

A Month To Reduce



Plastic Fact of the Week

“More than 8 million tons of plastic are dumped in our oceans every year.”

Challenge of the week

A Plastic Free Party!

Plan a picnic/party for your family. List down all the plastic items that you would use.

- ▶ What is recyclable?
- ▶ What is single use and disposable?
- ▶ Write down the alternatives you can use to make your picnic/party plastic free and reduce your plastic waste foot print.



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STEPS TO PLASTIC FREE

How can we REDUCE plastic in our life?

Let's start with a few simple steps and make our world a better and greener place. Let's join together and REDUCE our plastic waste footprint. Remember every little STEP you take makes a difference. So choose a few and get started!



EASY



1. Shopping Bags

Take your own reusable paper, cloth bags when going shopping.



2. Plastic Straws

Avoid using plastic straws



3. Water Bottle

Carry your own Water Bottle when you go to school/work, to the Masjid, and travelling.



4. Ice Cream Cone

Treat yourself to an icecream cone over a scoop of icecream in a plastic cup or packet



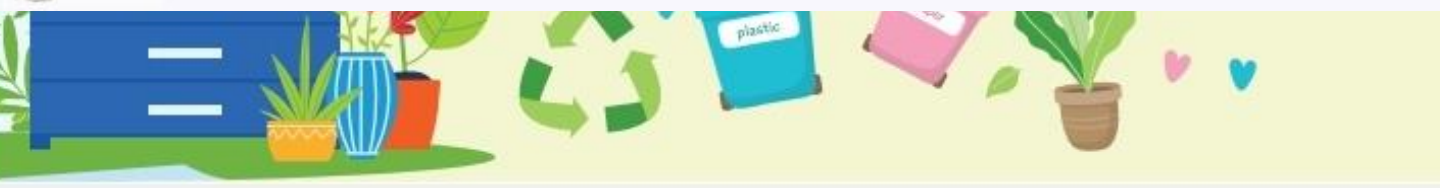
5. Upcycle

Use your creativity and upcycle the plastic products that can't be used anymore and make it into a new better product.



6. Existing Plastic products

Choose non plastic items when its time to replace worn or broken existing plastic products



Moderate

7. Plastic Wrap



Use wax wraps, storage containers, or simply cover left overs with a plate.

8. Reusable Safras



Safras: Use wipeable, washable ones, instead of disposable.

9. Ice Trays



Have to buy a new ice tray? Choose silicone or stainless steel ones and avoid the plastic ice trays.

10. Food Containers



Choose glass or stainless steel food containers instead of plastic ones or reuse what you already have.

11. Book Covers



Cover books with cloth covers instead of plastic covers

12. Single-use plastics



Avoid single use plastics wherever possible such as plastic cups, hair nets, aprons,

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Difficult

13. Eco-Friendly Decorations



Convert paper and packaging found at home, into beautiful flowers and paper chains, for your celebration instead of buying plastic decorations.

14. Home cooked meals



Opt for fresh home cooked meals and avoid take-out foods that come in plastic containers.

15. Pens



Choose using pencils and refillable fountain pens over disposable plastic pens.

16. Bar Soap



Switch to bar soap instead of liquid soap that come in plastic bottles

17. REFUSE



Refuse getting plastics: Shopping bags, coffee cups, water bottles etc. – say no to them and carry your own bags, bottles, cups, etc.

18. Shukr



Allah TA ni Nemato par shukr karta howa, Reduce unnecessary consumption. But only as needed.

