop

Plastic bottles, wrappers, and food containers are the 3 most common types of plastic waste in the ocean.

Supermarkets have shelves packed with food in plastic packaging that is discarded as soon as it is used



However, there are some easy ways to reduce the plastic involved in grocery shopping:

1. Buy at local produce markets
2. Bring your own containers or produce bags
3. Shop at a no-waste store
4. Make more meals from scratch

Grow your own

The easiest way to avoid plastic is to grow your own fruit and vegetables!

Plenty of produce can be grown in the backgarden or even in the window.

Start with easy growers like herbs, spring onions, chillies or garlic.



Fishing

Reducing the plastic which your food comes wrapped in is great, but what about the plastic that's already in your food?

Microplastics in the ocean are ingested by the fish we eat either directly or via a food chain. Through seafood, humans are now frequent **consumers of microplastics**, and we don't yet know the harm that this can cause. Yet another reason to cut plastic use!



20% of ocean plastic comes from fishing equipment like nets and ropes. Cutting the fish in your diet is a way to reduce ocean plastic. However, since this is not possible for many communities or cultures, the fishing industry must be made more sustainable by reducing overfishing and ending the discarding of plastic nets, ropes and other equipment.

This article explains:

<https://www.wired.co.uk/article/plastic-pollution-fishing>



Support CLEAR Community

81% of all ocean plastic comes from countries in Asia. Poor waste management leads to rivers becoming polluted with plastic which then flows into the ocean.

CLEAR Community fights the flow of plastic from land to sea in Indonesia through various community-based initiatives, including beach cleans, educational workshops and working with local schools and community groups.

CLEAR Community is now setting up **waste banks** - village recycling centres - to intercept and sort waste before it reaches rivers and coasts or is burnt, adding to the climate crisis and air pollution. In the last 6 months **1750 kg** of plastic has been recycled through our 6 waste banks and we are setting up more this year.

Donate to waste management organisations like CLEAR Community to help prevent plastic emitting into the ocean.

See how plastic gets into our oceans and where it comes from:

<https://www.reusethisbag.com/articles/countries-that-pollute-most-ocean-plastics>

[https://www.science.org/doi/10.1126/sciadv.aaz5803;](https://www.science.org/doi/10.1126/sciadv.aaz5803)

Your Plastic-Free Pledge

Choose up to 5 ways of cutting down your plastic use and pledge to make the change this February. From investing in a reusable coffee cup to finding your local no-waste store, your pledge can make a difference

E.g. This February I will buy a bamboo toothbrush

1.....

2.....

3.....

4.....

5.....

Please share your pledge with
@clearcommunity and use the
hashtag #plasticfreefebruary

Pledge Ideas



1. Reusable coffee cup
2. Plastic free toothbrush
3. If possible remove or reduce seafood in your diet
4. Replace kitchen utensils with long-lasting alternatives
5. Only buy clothing made from natural fibres
6. Reusable water bottle
7. Join a beach or river clean-up
8. Grow some vegetables at home
9. Buy local produce
10. Avoid produce sold in plastic
11. Shop at a no-waste store
12. Opt for refillable or plastic-free cosmetics
13. Use shampoo and conditioner bars
14. Use a washing machine filter
15. Take reusable bags when shopping

See some other ideas [here](#)