

CERC-ENVIS



Say

NO

to

PLASTIC

www.cercenvs.nic.in



Beat Plastic Pollution

World Environment Day 2018



The 2018 World Environment Day focuses on "Plastic Pollution" which is one of the most challenging environmental concerns. Plastic pollution involves the accumulation of plastic products in the environment that adversely affects wildlife, wildlife habitat, human health, living organisms, marine animals etc.

“Beat Plastic Pollution”, the theme for World Environment 2018, urges governments, industry, communities, and individuals to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic polluting our oceans, damaging marine life and threatening human health.

India is the global host of 2018 World Environment Day which will take place on June 5, 2018.

CERC-ENVIS Resource Partner has celebrated WED 2018 since January, 2018 and will culminate on 5th June, 2018.

Events covered:

- 1. Eco –Youth Run 2018 (26th January 2018):** The Youth run is a great display of what the youth is passionate about. Eco- Youth Run was organised on **26th January 2018** to promote the “**3R's - Reduce, Reuse and Recycle.**” The inspiration for the run is to provide the youth an opportunity to voice their opinions on issues that are close to the society while keeping their health at the center. A Huge number of environment conscious citizens participated in this successful event. CERC-ENVIS Resource Partner collaborated with Gandhinagar based Dhirubhai Ambani Institute of Information and Communication Technology.
- 2. Outreach programme at Jamiyatpura Shresht Shala (Primary School) (8th February):** CERC-ENVIS Resource Partner team visited to Jamiyatpura Primary School, Gandhinagar on 8th February. The School is located in a rural area of Gandhinagar. Team addressed to students and the local community to bring awareness among them about their rights to live in the healthy environment. The team informed about the toxic effects of plastic on their health and the environment. Made them aware of different types of plastic and

alternatives of plastic. Talked about 3-R's, how students make best out of waste. Interact with students and local community.

- 3. Gujarat Science Festival (26th Feb to 1st March):** CERC-ENVIS Resource Partner participated in Gujarat Science Festival, which was held from **26th Feb to 1st March**. It was organised by Gujarat Council of Science City (GCSC) and Gujarat Council on Science & Technology (GUJCOST) working under the aegis of the Department of Science and Technology, Government of Gujarat. It was a 4-day programme with the theme: Sparking Young Minds with Science for NEW INDIA at Gujarat Science City to mark the celebration of National Science Day.

We have a stall of 9x9 size for displaying the publications-pamphlets, brochures, posters and banners. We promoted our activities, distributed a CD on Organic Food Guide and Knowledge Product (e-publications), Brochures on Organic food, Green Insights and Newsletters. The objective was to bring awareness – how, our routine activities affect the environment. We highlighted the theme of World Environment Day “**Beat the Plastic**” with different posters and awareness pamphlets. The team provided information on its website (www.cercervis.nic.in), its fb page, environment-friendly product, eco-labeling, Organic food, Solid Waste Segregation, Composting, Tips to live green, Types of plastic and Consumer Awareness and Rights too. The team has tried to satisfy their queries regarding Plastic types and the alternative of plastic. The team talked about the Green Skill Development Programme (GSDP) to popularise the programme. We have made a poster on the GSDP and displayed on the stall.

(<http://cercervis.nic.in/PDF/Gujarat%20Science%20Festival.pdf>)

More than 50,000 students and visitors visited the exhibition in the Science City

- 4. National Science Day 2018 (28th February 2016):** CERC-ENVIS Resource Partner along with Consumer Club Schools celebrated the National Science Day at V R Shah School. Five Sister Schools of V R Shah participated. Principals, teachers, trustees and parents of all schools joined in the celebration. The theme of the programme was “**Say No to Plastics**”

The programme started with Saraswati Vandana and prayers. Students presented a dance based on the song “Earth.” The theme was the care of the environment, the content dealt with war, pollution, deforestation and animal cruelty. The next dance was on the theme of praying to God to save the earth.

Students have made a beautiful collage on the plastic menace – **how it affects the planet.**

More than 100 students (individuals and team) prepared different items from **waste especially plastics**. All items were exhibited in the school. There were total 70 entries. Three teams were judged for best exhibit and 40 students for the consolation prize. Students displayed their projects with the objective and purpose of making these items. Best three entries got 1st, 2nd and 3rd prize. 10 entries got a consolation prize. We distributed **Caps** to all participants with the caption "**Think Green -Reuse Recycle**". T-shirts with the caption "**Say No to Plastic**" distributed to the students rewarded with **Best Entries**.

There were around 500 foot falls that includes students, teachers and parents.
<http://cercervis.nic.in/PDF/National%20Science%20Day%202018.pdf>

5. **World Consumer Rights Week 2018 (13-19 March 2018)**

CERC-ENVIS Resource Partner celebrated World Consumer Rights Week (13-16 March 2018) to mark World Consumer Rights Day which falls on March 15 by joining a global campaign calling for fairer digital marketplaces and #BetterDigitalWorld.

Community Puppet Shows

We have made aware the local community of their rights and responsibilities as consumers and their obligation towards the environment through puppet show. Made them alert towards Digital Payment Modes and Online Shopping. Made them aware of the harmful effect of single use plastics.

Organise an open forum at CERC premises.

Students of different schools of Ahmedabad visited the Centre. We made them aware of the Healthy Environment, Theme of World Environment Day 2018, Harmful effects of Plastic, Solution for Plastic-free life. Students actively participated in the open forum and asked many questions about Plastic and how to live plastic-free and Eco-friendly life. CERC-ENVIS team motivated them to be of green minds and to live with eco-friendly life.

Drawing and Slogan Competition

CERC-ENVIS RP organised a **Drawing and Slogan Competition** on the following themes:

- No to Plastics
- Be Environment – friendly
- Online shopping/e-commerce and consumer protection
- Consumer Protection

Students from 10 different schools actively participated in the competition. We have distributed calendar and Caps with caption "**Love Your Environment**" and "**Know your Rights**" to all participants. T-shirts with the caption "**Say No to Plastic**" distributed to the students rewarded with Best Entries

Community Puppet Shows

We have organised Community Puppet Shows in slum areas to make aware the local community of their rights and responsibilities as consumers and their obligation towards the environment. Communities are made aware of the harmful effect of single use plastics. Motivated them to use cloth bags instead of plastics. We demonstrated them how to make bags of old clothes. Inspire people to say no to single-use plastic bags.

