

Plastic Free July



The [#PlasticFreeJuly](#) campaign began on social networks. What is it about? It's about trying to live, for a month, with as little plastic as possible, especially by eliminating single-use plastics. Are you up for it? It is a challenge that seems difficult, but we assure you that you can live peacefully avoiding plastics. The solution is to look for sustainable alternatives to eliminate it more and more from our lives. Campaign in your social networks as well! Check out more information at plasticfreejuly.org.

Pope Francis reminds us that our individual decisions often have far-reaching consequences for the natural world and other people, most especially the poor. Pope Francis warns us that one of our largest ecological problems that we face today is Waste, in particular our throwaway culture and our tendency to consume without reflecting on our real needs, both material and spiritual.


"Our generation has bequeathed many riches, but we have failed to protect the planet and we are not safeguarding peace. We are called to become artisans and caretakers of our common home, the Earth which is "falling into ruin." #EarthDay


Pope Francis, Earth Day 2024.

READ/VIEW


[Earth Day: Pope Francis urges responsibility for our common home - Vatican News](#)

REFLECT


 Consider your daily and weekly consumer habits, in particular how much single-use plastic you consume. Perhaps collect your single-use plastic over the coming week, and sit down as a family or household and discuss what you have collected. *What are the most common single-use plastic waste items in your home? Is this an item you really need? Are there plastic free alternatives?*


 Consider what you do with all of this single-use plastic when it is no longer useful to you. *Do you recycle it? Is it recyclable? Do you truly understand what is recyclable in your local council waste collection?*

ACT

 Actions speak louder than words, so start Plastic Free July off with an action that can become a habit, as simple habits make recycling more efficient and sustainable. As Pope Francis reminds us, our individual decisions can have far-reaching consequences. Click the link below to check out the 9 tips to help you to be more picky with plastics:

[Be Picky With Plastics - Toxic-Free Future](#)

 Check out the Plastic Free July Calendar for more simple daily challenges to help you make a big difference! [Plastic Free July Calendar - 31 Days of Ideas](#)

 Many councils actually only accept a couple of Plastics for recycling, these usually include **PET (#1)** including soft drink bottles, juice bottles, clear berry punnets, detergent bottles, soap pump bottles, dip containers (clean) and spread containers (clean), **HDPE (#2)** including milk bottles,

laundry powder bottles, coloured bottles, sauce bottles, shampoo, conditioner and body wash bottles,
and **PP (#5)** *including ice cream containers, yoghurt containers, margarine containers and take away food containers (clean).* Get to know your local council's waste collection practices, and what is recyclable in your own community by visiting your local council website.

[What can I recycle? | City of Ballarat](#)

[Waste and recycling | Horsham Rural City Council](#)

[Waste and Recycling | Mildura Rural City Council](#)

[Waste Management | Warrnambool City Council](#)