

Calculate Your Plastic Consumption

How many of the following items do you consume?

DAILY	#/DAY		#/YEAR
Plastic bottles		X365=	
Plastic cups		X365=	
Plastic straws		X365=	
Cotton swabs w/plastic sticks		X365=	
Cigarette butts		X365=	
Plastic resealable bags		X365=	
Plastic cling wrap		X365=	
Plastic silverware		X365=	
Plastic plates		X365=	
Food containers		X365=	
Total # consumed per year:			

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Plastic silverware		X365=	
Plastic plates		X365=	
Food containers		X365=	
Total # consumed per year:			

MONTHLY	#/MONTH		#/YEAR
Food packaging		X12=	
Plastic grocery bags		X12=	
Cleaning containers		X12=	
Toothbrushes		X12=	
Toothpaste		X12=	
Medicine bottles		X12=	
Diapers		X12=	
Feminine products		X12=	
Total # consumed per year:			

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Total # consumed per year:			

	Total # consumed/year
Daily	
Monthly	
GRAND TOTAL	

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GRAND TOTAL	

Now that you know how many plastic items of short term use you consume every year, we hope you are thinking about what to do with this information. The Plastic Pollution Primer and Action Toolkit will help you figure out things that you can do to reduce your plastic pollution footprint.

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Adapted from the Earth Day Network
Plastic Pollution Primer and Action Toolkit
<http://www.earthday.org/wp-content/uploads/Plastic-Pollution-Primer-and-Action-Toolkit.pdf>

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