- 6. Outreach programme with local community (25th April 2018):** CERC-ENVIS RP team addressed a local community of Behrampura, Ahmedabad. We partnered with the local NGO SATH foundation. We urged them everyday plastic habits to kick to reduce the number of plastics they consume and in turn, help the environment. There are many simple plastic habits they can kick. We asked them to act as a multiplier and urge others to kick the plastic habits.
- 7. Plastic Free Pledge Programme at CERC-ENVIS Resource Partner Office, Ahmedabad:** Students from different colleges do the summer internship. CERC-ENVIS RP team made them aware of different plastic codes, plastic pollution and its harmful effect on us and the environment. Students and CERC staff took a pledge for refusing single use plastic.
- 8. Published Posters for the distribution and display during different programmes and on the notice boards**
 - a. Prevent Plastic Pollution Go Reusable
 - b. Keep Clam And Say No To Plastic Bags
 - c. 1 Day A Week No Plastic Try It Today!
 - d. Food And Drink Establishments: 6 Ways To Tackle Ocean Plastic
 - e. 9 Steps To Use Less Plastic Packing
 - f. 9 Tips For Living With Less Plastic
 - g. 9 Reasons To Refuse Single Use Plastic
 - h. Recycle Plastic And Be Environment Lover
 - i. The Rules For Plastic
 - j. Refuse Single Use Plastic
 - k. Plastic Ki Nahi Koi Shaan (Hindi)
 - l. Say NO To Plastics
 - m. Plastic Hatao (Hindi)
 - n. Types Of Plastic
 - o. Stopping Pollution Is The Best Solution
 - p. I Will Say No To Plastics
 - q. 3R's for Plastic

9. Developed the Game: plastic and ladders for children:

Snakes and Ladder is one of the most popular family board games. Just like this game, play the game “Plastic and Ladder.” Roll the dice and try your luck! Ladders will take you up, but Plastic will take you down! It gives you message Plastics are not good for us and the environment

10. Published e- bulletin: Green Alert on Say NO to Plastic pollution

11. Published Brochures for the distribution and display on the notice boards

12. Plastic Use Audit:

How much plastic do we consume? In this activity, students design an investigation and conduct an audit of waste (trash and recycling) at home or in their schools to discover the types and quantities of plastics that are consumed. They use their findings to raise awareness about which items show up most frequently. Then they conduct a follow-up audit and provide information on whether increased awareness influenced people’s behaviors with regard to plastic use.

13. Say no to plastic: Take a survey:

There are many alternatives to plastic bags such as cotton, linen and canvas bags. We are conducting a survey on awareness and willingness to commit to using less plastic bags in their everyday life. Please answer these questions and help Clean Up Your Area to Bag Yourself A Better Environment by simply filling out this form over 1 week.

1. Eco Youth Run



T-shirt for EcoYouth Run



Sticker for EcoYouth Run



2. Outreach programme at Jamiyatpura Shresht Shala (Primary School)



3. Gujarat Science Festival



4. National Science Day 2018



T-shirt and Cap - Say NO to PLASTIC



Student's Creativity on Plastic to make Best out of Waste

Students have made a beautiful collage on the plastic menace – how it affects the planet.









Winners rewarded with T-Shirt and Cap



5. World Consumer Rights Week – 2018



Drawing and slogan competition



6. Outreach programme with local community



7. Plastic Free Pledge Programme at CERC-ENVIS Resource Partner Office, Ahmedabad



8. Posters for Beat Plastic Pollution Awareness

CERC
Since 1978

WORKING TOWARDS A SUSTAINABLE ENVIRONMENT
ENVIS INDIA

PREVENT
PLASTIC
POLLUTION.
GO REUSABLE

**SAY NO
to PLASTIC BAGS!**

*i choose to
reuse
EVERYDAY.* ♻️

Plastic Bags Cost the Earth

They devastate our unique natural environment. They take more than 1000 years to break down. They kill our wildlife.

And plastic bags cost you...

Your household pays ₹ **100-500** a year for plastic bags on top of what you buy. You pay the price for litter collections.

What we all pay for using plastic bags costs the earth.

**CERC-ENVIS RESOURCE PARTNER
SAY NO to PLASTIC BAGS!**

JOIN THE COASTAL BE GREEN REVOLUTION

CERC-ENVIS Resource Partner



KEEP
CALM
AND SAY NO
TO PLASTIC
BAGS

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**1 DAY A WEEK
NO
PLASTIC?
TRY IT
TODAY!**

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FOOD & DRINK ESTABLISHMENTS: 6 WAYS TO TACKLE OCEAN PLASTIC



1
Stop serving drinks with plastic straws



2
Offer to refill reusable water bottles for free



3
Encourage BYO, charge extra for single-use



4
No more single-serving plastic sachets



5
Make single-use items 'certified compostable'



6
Ask customers to compost their compostables

#UseLessPlastic #LessOceanPlastic

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PLASTIC.

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9 STEPS TO USE LESS PLASTIC PACKAGING



1
List plastic packaging you currently use



2
Reduce costs by identifying resources you can reuse



3
Be economic with box sizes & use of gum tape



4
Protect goods with recycled paper or shredded cardboard



5
Reinvest savings into innovations, e.g. mushroom packaging!



6
Explore returnable packaging schemes



7
Calculate annual plastic savings made



8
Ask your suppliers to follow these steps



9
Share eco messages with your customers



IN COLLABORATION WITH
surfdome

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9 TIPS FOR LIVING WITH LESS PLASTIC



1 Bring your own shopping bag



2 Carry a reusable water bottle



3 Bring your own cup



4 Pack your lunch in reusable containers



5 Say no to disposable straws & cutlery



6 Skip the plastic produce bags



7 Slow down and dine in



8 Store leftovers in glass jars



9 Share these tips with your friends

LESS PLASTIC.

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9 REASONS TO REFUSE SINGLE-USE PLASTIC



1 Made from fossil fuels



2 Huge carbon footprint



3 Will still be here in hundreds of years



4 Only a tiny percentage is recycled



5 Leaches toxins into food & drink



6 Causes hormone disruption & cancers



7 Pollutes our oceans



8 Kills marine animals and birds



9 Enters our food chain

LESS PLASTIC.

