**Plastic-Free Tips**

Here are some engaging ways to keep your team motivated and mindful of your reusable workplace program. Share these tips in emails, newsletters, or team meetings to reinforce the "why" behind reducing single-use plastics. The tips below are separated into "Did you know?" and "Green Actions".

**Did you know?** tips that provide information and facts on the sectors below

**Green action:** outlines actions we can take to help meet sustainable goals.

* **Did you know?** [**1.84 billion** single-use coffee cups are used every year in Australia](https://www.plasticfreejuly.org/wp-content/uploads/2023/05/Time-to-wake-up-and-smell-the-coffee-cup-waste_AU-2023.pdf), and the majority end up in landfill or littered in the environment. **Green action:** Bring a reusable travel mug with you, borrow a reusable mug from a swap cup system or stay and dine-in using a reusable cup.

* **Did you know?** Only [**13% of plastic used** in Australia is recycled](https://www.dcceew.gov.au/environment/protection/waste/publications/national-plastics-plan-summary). **Green action:** Avoid single-use plastic wherever possible.
* **Did you know?** Plastic doesn’t break down; instead it breaks up into [**microplastics** and **nanoplastics**](https://www.unep.org/news-and-stories/story/plastic-planet-how-tiny-plastic-particles-are-polluting-our-soil). These tiny plastic particles end up in our oceans and soils, and are often found in the stomachs of wildlife. **Green action:** Avoid single-use plastic wherever possible.
* **Did you know?** Plastic particles can enter the human body through [inhalation, absorption and ingestion](https://www.health.wa.gov.au/~/media/Corp/Documents/Health-for/Environmental-health/Chemical-Hazards/Micro-plastics-and-public-health.pdf). **Green action:** Swap plastic food ware for ceramic, steel, or glass. Avoid plastic fabrics in clothing and homewares.
* **Did you know?** [Plastic is not infinitely recyclable](https://news.nationalgeographic.org/7-things-you-didnt-know-about-plastic-and-recycling/); in fact, it can only be recycled 2-3 times. **Green action:** Swap single-use plastics for reusable alternatives.
* **Did you know?** Most plastics [originate from crude oil](https://theconversation.com/if-plastic-comes-from-oil-and-gas-which-come-originally-from-plants-why-isnt-it-biodegradable-179634?utm_source=clipboard&utm_medium=bylinecopy_url_button). Only compostable bioplastics are made from plant-starches, like cassava or corn. **Green action:** Swap single-use plastics for reusable alternatives. If you do have to use a single-use plastic, make sure it is certified compostable.
* **Did you know?** On average single-use coffee cups are used for [13 minutes then discarded](https://www.weforum.org/stories/2017/12/germany-has-come-up-with-the-best-solution-to-single-use-coffee-cups/). **Green action:** Bring a reusable travel mug with you, borrow a reusable mug from a swap cup system or stay and dine-in using a reusable cup.
* **Did you know?** [Stainless steel cutlery used only twice has the same environmental impact as disposable cutlery](https://upstreamsolutions.org/reuse-wins-report). Every use after the first two increases environmental benefits! **Green action:** Bring reusable cutlery with you when dining out.
* **Did you know?** [Making 500 paper cups uses close to 1,400 litres of water](https://upstreamsolutions.org/reuse-vs-single-use-environment). In contrast, using and washing one ceramic cup 500 times requires only 201 litres. **Green action:** Always choose reusable cups.
* **Did you know?** [By 2050, plastics will outweigh fish in our oceans](https://www.ellenmacarthurfoundation.org/topics/plastics/overview). **Green action:** Avoid single-use plastics, and choose reusables.
* **Did you know?** [By 2040, 95% of the net demand for oil will come from plastics](https://theconversation.com/while-plastic-dominates-human-consumption-the-global-economy-will-remain-hooked-on-fossil-fuels-247393?utm_source=clipboard&utm_medium=bylinecopy_url_button). **Green action:** Choose reusables that are made from steel, glass, ceramics or recycled materials. Buy local reusable food ware items that are made locally, to further save on carbon emissions.
* **Did you know?** Most single-use cups are [lined with low density polyethylene (LDPE) plastic](https://www.epa.nsw.gov.au/-/media/epa/corporate-site/resources/managewaste/18p1275-bintrim-factsheet-coffee-cups.pdf), making it very hard to recycle. **Green action:** Purchase a reusable cup for your daily coffee. If you absolutely have to use a single-use cup, choose one that is certified compostable.
* **Did you know?** The lid of a single-use plastic cup is usually made of [100% plastic either polystyrene (PS)](https://www.lifecycleinitiative.org/wp-content/uploads/2021/02/UNEP_-LCA-Beverage-Cups-Report_Web.pdf) or [polypropylene (PP)](https://www.theguardian.com/environment/2024/jan/22/disposable-coffee-cups-environmental-impact). [Most lids end up landfilled](https://wwf.org.au/blogs/10-worst-single-use-plastics-and-eco-friendly-alternatives/) or littered. **Green action:** Avoid single-use plastic cups by using a reusable cup. There are many options available, including BYO, mug libraries and share systems.
* **Did you know?** [We each consume between 74,000 - 121,000 microplastic particles annually](https://www.sbs.com.au/news/article/a-wake-up-call-study-finds-humans-consume-at-least-74-000-microplastics-each-year/kb6krga33). **Green action:** Make the switch away from single-use plastics.
* **Did you know?** [Every piece of plastic ever made still exists](https://www.plasticfreejuly.org/the-plastic-pollution-issues/). **Green action:** Consume mindfully. Avoid single-use plastics. If you’re purchasing a gift for someone, consider gifting them a reusable food ware item.
* **Did you know?** [Plastic cups take 450 years to degrade](https://wwf.org.au/blogs/the-lifecycle-of-plastics/). **Green action:** Always take your reusable cup when purchasing your daily coffee. If you don’t have one, borrow one from a mug library. If you’re looking to purchase one, secondhand shops often have a few available.