

ROOTED

by (You)th Environmentalists



This month is Plastic-Free July!

[Click here](#) for the video introduction of this newsletter:

Why Is Plastic Bad For The Environment

We challenge you to make an effort to use less plastic! This newsletter will be a guide all about ways you can reduce your waste and contribute to a cleaner planet!

Click on the trees above for a link to the Plastic-Free July website!



The COVID-19 pandemic has been a trying time for everybody and we've all been affected by it. Although this pandemic has put us in a difficult situation, we must continue to try our best to reduce plastic consumption. It's harder to reduce plastic now than it was before. However, there are still a few ways to use less plastic, all while staying safe and healthy. One way to reduce the amount of plastic you use is using bar soaps instead of pump soaps. This is a minor change with a huge difference. Unlike bar soaps, pump soaps come in plastic bottles. Bar soaps are also often cheaper and you can normally get more soap out of a bar. It's a win win! One thing that many people are looking for these days are cleaning products - try keeping a close eye on the ingredients list of the cleaning products that you buy. Many cleaning products sneakily contain plastic microbeads and many other toxic chemicals. If you can, try buying cleaning products that are more environmentally friendly with no plastic microbeads. Another option is to just make your cleaning products by following a recipe online. Since so many people are buying and looking for cleaning products, often, stores are low in stock for them. Instead of scavenging around for cleaning products, you can just make your own! If you do this, you can make cleaning products that are less toxic with no chance of containing plastic microbeads.

All About Bamboo

Bamboo is a resource we have an abundance of because of the nature in which it grows. It doesn't need to be replanted, uses minimal water, and is fast growing. Because of this, it would make a great biodegradable plastic alternative. This resource has many qualities that would make it ideal as a substitute. These include a low maintenance growing process, no need for pesticide use because of its properties, and the way it, similar to trees, releases oxygen. The only issue with using bamboo as an alternative is that, like many other manufacturing processes, chemicals have to be used to prepare it, which can harm the soil and surrounding biodiversity.

Bamboo has so many fantastic qualities that would make it ideal as a plastic alternative. If we could find a more eco-conscious way to manufacture it for use, it would be, as some people call it, a green-gold resource.

A green-gold resource

Bamboo is the fastest growing plant on Earth and is capable of growing three feet in only one day!

From furniture to clothing and cutlery, bamboo has so many uses! But, it's not the only reusable and biodegradable alternative out there! On the next page, come along as we look into some other tips and tricks!

As we all know, plastic pollution is a growing problem in our world and to this day, it continues to have a harmful effect on the environment around us. This issue is something we've all been aware about for a while now, and it's time that we take action and make changes in our daily routine that help reduce the amount of plastic we consume.

Bodywash, conditioner, shampoo, and soap bars over bottles

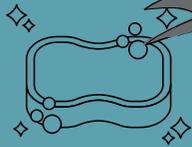
Shampoo Bottle

- 1 plastic bottle per month
- 25- 5 washes



Shampoo Bar

- Less or no packaging
- 80-100 washes



When eating out, bring your own straw, cutlery, cups, water bottles, etc. if possible.

Wood and bamboo = Biodegradable

Stainless steel = Recyclable



Some things to check out

(You)th

Environmentalist DIY

Click on the bee to learn how to make a beeswax wrap

A past Kitchener Public Library (You)th Volunteer, Madhav Malhotra, co-created The Plastic Shift, all about plastic consumption - click on the waves above to see it!



Click here for The Ultimate Guide to Recycling



(You)th Environmentalist Challenge:

Pick Up Garbage in the Neighborhood

Picking up trash is a fantastic pandemic activity and also has benefits for the environment! Keep in mind, it's not going to solve the plastic crisis, but it does assist with tons of other things including keeping animals safe and reminding others of their plastic usage. With these benefits and many more, it's a great way to help out your community. Just remember, caution needs to be taken when doing this, especially now, so remember to follow these guidelines to keep yourself safe.

Guidelines

- Know the area you're picking up litter .
- Be careful around dangerous areas like roads.
- Know where you're going to dispose of the trash you collect.
- Wear appropriate clothing like closed-toed shoes, long pants, gloves, and bright clothing so that you're visible to traffic.
- Try to separate recyclable items so that they can be disposed of properly.
- Stay on the safe side - don't pick up dangerous items like syringes, any unidentifiable chemicals, sharp objects, etc.
- Remember to social distance and wear gloves!
- Follow rules you normally would, like obeying traffic rules, not trespassing, etc., and the guidelines for being safe during the pandemic, like not touching your face and washing your hands extremely well after finishing.

Reusing

A good example of reusing plastic is the plastic containers you buy at the grocery store - the one's filled with berries, tomatoes etc. Before the pandemic, you could ask your local grocer or farmer's market to refill those plastic containers so that you didn't have to buy a new plastic container every time. For now, you can also repurpose used (and sanitized) plastic containers and use them instead of buying a new lunch box or bag for school or work.

Try making more homemade things such as bread, cookies, snacks, and freshly squeezed juice. This will also help a lot since cookies and snacks are products with some of the most plastic packaging. Use reusable silicon tray mats and muffin molds instead of single-use materials.

Reducing plastic consumption does two things. First, it helps you reduce the amount of plastic you consume. Second, it sends an indirect message to the makers of those products that you don't like plastic.

Sources: <https://www.globalissues.org/article/170/why-is-biodiversity-important-who-cares>, https://www.youtube.com/watch?v=GK_vRtHJZu4, <https://www.unenvironment.org/events/un-day/international-day-biological-diversity-2020>, <https://www.cbd.int/ldb/>, https://www.youtube.com/watch?v=b6Ua_zWDH6U, <https://reports.weforum.org/global-risks-report-2020/save-the-axolotl/>, <https://www.permaculturenews.org/2011/10/21/why-food-forests/>, <https://www.naturetrust.bc.ca/conserving-land/why-is-biodiversity-important>, <https://www.compostguide.com/using-humus-to-improve-soil-organically/>, <https://www.greenfacts.org/en/biodiversity/biodiversity-foldout.pdfhttp://theunfoldingearth.com/10-things-you-can-do-to-protect-biodiversity/>, <https://www.nationalgeographic.org/encyclopedia/biodiversity/>, <https://www.english-online.at/biology/organic-farming/organic-food-and-farming-methods.htm>, https://www.panda.org/our_work/biodiversity/biodiversity/