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Recycle Plastic and Be Environment Lover



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THE RULES

1. AVOID SINGLE-USE PLASTICS



2. REPLACE DISPOSABLE PLASTIC ITEMS



3. EXCEPTIONS...



CERC ENVIS

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CERC-ENVIS Resource Partner



Reduce. Reuse. Recycle.
REFUSE Single-Use Plastic



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CERC-ENVIS RESOURCE PARTNER
ENVIRONMENT LITERACY - ECO-LABELLING AND ECO-FRIENDLY
PRODUCTS

प्लास्टिक की नहीं कोई शान
मिटा दो उसका नामो निशान

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SAY NO TO PLASTICS!





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| | | | | |
|---|--|---|---|---|
|  2 HDPE Bottles Dispensing bottles Recycling bins Playground equipment  |  4 LDPE Plastic bags Grocery bags Tubing Laboratory equipment  |  5 PP Reusable bags Food containers Dishware Ice cream containers  |  | |
|  1 PETE Polyester fibres Carpet Soft drink bottles Panelling  |  6 PS Cafeteria trays Plastic utensils Toys Styrofoam  |  7 OTHER Industrial fibres Headlight lenses Safety glasses Acrylic/Nylon  |  | |
|  1 PETE Polyester fibres Carpet Soft drink bottles Panelling  |  3 V Pipe Flooring Shower curtains Non-food bottles  |  6 PS Cafeteria trays Plastic utensils Toys Styrofoam  |  7 OTHER Industrial fibres Headlight lenses Safety glasses Acrylic/Nylon  |  |



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“

Stopping
Pollution

Is The

Best

Solution.

”

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The Eco-Quest



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I WILL SAY NO TO PLASTIC'S BIG 4



BOTTLES



BAGS



STRAWS



CUPS

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ENVIRONMENT LITERACY - ECO-LABELLING AND ECO-FRIENDLY PRODUCTS

3R's



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9. Game: Plastic and ladders for children

<http://www.cercenvi.nic.in/PDF/Plastic%20and%20ledders.pdf>



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| 80 | 79 | 78 | 77 | 76 | 75 | 74 | 73 | 72 | 71 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 60 | 59 | 58 | 57 | 56 | 55 | 54 | 53 | 52 | 51 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 |
| 21 | 20 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

10. CERC-ENVIS Resource Partner published e-bulletin: Green Alert on the theme “Say NO to Plastic pollution”:

<http://cercenvis.nic.in/PDF/GA%20-%20MJ2018.pdf>



GREEN ALERT



May-June 2018 Vol. 5 Issue.2

The focus of Environment Information System (ENVIS) is to disseminate environmental information to decision makers, policy planners, scientists and researchers across the world.

The CERC-ENVIS Resource Partner focuses on 'Environment Literacy - Eco-labelling and Eco-friendly Products' This bi-monthly e-bulletin features latest news, developments and innovations in the field.

Breakdown of plastic in weeks



Researchers at the Chinese Academy of Sciences' Kunming Institute of Botany have found a fungus that is able to break down waste plastics in a matter of weeks. It will solve the problem of non-biodegradable plastics that would otherwise persist in the environment for years. *Aspergillus tubingensis* is found in soil, but the study found that it can also thrive on the surface of plastics. It secretes enzymes which break down the bonds between individual molecules. Its mycelia break them apart. The temperature and pH balance of its surroundings and the type of culture medium in place had an impact on its performance. The next step for these researchers is to figure out what conditions would be ideal to help facilitate a practical implementation.

Source: <https://futurism.com/researchers-find-a-fungus-that-can-break-down-plastic-in-weeks/>

Eco product

Breakup with single use Plastic



Strong, durable, cheap and can be moulded into any shape, plastic is a wonder material. It has proved so useful since the 1950s 8.3 billion metric tons of plastic stuff has produced. However, the victim of this success appears to be much of life on the planet. Approximately 79% of the produced plastics was accumulated either in landfills or the natural environment. Around 9% of which had been recycled and 12% was incinerated. This has been described as "an uncontrolled experiment on a global scale" by scientists. If this trend continues, 12,000 Mt of plastic waste will be in landfills or in the natural environment by 2050.

Every year, with more than eight million tonne plastics, go into the oceans. It is estimated that by 2050, there will be more plastic than fish and 99% of all the seabirds on the planet will have consumed some. Some plastics are toxic, it can disrupt hormones vital for a healthy existence. Even it is not dangerous itself – or not known to be – they act like a magnet for a range of other toxins and pollutants spilled into the natural world.

According to the United Nations' Food and Agriculture Organisation "Killing off sea creatures is bad for humans because we consume so much of it ourselves. Some 92.6 million tonnes were caught worldwide in 2015." Professor Frank Kelly, an expert in environmental health from King's College London told "There's a real possibility that some of those microparticles will be entrained into the air and they will be carried around and we will end up breathing them."

In February 2018, the United Nations announced it had "declared war on ocean plastic." UN Environment launched a global campaign to eliminate major sources of marine litter: microplastics in cosmetics and the excessive, wasteful usage of single-use plastic by the year 2022.

The United Nations Environment (UNE) every year celebrates World Environment Day (WED) on 5 June to raise global awareness to take positive environmental action to protect nature and the planet Earth. 'Beat Plastic Pollution' is the theme of the World Environment Day this year. India will be the Global Host for World Environment Day (WED) 2018.

Source: <http://advances.sciencemag.org/content/3/7/1700782>; <http://pib.nic.in/newsite/PrintRelease.aspx?relid=176642>
<https://www.independent.co.uk/news/world-environment/plastic-how-planet-earth-environment-oceans-wildlife-recycling-landfill-artificial-a7972226.html>

Green issue

No Plastic bans in Mumbai



The Bombay high court refused to stay the Maharashtra government's ban on plastic. The Maharashtra government has decided to lift the ban on small PET and PETE bottles with a capacity of less than a half liter. Now all starred hotels will have to install crushing machines for using these bottles in bulk. However, people will have to pay Rs 2 extra for using each small these bottles having the capacity of less than a half litre under the depository buyback scheme. The manufacturers of PET bottles will also have to install vending and crushing machines at tourist and public places, senior officials from the state environment department said. Though no official date has been announced, all rules regulating the use of plastic items will become effective in three months.

