



ECO-BRIGADE OF DAV ROHINI

Join hands with 'Swachhata Hi Seva Campaign' Which aims to....

....reinforce sanitation as everyone's business and is focused on Plastic Waste Management as its key theme.

Eco- brigade of DAV Rohini urges all to stop or limit the use of Single Use Plastic.

Plastic Pollution is a tremendous problem. Our oceans are brimming with plastic waste. Plastic that never disappears but breaks down into smaller & smaller pieces (micro plastic) which are nearly impossible to get rid of and cause a myriad of significant ecological issues. This grave problem can be fixed with individual consciousness and timely actions. If every person makes small simple changes, we would dramatically reduce our plastic pollution.

Check out easy ways to start reducing the use of single use plastic in your every day life!

1. Avoid using packaged drinking water bottle, instead use reusable water bottle. Carry it whenever you move out
2. Stop using plastic straws, even in restaurants. If a straw is must, purchase a reusable stainless steel or glass straw
3. Use a reusable bag. A single plastic bag can take 1,000 years to degrade. Purchase or make your own reusable bag and be sure to wash them often!
4. Give up chewing gum. Gum is made of a synthetic rubber, aka plastic.
5. Buy boxes instead of bottles. Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.
6. Purchase food, like cereal, pasta, and rice from bulk bins and fill a reusable container. You save money and unnecessary packaging.
7. Reuse containers for storing or shopping in bulk.
8. Use a reusable bottle or mug for your beverages like tea, coffee at your work place. Avoid using Styrofoam glasses even when ordering from cafeteria.
9. Avoid buying frozen foods because their packaging is mostly plastic. Even those that appear to be cardboard are coated in a thin layer of plastic. Also you'll be eating fewer processed foods!
10. Don't use plasticware at home. It is not healthy as well be sure to order only that much food that you can consume .Avoid getting surplus food packed in take-away plastic containers

11. Make fresh squeezed juice or eat fruit instead of buying juice in plastic bottles. It's healthier and better for the environment.
12. Make your own cleaning products that will be less toxic and eliminate the need for multiple plastic bottles of cleaner.
13. Pack your lunch in reusable containers and bags. Use paper wrap for wrapping all kinds of breads. Also, opt for fresh fruits and veggies and bulk items instead of products that come in single serving cups.
14. Use a razor with replaceable blades instead of a disposable razor.
15. While ordering online, choose the option of less packaging.

Avoid Trashing our planet due to inconvenience and ignorance.