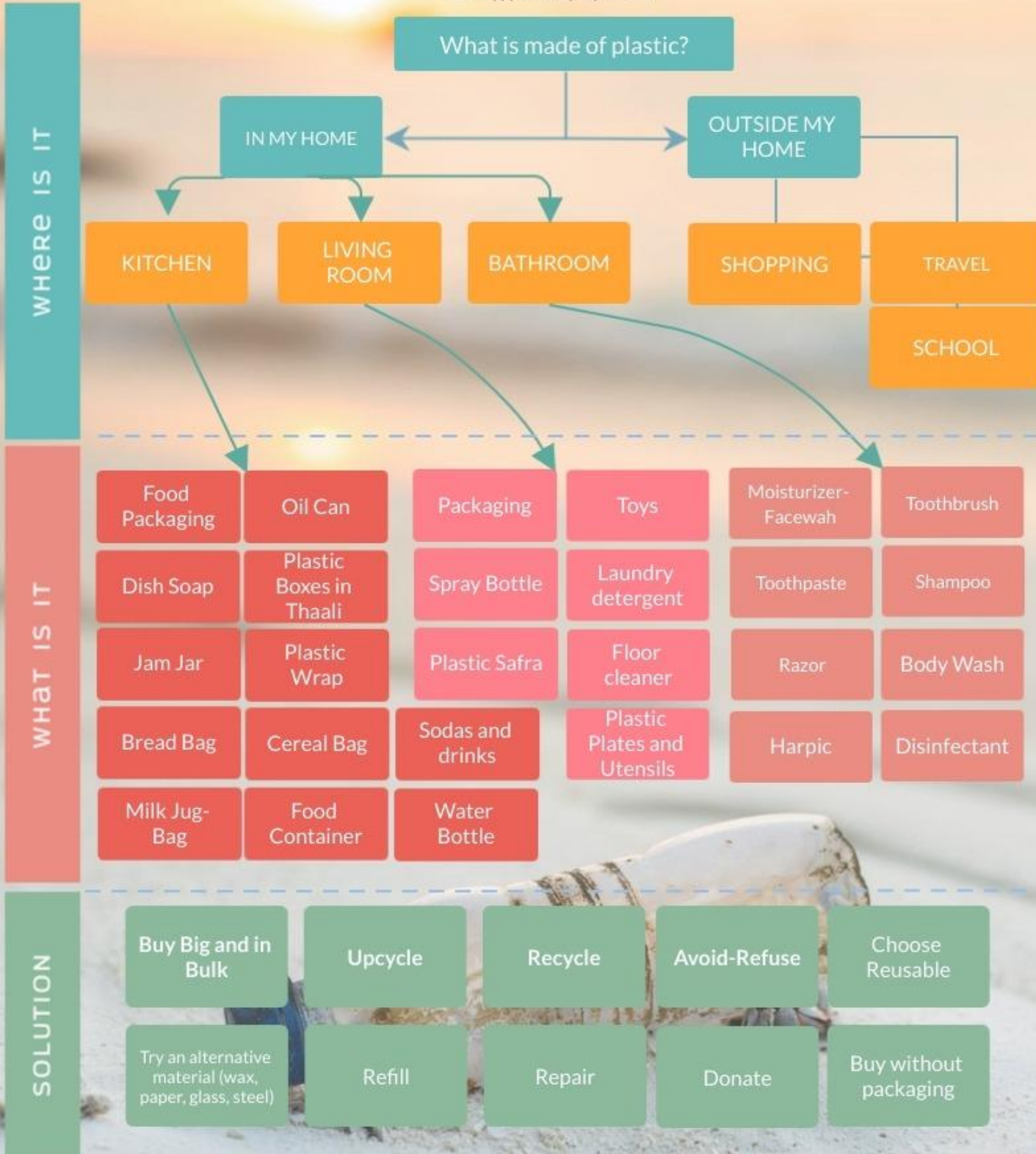
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PLASTIC IN OUR DAILY LIVES

Can you Reduce or Refuse some of the plastic?

BY Happy Nests By Supermoms





How good are you at refusing and reducing plastic?
Take this quiz to find out!
<https://quizizz.com/pro/join?gc=13019020>



I found a few old toys. I will...

Throw them away

Keep them stored

Donate them

Upcycle them



I am parched and I need a drink. I will...