Source: <https://www.nypoor.com/news/mumbai/1075636/maharashtra-government-lifts-ban-on-plastic-bottles/>
<https://timesofindia.indiatimes.com/city/mumbai/bombay-high-court-refuses-to-stay-plastic-ban-in-maharashtra/haw/63746603.cms>

India to host World Environment Day 2018



India is selected as a global host of 2018 World Environment Day (WED) which will take place on June 5, 2018. It will focus on the battle against plastic pollution. Dr Harsh Vardhan, Minister of MoEF&CC said "Indian philosophy and lifestyle has long been rooted in the concept of coexistence with nature. We are committed to making Planet Earth a cleaner and greener place." He also added. "If each and every one of us does at least one green good deed daily towards our Green Social Responsibility, there will be billions of green good deeds daily on the planet." The GoI will organise and promote the WED celebrations through a series of engaging activities and events generating strong public interest and participation. From pan-indian plastic cleanup drives in public areas, national reserves and forests to simultaneous beach cleanup activities – India will lead the initiative by setting an example.

Source: <http://www.dainews.gov.in/sci-tech/india-host-world-environment-day-2018>

Say No to Plastic

Look around yourself and see what plastics you can replace. It will drastically reduce your plastic footprint on the environment and help you live a healthier life

Eco tip

Visit CERC-ENVIS website www.cercenvis.nic.in and <https://www.facebook.com/EcoProductsEcoLabeling> to know more about our activities.

Consumer Education and Research Centre

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11. Brochure: Know more about plastic (English)



Know more about Plastic



Plastic is a wonder and an important material in our economy. Modern daily life is unthinkable without them. Plastics are manufactured materials that come from natural resources like oil, gas and coal (fossil fuels). These resources were formed from plants and animals that lived hundreds of millions of years ago. These fuels will not be replaced for millions of years to come—they are called 'non-renewable' resources. Environmentally, plastic is a growing disaster.

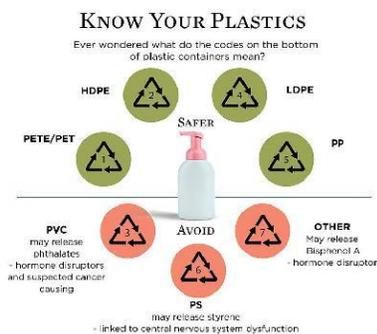
Plastic packaging – plastic bag – is a significant source of landfill waste and is regularly eaten by numerous marine and land animals, to fatal consequences. Synthetic plastic does not biodegrade. It just sits and accumulates in landfills or pollutes the environment. Plastics have become a municipal waste nightmare, prompting local governments all over the world to ban the plastics especially single use.



Today, plastics are indispensable. It is used in homes, offices and industry. They are strong, lightweight, and inexpensive. Right from electrical appliances to kid's toys; plastic has percolated to every nook and the corner of the globe. In fact, it is important to the life of people in many ways.

Plastic Codes

The Society of the Plastics Industry (SPI) established a classification system in 1988 to allow consumers and recyclers to identify different types of plastic. It is a uniform coding system that can be applied worldwide. There is a way to identify the type of plastic in many everyday products, especially food storage containers and packaging. Such plastic products have a number – the “resin identification code” surrounded by a solid equilateral triangle. The SPI symbol should be molded or embossed into the base and positioned as close to the centre as possible. The recommended size is between one-half inch and one inch, depending on the size of the container. The measurements are for the symbol alone, not including letters. It focuses on resin identification and quality control prior to recycling. The resin identification code indicates the type of plastic that an item is made from.



Decoding Plastic ID Symbols

| Recycle Codes | Plastic Names | Common Household Items | Use | Effect on Health/Environment |
|---|---|--|--|---|
|  | PET and PETE - polyethylene terephthalate | Soft-drink bottles, containers for food and other consumer products, water bottles, peanut butter jars | Only intended for one-time use. It can be Recycled | These are porous and has a tendency to collect bacteria and residual substances, which means that reuse of this plastic could be harmful. |
|  | HDPE- high density polyethylene | Milk and juice bottles, dishwashing and laundry detergent, grocery bags | Recycled plastic as it does not break under pressure to extreme heat or cold | Very safe and are not known to leach any chemicals into drinks and food. |
|  | PVC – Vinyl or polyvinyl chloride | Bottles, food trays, rigid sheets used for packaging, electrical insulation, irrigation pipes | Not often recycled and can be harmful if ingested. | “Poison plastic” because it contains toxins which are harmful to health and the environment. It is considered highly dangerous to cook food items around or store them in |
|  | LDPE - low-density polyethylene | Squeeze bottles, wire insulation, grocery bags, trash bags, food storage bags, plastic cling wrap, sandwich bags | Not commonly recycled, but it is recyclable in certain areas. Recycled LDPE is used to make garbage cans, lumber, furniture, and many other products | This kind of plastic is considered widely safe for the regular storage use |
|  | PP - polypropylene | Fruit and vegetable packages, bottle caps, drinking straws, cups, baby bottles, kitchenware, and microwavable plastic containers | This type of plastic is strong and can usually withstand higher temperatures. | Very safe for storage uses and is also widely accepted for recycling |
|  | PS - polystyrene | Packaging, CD covers, Styrofoam, egg cartons, packing “peanuts,” plastic tableware, carryout containers, disposable coffee cups, plastic food boxes, plastic cutlery, packing foam | It can be recycled, but not efficiently; recycling it takes a lot of energy | It is lightweight and easy to form into plastic materials, it also breaks easily, making it more harmful to the environment. It is speculated to be highly dangerous as it leaches potentially toxic chemicals - especially when heated |

| | | | | |
|---|---|---|---|---|
|  <p>OTHER</p> | <p>A combination of plastics, or none of the above. Polycarbonate and polylactide are included in this category</p> | <p>Items already made from recycled goods, semi-rigid food storage, drinking cups, plastic CDs and DVDs</p> | <p>These types of plastics are difficult to recycle</p> | <p>BPA (bisphenol A) products fall into this category. BPA is an industrial chemical that has been used to make certain plastics and resins. Some research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of possible health effects. Better to avoid this category of plastics.</p> |
|---|---|---|---|---|

Ways to Use Less Plastic Every Day

Use glass or stainless steel water bottles instead of plastic water bottles. These can easily be re-used and would reduce exposure of drinking water to chemicals.

