



Plastic Upvaas: Give up Single-Use Plastics

Dear Friends,

Plastic is a relatively new material in our lives. It has however taken over our lives, especially single-use plastics. Single-use plastics or disposable plastics are those that are used only once before they are thrown away or recycled. They have slowly, but gradually, replaced most daily use items like cutlery, carry-bags, glasses, cups and bottles among others.

As per UN statistics of 2018, 50% of all consumer plastics were single use. While plastic has many valuable uses, our over-reliance on single-use plastics has led to severe environmental and economic consequences, such as:

- 100,000 marine animals killed by plastics each year.
- 83% of tap water found to contain plastic particles.
- Plastics make up 90% of all the trash in our oceans.
- Microplastics are found in different types of food, harming all forms of life.
- It takes over a 100 years for plastic to degrade in the environment.

Plastic Upvaas is an initiative by Chintan and the Canadian High Commission and looks at involving citizens to fight plastic pollution by taking positive action. Through this campaign, we urge citizens to observe 12th December 2018 as the Plastic Upvaas - the day of 'fasting', or abstaining from single-use plastic. As a first step towards reducing their plastic consumption, we also urge them to pledge to give up at least one single-use plastic from their lifestyle. Will you take the Plastic Upvaas?

[Pledge to Give Up Single-Use Plastics](#)




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