

PLASTIC-FREE FACTS

Sharing plastic-free facts in guest emails, newsletters, or during team meetings can help to reinforce the "why" behind making the switch to reusables. The tips below are separated into "Did you know?" and "Green Actions".

Did you know?: A plastic-free fact related to the hotel industry.

Green action: An action we can take to tackle the problem outlined in the fact.

- **Did you know?** During the peak holiday season, the tourism hotspot of the Mediterranean sees an [increase in marine pollution of up to 40%](#).
Green action (hotels): Provide your guests with reusable options, including a guest borrow program to ensure they aren't taking single-use plastic into the community.
Green action (guests): When you go on day trips, borrow a reusable cup, water bottle and bag from a hotel guest borrow program.
- **Did you know?** To deliver 600,000 L of shampoo to guests in single-use minis requires [160 kg of plastic](#). The same amount of shampoo provided in bulk (refillable dispensers) only uses [21 kg of plastic](#). That's a saving of 139 kg of plastic!
Green action (hotels): Make the switch to refillable shampoo, conditioner, soap and body wash dispensers in guest rooms and shared bathroom facilities.
Green action (guests): Choose hotels that provide refillable and reusable toiletries.
- **Did you know?** [1.84 billion single-use coffee cups are used every year in Australia](#), and the majority end up in landfill or littered in the environment.
Green action (guests): Bring a reusable travel mug with you, or borrow one from a hotel guest borrow program.
- **Did you know?** Only [13% of plastic used in Australia is recycled](#).
Green action (hotels): Avoid stocking single-use plastic items in guest rooms.
Green action (guests): Choose hotels that provide reusables.
- **Did you know?** [Every piece of plastic ever made still exists](#). Plastic doesn't break down; instead it breaks up into [microplastics and nanoplastics](#). These tiny plastic particles end up in our oceans and soils, and are often found in the stomachs of wildlife.
Green action (hotels): Switch to reusables across all hotel operations.
Green action (guests): Be prepared when you travel, and make sure you bring your reusable cups, bags, and water bottles on every trip.

- Did you know?** Plastic particles can enter the human body through [inhalation, absorption and ingestion](#). In fact, [we each consume between 74,000 - 121,000 microplastic particles annually](#).

Green action (hotels): Swap plastic foodware for ceramic, steel, or glass.

Green action (guests): Back a reusable food container when you go on holiday, or dine-in when buying meals.
- Did you know?** [Plastic is not infinitely recyclable](#); 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](#). 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](#).

Green action (hotels): Provide a guest borrow program, including a reusable cup. Sell branded reusable cups from reception or the hotel's gift shop.

Green action (guests): Bring a reusable travel mug with you, borrow a reusable mug from a guest borrow program 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](#). Every use after the first two increases environmental benefits!

Green action (hotels): Swap single-use cutlery for reusables for all food and beverage services.

Green action (guests): Bring reusable cutlery with you when dining out on holiday. There are some great travel options available at homeware stores.
- Did you know?** [By 2050, plastics will outweigh fish in our oceans](#).

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](#).

Green action: Choose reusables that are made from steel, glass, ceramics or recycled materials. Buy local reusable foodware items that are made locally, to further save on carbon emissions.
- Did you know?** [Every piece of plastic ever made still exists](#). As an example, [plastic cups take 450 years to degrade](#).

Green action: Consume mindfully. Avoid single-use plastics.