Start using reusable bags made of canvas, cotton, hemp, leather, fiber, non-woven fabric bags and woven plastic bags instead of plastic or paper bags. Carry your own bags to supermarkets.

Replace plastic food storage containers with safer stainless steel or glass containers. Or use unbreakable options like silicone. Silicone is highly durable, not biodegradable, but it can be recycled easily.

Avoid food packed in plastics. Choose cardboards. It is easier to recycle cardboard than plastic, These paper products bio-degrade more easily.

Avoid single use plastics. Say no to plastic straws, single plastic bags, disposable plastic lighters, disposable razor, single use plastic pens, disposable diapers, disposable serveware and many one time use articles. Better to use, reuse article.

Better to buy wooden toys or board or card games for children. Plastic causes many health issues in children.

Check labels on personal care products. They may contain tiny plastic beads. Avoid anything with "Polyethylene" listed as an ingredient.

Compost your food waste. It is a simple, eco-friendly measures one can take towards creating a hassle-free, safe garbage disposal process – composting.



Shopping elsewhere than a supermarket. Shop online using a farm-to-door delivery service or shop at farmers markets.

Avoid non-stick cookware. Utensils coated with Teflon and other resins pose health threats over a period of continuous usage. Teflon is the registered trade name of the plastic material polytetrafluoroethylene (PTFE). PTFE is one of a class of plastics known as fluoropolymers.

Go for products that do not come in plastic.

Try to reduce, reuse and recycle as much as you can



CERC-ENVIS Resource Partner



Reduce. Reuse. Recycle.
REFUSE Single-Use Plastic



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Brochure: Know more about plastic (Gujarati)



પ્લાસ્ટિક વિશે વધુ જાણો



પ્લાસ્ટિક આપણા અર્થતંત્રમાં એક અગત્યનો ભાગ છે. આધુનિક દૈનિક જીવન તેના વિના અશક્ય છે. પ્લાસ્ટીક સામગ્રીનું ઉત્પાદન -તેલ, ગેસ અને કોલસા જેવા કુદરતી સંસાધનો(અશ્મિભૂત ઇંધણ)માંથી થાય છે. આ કુદરતી સંસાધનો લાખો વર્ષો પહેલા જીવતા છોડ અને પ્રાણીઓમાંથી રચાયા હતા. આ ઇંધણ લાખો વર્ષો બાદ મળશે નહિ માટે તેમને 'બિન-નવીનીકરણીય' સાધનો કહેવામાં આવે છે. પ્લાસ્ટિક પર્યાવરણ માટે વધતી જતી મોટી આપત્તિ છે. પ્લાસ્ટિક પેકેજિંગ - પ્લાસ્ટિકની બેગ - લેન્ડફિલ કચરો માટે નોંધપાત્ર સ્ત્રોત છે અને તેને દરિયાઈ અને જમીનના પ્રાણીઓ નિયમિતપણે ખાય છે જેનાથી ઘાતક પરિણામો આવે છે. કૃત્રિમ પ્લાસ્ટિક બાયોગ્રેડ (કુદરતી રીતે વિઘટિત) નથી. તે માત્ર એકત્રિત થઈ; લેન્ડફિલ સાઈટમાં ભેગા થાય છે અને પર્યાવરણને પ્રદૂષિત કરે છે. પ્લાસ્ટિક કચરો મ્યુનિસિપલ માટે દુઃસ્વપ્ન બની ગયા છે, તેથી જ સમગ્ર વિશ્વમાં સ્થાનિક સરકારોને ખાસ કરીને પ્લાસ્ટિક પર પ્રતિબંધ મૂકવા માટે પ્રોત્સાહિત કરે છે.



આજે, પ્લાસ્ટિક અનિવાર્ય છે તેનો ઉપયોગ ઘરોમાં, ઓફિસમાં અને ઉદ્યોગમાં થાય છે. તેનું કારણ મજબૂત, વજનમાં હલકો, અને સસ્તું હોય છે. વિદ્યુત ઉપકરણોથી લઈને બાળકના રમકડા સુધી; પ્લાસ્ટિક દરેક ખૂણો અને વિશ્વના ખૂણામાં સ્થાન લીધું છે. હકીકતમાં, તે ઘણી રીતે લોકોના જીવન માટે મહત્વનું છે

પ્લાસ્ટિક કોડ્સ

પ્લાસ્ટિક ઇન્ડસ્ટ્રી સોસાયટીએ (SPI) 1988 માં, પ્લાસ્ટિક વર્ગીકરણ પ્રણાલીની સ્થાપના કરી હતી. જેથી ગ્રાહકો અને રિસાયકલ કરનારાઓને વિવિધ પ્રકારનાં પ્લાસ્ટિકની ઓળખ થાય. જે વિશ્વભરમાં એક સમાન કોડિંગ સિસ્ટમ લાગુ પાડી શકાય છે. રોજિંદા જીવન માં ઉપયોગી ઉત્પાદનોમાં, ખાસ કરીને ખાદ્ય સંગ્રહ કન્ટેનરમાં અને પેકેજીંગમાં પ્લાસ્ટિકના પ્રકારને ઓળખવાની એક રીત છે. આવી પ્લાસ્ટિક ઉત્પાદનો ઉપર એક "રેઝિન આઇડેન્ટિફિકેશન કોડ" - આંક ને ઘન સમભાવે ત્રિકોણના ભાગ માં આકાર આપવો અથવા ઉપસાવો જોઈએ અને તેનું સ્થાન કેન્દ્રની નજીક હોવું જોઈએ. કન્ટેનરના કદના આધારે આગ્રહણીય માપ એક અડધી ઇંચ અને એક ઇંચ વચ્ચે હોય છે. તે રેઝિનની ઓળખમાટે અને



રિસાયક્લિંગ પહેલાં ગુણવત્તા નિયંત્રણ પર કેન્દ્રિત હોય છે. રેઝિન આઈડેન્ટિફિકેશન કોડ, પદાર્થ ક્યાં પ્લાસ્ટિક માંથી બનેલ છે -તે પ્લાસ્ટિકના પ્રકારને સૂચવે છે.

