

# Ditch Plastics, Switch to a Sustainable Campus

How much plastic do you use? What are the plastics you use doing to our environment? Join TropEco in caring for our world by reducing single use plastics. Start by using reusable water bottles and finding alternatives to plastics bags. Together, we can make a difference.





## More about bottled water:

- Bottled water is usually packaged in PET (polyethylene terephthalate), a plastic which is derived from crude oil
- Plastic bottles can be recycled, but many are discarded to landfill where they can take up to 1000 years to break down
- If discarded as litter, plastic bottles often end up in the sea where they break up into small pieces and can kill marine life, which mistake it for food
- Bottle lids and labels account for over 90 per cent of production costs
- Plastic bottles are one of the most common rubbish items collected on Clean Up Australia Day
- Spring water is usually extracted from underground water, upstream from where the water naturally surfaces, often creating a negative environmental impact.

Source: [www.cleanup.org.au](http://www.cleanup.org.au)

## More about plastic bags:

- Australians use more than 10 million plastic bags per day
- The average Australian family can accumulate 60 plastic shopping bags from only four grocery trips
- On average, these bags are used for only five minutes, but can take up to 1000 years to break down
- In Australia, approximately 7150 recyclable plastic bags are thrown away per minute – that's 429,000 dumped in landfill every hour
- Many people consider these bags to be free, but they are added into the price of goods and can cost households between \$10 and \$15 per year
- Thousands of marine animals are killed each year by discarded plastic bags.

Source: [www.noplasticbags.org.au](http://www.noplasticbags.org.au)

Our award-winning TropEco program celebrates Sustainability in Action by creating opportunities and recognition for your sustainability ideas. TropEco is all of us creating a culture of sustainability at JCU.



### What you can do:

#### REFUSE

- ✓ Say no to single-use plastic bottles and plastic bags
- ✓ Choose tap water instead of bottled water

#### RE-USE

- ✓ Purchase reusable water bottles and shopping bags

#### RECYCLE

- ✓ Sort your rubbish into recyclable and non-recyclable
- ✓ Give new life to old plastic bottles by turning them into something else such as watering cans or flower pots