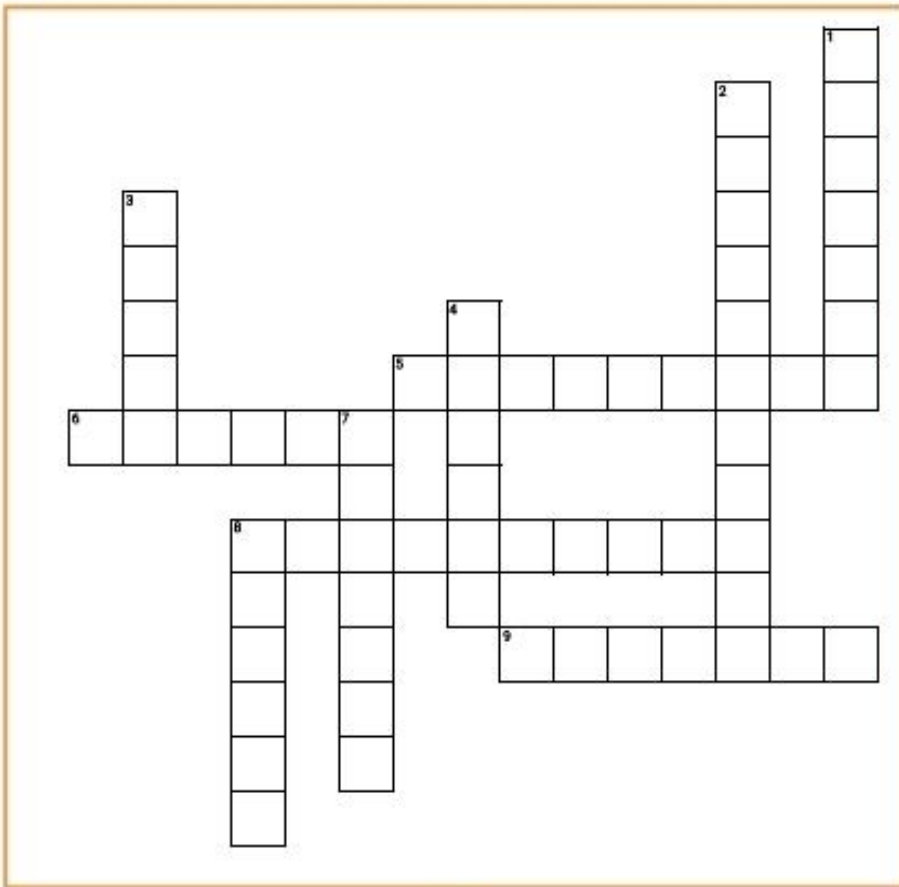
Order a fresh juice from the nearest cafeteria

Fill up a glass of icy cold water

Open a bottle of sparkling spring water

Get a boost from a can of coca cola

A MONTH TO REDUCE



Across

5. Cause to decay
6. Restore to a good condition
8. A substance that can be converted to another material
9. A synthetic material made from organic polymers

Down

1. Reuse discarded items to create a product of higher quality
2. The natural world
3. Use again
4. Make smaller
7. Convert waste into reusable material
8. Say no; trash

Visit our website for more tips and activities:
<https://happynestsbyhappythreads.godaddysites.com/reduction-%26-refuse-month>

Creative upcycled products by Happy Nests



adela

Make it yourself!



Learn to make your own edible plastics in just a few simple steps.

Visit

<https://youtu.be/5XOI V5zOzFM>

My Plastic-Free Experience

Using around 5000 recycled buttons, a Sharjah based art teacher has made a 40cmx30cm portrait of Indian freedom fighter Mahatma Gandhi to mark India's Independence Day. Rashida Adil, a UAE resident for 29 years now, had been tirelessly working on her "masterpiece" for the last three months. The teacher who champions recycling and creating meaningful art pieces, said the lockdown period served as a boon as she got time to focus on her "patriotic" artwork.

<https://twitter.com/rashidaadil4/status/1297235682650357763?s=12>



Rashida Adil had to fix the buttons seven times as they kept falling off due to the heat.

Send us your story and get it featured in our next weeks' newsletter!

Visit our website for more:

<https://happynestsbyhappythreads.godaddysites.com/>