પ્લાસ્ટીકના પ્રકાર -સિમ્બોલ્સનું અર્થઘટન

| રિસાયકલ કોડ્સ | પ્લાસ્ટિકનું નામ | સામાન્ય ઘરગથ્થુ વસ્તુઓ | ઉપયોગ | આરોગ્ય / પર્યાવરણ પર થતી અસર |
|---|-------------------------------------|--|---|--|
|  | PET and PETE - પોલીથીલીન ટેરેફથાલેટ | સોફ્ટ-પીણું બોટલ, ખોરાક અને અન્ય ગ્રાહકલક્ષી પ્રોડક્ટ્સ, પાણીની બાટલીઓ, મગફળીના માખણના જાર | માત્ર એક વખત ઉપયોગ માટે બનાવાયેલ હોય છે. તે રિસાયકલ કરી શકાય છે | આ છિદ્રાળુ હોય છે તેથી બેક્ટેરિયા અને જીવિત પદાર્થોને એકત્રિત કરવા માટેનું વલણ હોય છે, જેનો અર્થ છે કે આ પ્લાસ્ટિકનો પુનઃઉપયોગ હાનિકારક હોઈ શકે છે. |
|  | HDPE- -હાઈ ડેન્સિટી પોલિએથિલિન | દૂધ અને જૂથસની બોટલ, ડિશવર્ષિંગ અને લોન્ડ્રી ડિટર્જન્ટ, કરિયાણાની બેગ | રિસાયકલ પ્લાસ્ટિક છે કારણ કે તે સખત ગરમી અથવા ઠંડીના દબાણ હેઠળ પણ તૂટી ન જાય અને તે ખૂબ સલામત છે. | ખૂબ જ સલામત છે. પીણાં અને ખોરાકમાં કોઈપણ ઝેરી રસાયણોને સ્વાવ કરતા નથી. |
|  | PVC - વિનાલ અથવા પોલીવિનાલ ક્લોરાઇડ | બોટલ, ફૂડ ટ્રે, પેકેજિંગ માટે ઉપયોગમાં લેવાતી કઠોર શીટ્સ, ઇલેક્ટ્રીકલ ઇન્સ્યુલેશન, સિંચાઈ પાઈપ્સ | ઘણી વાર રિસાયકલ કરવામાં આવતું નથી અને જો તેમ લેવાય તો નુકસાનકારક હોઈ શકે છે. | "પોઈઝન પ્લાસ્ટિક" કારણ કે તેમાં ઝેર હોય છે જે આરોગ્ય અને પર્યાવરણ માટે નુકસાનકારક છે. તેને ખોરાકની વસ્તુઓની આસપાસ રસોઈ કરવા અથવા તેને સંગ્રહિત કરવા માટે અત્યંત જોખમી ગણવામાં આવે છે |
|  | LDPE -લો ડેન્સિટી પોલિએથિલિન | સ્કવીઝ બોટલ, વાયર ઇન્સ્યુલેશન, કરિયાણાની બેગ, કચરોની બેગ્સ, ફૂડ | સામાન્ય રીતે રિસાયકલ કરેલ હોતો નથી, પરંતુ તે | આ પ્રકારના પ્લાસ્ટિકને નિયમિત સ્ટોરેજ વપરાશ માટે વ્યાપકપણે સુરક્ષિત |

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| | | સ્ટોરેજ બેગ્સ, પ્લાસ્ટિક ક્લીનીંગ વરાપ, સેન્ડવીચ બેગ્સ | ચોક્કસ કાર્યમાં પુનઃઉપયોગમાં લેવાય છે. રિસાયકલ થયેલા એલડીપીઈ (LDPE) નો ઉપયોગ કચરો કેન, લાખ્બ, ફર્નિચર અને અન્ય ઘણા ઉત્પાદનો બનાવવા માટે કરવામાં આવે છે | માનવામાં આવે છે. |
|  | PP- પોલીપ્રોપીલિન | ફળ અને વનસ્પતિમાટેના પેકેટ્સ, બોટલ કેપ્સ, પીવાની સ્ટ્રો, કપ, બાળકની બાટલીઓ, રસોડામાં અને માઇક્રોઅવેબલ પ્લાસ્ટિક કન્ટેનર | આ પ્રકારના પ્લાસ્ટિક મજબૂત છે અને સામાન્ય રીતે તે ઊંચા તાપમાને ટકી શકે છે. | સ્ટોરેજ માટે ખૂબ જ સલામત છે અને રિસાયકલિંગ માટે વ્યાપક રીતે સ્વીકારવામાં આવે છે |
|  | PS - પોલિસ્ટીરિન | પેકેજીંગ, સીડી કવર, સ્ટિરોફોયમ, ઇંડાના કાર્ટન, "મગફળી" ના પેકિંગ, પ્લાસ્ટિક ટેબલવેર, કેરીઆઉટ કન્ટેનર્સ, ડીસ્પોસેબલ કોફી કપ, પ્લાસ્ટિકના ખાદ્ય બોક્સ, પ્લાસ્ટિકની કટલરીઝ | તે રિસાયકલ કરી શકાય છે, પરંતુ કાર્યક્ષમ નથી; તેને રિસાયકલિંગ માટે ઘણી ઊર્જા લાગે છે | તે હલકો અને સરળ પ્લાસ્ટિકની સામગ્રીમાટે રચાય છે, તે સરળતાથી તૂટે છે, તે પર્યાવરણ માટે વધુ નુકસાનકારક છે. તે અત્યંત જોખમી હોવાનું અનુમાન છે કારણ કે તે ઝેરી રસાયણોનો સ્રાવ કરે છે - ખાસ કરીને ગરમ થાય ત્યારે |
|  | પ્લાસ્ટિકનું સંયોજન, અથવા ઉપરોક્તમાંથી કોઈ પણ નહીં આ | પહેલેથી જ રિસાયકલ્ડ બનાવેલ વસ્તુઓ, અર્ધ-કઠોર ખોરાક સંગ્રહ, પીવાના કપ, પ્લાસ્ટિક સીડીઓ અને ડીવીડીઓ | આ પ્રકારનાં પ્લાસ્ટીક્સ રિસાયકલ થવા મુશ્કેલ છે | BPA (bisphenol A) ઉત્પાદનો આ કેટેગરીમાં આવે છે. BPA એક ઔદ્યોગિક રાસાયણિક છે |

