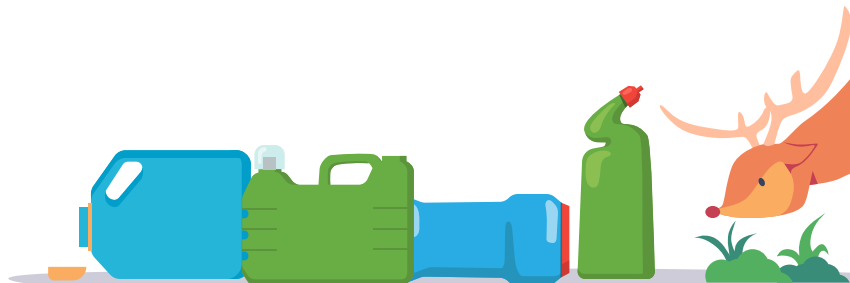


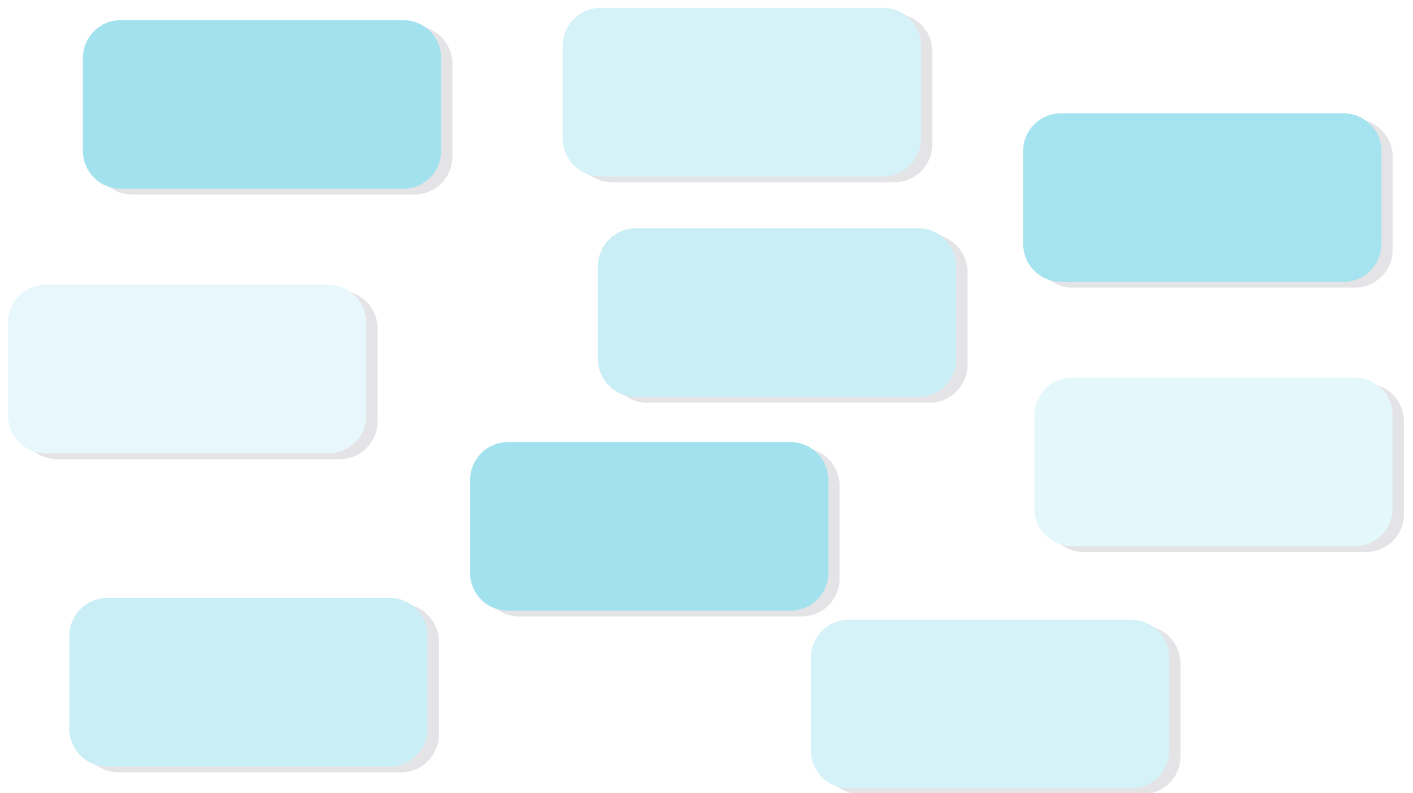
## Plastic Free July

Single-use plastic is a problem that impacts everyone on the planet. Unlike paper and food, plastic does not biodegrade, which means that it can stay in the environment for hundreds of years!

Plastic Free July is a great time to learn about the impact of plastic on the environment and have a look at your own plastic use to see which simple swaps you can make. What plastic do you use in your daily routines? Think about the plastic you use in your bathroom, kitchen, school and elsewhere.



Carry out some research on the Plastic Free July website to see which swaps can be made to reduce our impact on the environment.



Now it is time to write a pledge. What changes can you make to reduce your plastic usage? Remember, you don't have to change everything to have a positive impact on the environment, just one or two small changes are a great place to start.



My Plastic Usage Pledge:

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