



Education:

1. Learn more about **reducing your plastic footprint** by learning about going [plastic-free](#), [making your home ocean-friendly](#), and [sneaky sources of plastic](#).
2. **Breath this Air Film:** <https://www.breakfreefromplastic.org/pollution-act/>
3. **Global Alliance for Incinerator Alternatives, GAIA, Alternatives False narrative sheet Plastic Solutions** <https://www.no-burn.org/factsheets/>
4. **H.R.5845 - Break Free From Plastic Pollution Act of 2020**
 5. <https://www.breakfreefromplastic.org/pollution-act/>
 6. **THRIVE Act- HR8788 – 116th Congress: THRIVE ACT – Transform, Heal, and Renew by Investing in a Vibrant Economy (“THRIVE”)**
 - i. <https://www.thriveagenda.com/act>
 - ii. <https://www.greennewdealnetwork.org/the-thrive-act>
 7. **51 Way to reduce plastic use:**
<https://www.refrelief.org/2013/01/51-ways-to-reduce-plastic-use-or-completely-eliminate-it/>
 8. Our friends at **Cafeteria Culture** have made the uplifting and brilliant **film "Microplastic Madness"** which spotlights the great work of school children in Brooklyn addressing plastic pollution. It's not available on apps but you can watch it until May 13th.
 9. **Schedule a virtual visit with your members of Congress to talk about the BFFPPA.** We've spelled out all the steps for how to do this in our [handy-dandy guide to lobbying your members of Congress on the BFFPPA here.](#)
 10. We're excited to share the winner of the Earth Day Beyond Plastics Meme Contest :)
 - a. We received so many great entries that it was tough to pick just one but after a long, agonizing debate, **we chose this fantastic meme from [Mary Krupa](#), a 26-year old from State College, PA who is passionate about the environment,**

sustainability, and online campaigning. Congratulations, Mary!
 - b. Below are two of the other memes we especially enjoyed and [we've put all the memes people created for the contest up on our web site - take a look!](#)


- c. If any of these clever memes catch your fancy, please [click on them to retweet and help raise awareness about plastic pollution](#) and build support for the Break Free From Plastic Pollution Act.

11. [Think You Don't Eat Plastic?](#)
12. [What's Gone Wrong with Plastic Recycling](#)
13. [Opinion: No the Pandemic Isn't an Excuse to go Back to Single Use Plastics](#)
14. [Microplastics Revealed in the Placenta of Unborn Babies](#)

Going Zero Waste by Kathrine Kellogg	Tips for Dealing with Eco-Anxiety	https://www.goingzeroeco-anxiety
Zero Waste	A guide to minimizing your waste generation And Beginners guide to Zero Waste	https://www.zerowasteandhttps://www.goingzeroto-zero-waste-living/
Zero Waste Nerd	Includes Zero Waste Stores including bulk food locations and (Straws (bamboo and grass), Coconut Bowls, Candles and more.	https://zerowastenerd.c
EcoTips	Products, Articles, EcoTips, and The right to repair.	https://easyecotips.com

[The Story of Plastic](#) and [Plastic Wars](#) are both great films that help expose Big Plastic for the dangerous, life-threatening bullies that they are. By understanding the lifecycle of plastic and full scope of the harm it does, we can be better armed to call for its demise. [Microplastic Madness](#) is an uplifting film that features youth activists from Brooklyn, NY. Watching these young leaders advocate for change in their school and city will leave you with a new wave of inspiration. Don't forget to organize or attend the Q&A so you can turn that motivation into action!

- **Conduct a personal plastic audit and encourage your friends and family to do the same.**

As mentioned earlier, it's crucial that we recognize the different sources of plastic in our lives so we can work to replace them with more healthy and sustainable alternatives. Our blog on [Making Your Home Ocean Friendly](#) is a good place to start assessing the products in your home.

- **Check out [Plastic Free July's](#) website for more ideas and events around the world!**

The "[My Challenge Choices](#)" is a great worksheet to help guide personal action. They also have their own [bin audit](#) instructions that are straightforward and easy to follow. Remember to [take the challenge](#) to show your support for living a plastic-free lifestyle!

Enough is enough. We simply cannot allow Big Plastic to continue with their increased trajectory to [triple plastic production by 2050](#). Instead, there should be immediate and drastic action taken to reduce current production and halt any new construction. These actions and more are outlined in the federal Break Free From Plastic Pollution Act. [Add your signature of support now](#). Have a happy and healthy Plastic Free July!

As background, the [RECOVER Act](#) is a bill supported by the plastics industry that has been languishing in Congress. The RECOVER Act seeks federal taxpayer dollars to fund a broken recycling system for plastics that have never been very recyclable in the first place.

Blogs

[easyecotips](#), [zeroplastic](#), [thezerowasteguide](#), and [ecowizard](#)

Zero Waste

Zero waste Nerd <https://zerowastenerd.com/>

- Plastics are burned and create toxics.
- Notice there is NO protective gear for the workers of the melt down of the plastics (a Social Justice issue)
- Health and Environmental Issue
- PLASTIC FUME MONITORING AND PLASTIC FUME EXPOSURE <https://envirocare.org/plastic-fume-monitoring-exposure/>
- Burning Plastic: Incineration Causes Air Pollution, Dioxin Emissions, Cost Overruns. <https://www.no-burn.org/burning-plastic-incineration-causes-air-pollution-dioxin-emissions-cost-overruns/>

➤ When plastic is burned, it releases dangerous chemicals such as hydrochloric acid, sulfur dioxide, dioxins, furans and heavy metals, as well as particulates. These emissions are known to cause respiratory ailments and stress human immune systems, and they're potentially carcinogenic. In general inhalation of plastic fumes can lead to an increased risk of heart disease, respiratory side effects such as aggravated asthma, skin irritations, headaches, nervous system damage, and other organ damage such as the kidney, liver, and reproductive system.

<https://engineering.mit.edu/engage/ask-an-engineer/can-we-safely-burn-used-plastic-objects-in-a-domestic-fireplace/>

- The burning of plastics releases toxic gases like dioxins, furans, mercury and polychlorinated biphenyls (better known as BCPs) into the atmosphere, and poses a threat to vegetation, and human and animal health. ... Burning plastic also releases black carbon (soot), which contributes to climate change and air pollution. May 2, 2019 <https://www.unep.org/news-and-stories/story/plastic-bags-bans-can-help-reduce-toxic-fumes>
- Does not encourage less consumption.
- Does not encourage Producer Responsibility.