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| | <p>ગ્રેણીમાં પોલીકાર્બોનેટ અને પોલિલેક્ટાઇડનો સમાવેશ થાય છે.</p> | | <p>જે ચોક્કસ પ્લાસ્ટિક અને રેઝિન બનાવવા માટે વપરાય છે. કેટલાક સંશોધનોએ દર્શાવ્યું છે કે BPA સાથે બનેલા કન્ટેનરમાંથી ખોરાક અથવા પીણાંમાં જડવું શકે છે. સંભવિત આરોગ્ય અસરોના કારણે BPA નો સંપર્ક કરવો એ યિંતા છે. પ્લાસ્ટિકની આ ગ્રેણી ટાળવા માટે વધુ સારું.</p> |
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રોજિંદા જીવનમાં ઓછા પ્લાસ્ટિકનો ઉપયોગ કરવાની રીતો

પ્લાસ્ટિકની પાણીની બાટલીની જગ્યાએ ગ્લાસ અથવા સ્ટેનલેસ સ્ટીલની પાણીની બોટલનો ઉપયોગ કરો. આ સરળતાથી ફરી ઉપયોગમાં લેવાય છે અને પીવાના પાણીના ભળતા રસાયણો થી બચી શકાય. કેનવાસ, કપાસ, શણ, ચામડા, ફાઇબર, નોન-વુન ફેબ્રિક બેગ નો ઉપયોગ - કાગળના બેગની જગ્યાએ અથવા પ્લાસ્ટિકની બેગનીબદલા માં ફરીથી વાપરી શકાય તેવી બેગનો ઉપયોગ કરવાનું શરૂ કરો.

સુપરમાર્કેટ માં તમારા પોતાના બેગ સાથે લઇ જાઓ .

સુરક્ષિત સ્ટેઇનલેસ સ્ટીલ અથવા ગ્લાસ કન્ટેનર ઉપયોગ કરો

પ્લાસ્ટિકનો ખોરાક સંગ્રહ કન્ટેનરના સ્થાને। સિલિકોન જેવા અનબ્રેકેબલ વિકલ્પોનો ઉપયોગ કરો. સિલિકોન અત્યંત ટકાઉ છે, બાયોડિગ્રેડેબલ નથી, પરંતુ તેને સરળતાથી રીસાયકલ કરી શકાય છે.

પ્લાસ્ટિકમાં ભરેલા ખોરાકને લેવાનું ટાળો. કાર્ડબોર્ડ્સને પસંદ કરો. પ્લાસ્ટિક કરતાં કાર્ડબોર્ડને રિસાયકલ કરવાનું સરળ છે, આ પેપર પ્રોડક્ટ્સ બાયો-ડિગ્રેડ વધુ સરળ રીતે થાય છે.

સિંગલ ઉપયોગ (એક જ વાર ઉપયોગ કરી શકાય તેવા) પ્લાસ્ટિક નો ટાળો. પ્લાસ્ટિકની સ્ટ્રો, સિંગલ પ્લાસ્ટિકની બેગ, ડિસપોસિબલ પ્લાસ્ટિક, ડિસપોસિબલ રેઝર, સિંગલ ઉપયોગવાળી પ્લાસ્ટિકની પેન, ડિસપોસિબલ ડાયપર, અને બીજા ઘણા પદાર્થો જેનો ઉપયોગ એક જ વાર થાય છે . વાપરવા માટે વધુ સારું, પુનઃ ઉપયોગ માં લઇ શકાય તેવા પદાર્થ.

બાળકો માટે લાકડાના રમકડાં અથવા બોર્ડ અથવા કાર્ડ રમતો જેવી ખરીદો તો વધુ સારું. પ્લાસ્ટિક બાળકોમાટે આરોગ્ય સમસ્યાઓનું કારણ બને છે.



પર્સનલ કેર પ્રોડક્ટ્સ પર લેબલ્સ તપાસો. તેઓ નાના પ્લાસ્ટિકવાળા હોઈ શકે છે. કોઈ પણ વસ્તુ જેમાં ઘટક તરીકે "પોલિઇથિલિન" હોય તો તેનો ઉપયોગ ટાળો.

તમારા વઘેલા કચરા માંથી ખાતર બનાવો . તે એક સરળ રીત છે જેમાં પર્યાવરણમિત્ર પગલાં એવી રીતે લેવા માં આવે છે કે જે કોઈ પણ મુશ્કેલી-વગર , સલામત કચરો નિકાલની પ્રક્રિયા ખાતર. બનાવવા માટે હોય છે

સુપરમાર્કેટ કરતાં લોકલ માર્કેટ માથી શોપિંગ કરો . જેમ કે ઓનલાઇન ખેડૂતોના બજારોમાં ખરીદી કરી ફાર્મ-ટુ-ડોર ડિલીવરી સેવાનો લાભ લો.

નોન સ્ટીક કુકવેરથી દૂર રહો. ટેફ્લોન અને અન્ય રેઝિન સતત વપરાશ દરમિયાન આરોગ્ય માટે જોખમો ઉભા કરે છે. ટેફ્લોન પ્લાસ્ટિક સામગ્રી પોલિટેરાફ્લોરોઇથિલિન (PTFE) ના રજિસ્ટર્ડ ટ્રેડ નામ છે. PTFE ફ્લોરોપોલિમર્સ તરીકે ઓળખાતી પ્લાસ્ટિકનો એક વર્ગ છે.

એવા જ ઉત્પાદનો ની ખરીદી કરો કે જે પ્લાસ્ટિક માં આવતા નથી.

જેટલું તમે કરી શકો તેટલું ઓછું, પુન:ઉપયોગ અને રિસાયકલ કરવાનો પ્રયાસ કરો.



