

## MY JOURNEY AWAY FROM PLASTIC – Week THREE of Action

**“We can be silent witnesses to terrible injustices if we think that we can obtain significant benefits by making the rest of humanity, past, present and future, pay the extremely high costs of environmental degradation.”**

Pope Francis, *'Laudato Si'* 36:

**Up to 13 million tonnes of plastic leaks into the world's oceans each year, including plastic microbeads from toothpaste, cosmetics and laundry products.**

Environmentalists have alerted industry to the dangers of microbeads, with the result that some industries are changing their manufacturing process, to remove them from their products.

**Are you Eating Plastic?** See this 3-D animation – well-worth watching:

<https://www.youtube.com/watch?v=FjT8GG0ETQg>



<http://www.ecosuperior.org/article/microplastics-2423.asp>

### What Could I do?

**Read labels and choose** products like toothpaste, beauty products and household goods that do not contain microbeads, or the plastics from which they are made i.e. polyethylene and polypropylene.

**Pick up rubbish**, especially any form of plastic from ponds, streams, rivers and beaches.

### SUSTAINABLE DEVELOPMENT GOALS (SDGs)

#### SDG 14: 'LIFE BELOW WATER'

**Target 14.1**, aims to prevent and significantly reduce marine pollution of all kinds, especially from land-based activities.

Learn more at:

[https://storyofstuff.org/movies/lets-ban-the-bead/;](https://storyofstuff.org/movies/lets-ban-the-bead/)

Download to your smartphone:

*Beat the Microbead 3.0 app*, to scan your products on microplastic ingredients –

<http://www.beatthemicrobead.org/>

**NB.** Watch out for Week 4 leading to Earth Day, April 22<sup>nd</sup> ....