

How You Can Help

10 Ways to Reduce Plastic Pollution



Rich Carey/Shutterstock -<https://www.nrdc.org>

4

PICK IT UP

Plastic & styrofoam on our streets are washed into sewers which lead to our rivers and lakes

5

RECYCLING BINS

Stabilize your recycling bins so they don't blow over on windy days

6

ASK FOR CHANGE

Pressure manufacturers to change: write letters, send a tweet or buy sustainable alternatives

7

COOK MORE

Avoid take out containers, plastic cutlery, plastic straws, and food packaging

8

BUY SECONDHAND

Avoid all the packaging new products come in and save money.

9

POOP BAGS

Dog poop bags claim to be compostable but last for 5-10 years: put them in the trash

1



Reusable alternatives

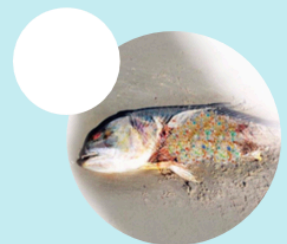
Fabric bags, bees wax wraps, reusable mugs/ bottles, reusable straws

2



Stop buying plastic bottles

Plan ahead pack drinks in reusable bottles before you leave home



Boycott Microbeads

Found in facial scrubs, toothpaste, body washes - marine animals eat them!!

10

Join our community group to clean up Markham's waterways
Contact Lindsey cleanupmarkham@gmail.com

Stop believing the problem is too big for YOU to effect change

Around 80% of marine litter actually originates on land -either swept in from the coastline or carried to rivers from the streets during heavy rain via storm drains and sewer overflows.

"Left alone, plastics don't really break down; they just break up. Over time, sun and heat slowly turn plastics into smaller and smaller pieces until they eventually become what are known as microplastics. These microscopic plastic fragments, no more than 5 millimeters long, are hard to detect—and are just about everywhere. Some microplastics are even small by design, like the microbeads used in facial scrubs or the microfibers in polyester clothing. They end up in the water, eaten by wildlife, and inside our bodies. They've even



Martin Grimm/Picture-alliance via Associated Press -



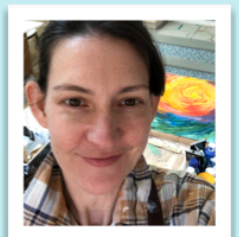
An albatross found dead with a belly full of plastic
Forest and Kim Starr via Flickr

made their way up to the secluded Pyrenees mountain range and down to the bottom of the Mariana Trench. For wildlife, microplastics can be particularly dangerous; when eaten they can easily accumulate inside an animal's body and cause health issues, like punctured organs or fatal intestinal blockages." excerpt from Courtney Lindwall Single Use Plastics 101 - January 09, 2020-nrdc.org

**The simple act
of believing
you can make
a difference is
an act of
courage.**

JOIN US AND HELP

My name is Lindsey, I'm a resident of Markham Village and love to walk in our forests and trails. I'm deeply saddened by the plastic and styrofoam waste I see in the streams and rivers because I know it threatens the lives of the beautiful creatures who rely on the water to survive (us included). I've decided to take action against the injustice we humans are inflicting on the environment by committing to picking up as much plastic and styrofoam I can in my neighbourhood, local trails, forests and ravines. If you'd like to help please join our group and we can work together to clean up the water for all life.



Contact Lindsey @ cleanupmarkham@gmail.com