CERC-ENVIS Resource Partner



Reduce. Reuse. Recycle.
REFUSE Single-Use Plastic



visit us at: www.cercenvnis.nic.in
and
www.facebook.com/EcoProductsEcoLabeling 

12. Plastic Use Audit

<http://www.cercenvi.nic.in/PDF/Plastic%20Audit.pdf>



CERC-ENVIS Resource Partner
Environment Literacy - Eco-labelling and Eco-friendly Products
Consumer Education and Research Centre
"Suraksha Sankool",
Thaltej, Sarkhej-Gandhinagar Highway
Ahmedabad 380 054
Gujarat (India)



Audit of Plastic For the home and Classroom

| Materials | No. of items/Week | No. of itms/Month | No. of items/Year | Total and Comment |
|-----------------------------|-------------------|-------------------|-------------------|-------------------|
| Plastic Shopping Bags | | | | |
| Single Use Plastic Pen | | | | |
| Plastic Water Bottle | | | | |
| Plastic Lunchbox | | | | |
| Plastic Chair | | | | |
| Plastic Toys | | | | |
| Plastic Brushes | | | | |
| Plastic Cups | | | | |
| Plastic CD/DVD | | | | |
| Plastic Table Cloths | | | | |
| Plastic Shoes | | | | |
| Plastic Raincoat | | | | |
| Plastic Plate | | | | |
| Plastic Spoon/Frocks/Knives | | | | |
| Plastic School Bag | | | | |
| Plastic Container | | | | |

13. Say no to plastic: Take a survey

Say no to plastic Survey – (Gujarati): <http://www.cercenvi.nic.in/PDF/GUJ%20-%20Say%20NO%20to%20Plastic%20Bags.pdf>



પ્લાસ્ટિકની બેગ ને “ના” કહો

વક્રશીટ: સાફ કરો અને પ્લાસ્ટિકની બેગને ના કહો - ઘરેલુ પ્લાસ્ટિક બેગ માટે સર્વે.

સૂચનાઓ:

- તમારા ઘરમાં રહેલી પ્લાસ્ટિકની બેગ એકત્રિત કરો અને પ્લાસ્ટિકની બેગ વિશે તમારા ભાઈ-બેન અને વડીલ ને પૂછો:
 - અઠવાડિયાના પ્રારંભમાં તમારી પાસે કેટલી પ્લાસ્ટિક બેગ છે?
 - આ અઠવાડિયે આપણું કુટુંબ આશરે કેટલી પ્લાસ્ટિકની બેગ એકત્રિત કરશે?
- પ્લાસ્ટિક બેગની ડાયરી: તમારા ઘરના વડીલોને રોજ એકત્રિત કરેલી પ્લાસ્ટિક શોપિંગ બેગ રાખી મુકવા કહો
- દરેક દિવસની ગણતરી: અઠવાડિયામાં કેટલા પ્લાસ્ટિકની બેગ લાવવામાં આવી અને નીચે કોષ્ટકમાં નંબર લખો.
અઠવાડિયાના અંતે નંબર ઉમેરો.

| બેગની સંખ્યા | સોમવાર | મંગળવાર | બુધવાર | ગુરુવાર | શુક્રવાર | શનિવાર | રવિવાર | કુલ |
|---|--------|---------|--------|---------|----------|--------|--------|-----|
| પ્લાસ્ટિકની બેગ મળી | | | | | | | | |
| પ્લાસ્ટિકની બેગનો પુનઃ ઉપયોગ* | | | | | | | | |
| રિસાયક્લિંગ માટે પ્લાસ્ટિક બેગ્સ પાછી આપી | | | | | | | | |
| વૈકલ્પિક બેગ તરીકે કાપડ / કાગળ નો ઉપયોગ | | | | | | | | |
| તમારા ઘર ની આસપાસ પ્લાસ્ટિકની બેગ ને રસ્ત પર કચરા તરીકે જોઈ | | | | | | | | |
| કુલ | | | | | | | | |

* પ્લાસ્ટિકની બેગનો પુનઃ ઉપયોગ: પ્લાસ્ટિકની બેગ ને સુપરમાર્કેટોમાં ફરીથી ઉપયોગમાં લેવો , ખોરાકને ફીઝ કરવા માટે , ખોરાકને પેક કરવા માટે, કપડાં મુકવા માટે. બિન લાઇનસંસ તરીકે પ્લાસ્ટિકની બેગનો ઉપયોગ કરવો એ પુનઃઉપયોગ તરીકે વર્ગીકૃત નથી.

- હવે તમારો સર્વે પૂર્ણ થાય છે. શું તમે આખા અઠવાડિયા દરમિયાન એકત્રિત થયેલા પ્લાસ્ટિક બેગ ના આંકડા જોઈને આઘાત / આશ્ચર્ય પામ્યા છો? હા / ના (વર્તુળ કરો)
- તમે શું વિચારો છો કે, તમે કેવી રીતે તમારા ઘરમાં પ્લાસ્ટિક બેગની સંખ્યા ઘટાડી શકો છો?
- અમને તમારા વિચારો, પ્રતિક્રિયા અને અનુભવ, CERC- ENIVS ને cerc-env@nic.in પર લખી જાણ કરો.



Say NO to Plastic Bags

Worksheet: Clean Up, Say NO to Plastic Bags – Household Plastic Bag Survey.

Instructions:

1. Collect all the Plastic bags currently you have in your home and ask yourself, siblings and elders:
 - a. How many plastic bags do you have in the beginning of the week?
 - b. How many bags do you think your family will collect this week?
2. Plastic Bag Diary: Ask the elders in your house to keep the plastic shopping bags they collect each day.
3. Each day count: how many plastic bags are brought during the week and write down the number in the table below. Add the number together at the end of the week.

| Number of bags | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
|--|--------|---------|-----------|----------|--------|----------|--------|-------|
| Plastic bags received | | | | | | | | |
| Plastic bags reused* | | | | | | | | |
| Plastic bags taken back for recycling | | | | | | | | |
| Alternative bags used, i.e. Cloth/paper | | | | | | | | |
| Plastic bags you saw as litter on the way home | | | | | | | | |
| Total | | | | | | | | |

* Reusing plastic bags include using them again in supermarkets, to freeze food, to pack food, store clothing. Using plastic bags as bin liners is not classified as a reuse.

4. Now your survey is over. Are you shocked/surprised by seeing the number of plastic bags collected this week? Yes / No (**please circle**)
5. What do you think you how could you reduce the number of plastic bags at your home?
6. Give us your ideas, feedback and experience on it, to CERC- ENIVS on cerc-env@nic.in