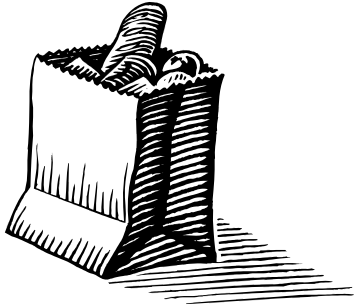


“The most ubiquitous consumer item on Earth, the lowly plastic bag is an environmental scourge like none other, sapping the life out of our oceans and thwarting our attempts to recycle it.”

Katharine Mieszkowski



### Paper or plastic? Which is better?

Surprisingly, the answer is NEITHER. Both have their own environmental impacts.

Paper is heavier to transport, and is often made from virgin forests, which are not renewable.

Plastic is made from petroleum and does not biodegrade.

The solution? Bring your own bag. Refuse all unnecessary disposable bags and carry a reusable bag instead.

Are you, your group, school, institution or business taking steps to reduce plastic bag use in London?

If so, we want to hear from you. Please email us.

Your efforts could be featured on our website. Your actions can help motivate and inspire others.

### The London Plastic Bag Project

[www.wastefreeworld.org](http://www.wastefreeworld.org)

[wastefreeworld@gmail.com](mailto:wastefreeworld@gmail.com)

Endorsed by:  
Friends of the Coves  
The London Chapter of the Council of Canadians  
The London Coalition Against Pollution  
The Northwest London Resource Centre  
The Thames Regional Ecological Association

## A cleaner planet – it's in the bag!



### What's the big deal about plastic bags?

When something is perceived as free, it is often taken for granted. It is easy to become careless with such things. Ultimately, our environment pays the price for this carelessness.

[www.wastefreeworld.org](http://www.wastefreeworld.org)

## Environmental problems

In Ontario, 7 million plastic bags are used every day & 2.5 BILLION bags are used a year

Plastic bags take about 1000 years to decompose. When they do, they break down into little bits of plastic that contaminate the ground & water

Plastic bags contribute to litter and waste

They clog up waterways, causing overflow and flooding

They are mistaken for food by animals especially birds and marine wildlife. When eaten, they block stomachs and cause death

They collect water when they lie on the ground & become breeding grounds for mosquitoes that may carry West Nile Virus

They are choking and strangulation risks for infants and animals. NOTE: infants should NEVER be allowed to play with plastic bags. Plastic bags should also be kept well away from sleeping areas.

## What can you do?

### IT'S EASY -

**Refuse bags!** You do NOT have to take a bag just because you have bought an item. You can say “No bag, thanks”

Use **re-usable** bags or no bags at all.

**Take your own bags shopping.** Put them in your car, hang them on your door, have a reminder on the fridge

Use up the plastic bags you have at home before taking any more bags

**Recycle** your excess bags. Recycling of plastic bags in London is available at A&P stores and at Loblaws.

Please **do not let your plastic bags become litter.** Don't just use them once and throw them out. Take responsibility for the environment,

for the sake of our children.

## What can you use instead of plastic bags?

### For garbage:

Use all that packaging that you get when you buy things. Don't throw them straight into the bin. For example, milk bags are great for garbage.

### For pet litter:

There are compostable or biodegradable waste bags that you can bury - bag, waste and all.

Many purchases do not need to be put in bags. Just carry them in your hand!

**For example:** CDs, videos, DVDs, books, magazines, single craft items, handbags, bags of diapers, cabbages, broccoli, large items & food that is already packaged e.g. packets of crisps.

The list is endless.