



# YOUR PLASTIC-FREE CHECKLIST

This Plastic Free July, it's time to face a hard truth: plastic is everywhere. We know that we can't recycle our way out of this mess. That's why Oceana is campaigning to stop plastic pollution at the source – and you can help! Check out our plastic checklist to learn more about the massive plastic crisis and discover simple yet impactful ways you can partake in Plastic Free July and help create a plastic free future!

## 3 THINGS TO KNOW

- ☐ **Plastic is inescapable for ocean animals.** Over 900 species, including seabirds, fish, sea turtles, and whales, are affected by plastic. Marine life is consuming or being entangled in everything from food wrappers and balloons to bags and packing straps.
- ☐ **Plastic has a huge carbon footprint.** Most single-use plastics are made from fossil fuels, which are notoriously warming our oceans and our climate. Plastic contributes to climate change at each stage of its life cycle. Current projections show plastic production tripling by mid-century, far outpacing recycling and resulting in more plastic in the ocean.
- ☐ **Plastics impact human health.** Plastic is now being found in our air, soil, water and bodies. The risks to human health stem from production to waste-management processes. We need our global leaders and companies to take responsibility for the effects of plastic on our health and the environment.

## 3 THINGS TO DO

- ☐ **Hold leaders accountable.** The most effective way to combat plastic pollution is to stop it at the source. Advocate the enforcement of the Environmental Protection (Pollution from Plastics) Regulations, 2020, to reduce the number of plastics in Belize, transition to biodegradable products, and protect human health from the negative effects of plastic pollution.
- ☐ **Call for sustainable options.** Plastic foam is one of the most common plastics polluting our environment – both inland and along coastal areas. If you can, dine-in at restaurants with reusable plates and silverware to avoid taking your food and drinks to go. And speak up for more sustainable options!
- ☐ **Take the Plastic-Free pledge!** A plastic-free future is within our reach, but only through collective effort! Pledge to help the oceans by tackling plastic pollution – not just this Plastic Free July, but every month.

## LOOKING FOR MORE WAYS TO PROTECT THE OCEAN?

Sign up to become an Oceana Wavemaker and support our campaigns to protect Belize's marine resources for generations to come.

[\*\*BELIZE.OCEANA.ORG/WAVEMAKER\*\*](https://belize.oceana.org/wavemaker)