

Resources 'Let's Talk Plastics' – April 22, 2021

The Story of Plastic (Animated Short). Link <https://youtu.be/iO3SA4YyEYU>

National Geographic website called Kids vs Plastic: You Can Fight Pollution.

Downloadable toolkits are available. The link is: www.natgeokids.com/kidsvsplastic

5 Eco Friendly DIYs to Protect the Planet / Kids Vs Plastic – Kids <https://youtu.be/Rm75wYIRTd0>

10 Tips to Reduce Your Plastic Use

<https://kids.nationalgeographic.com/explore/nature/kids-vs-plastic/10-tips-to-reduce-your-plastic-use/>

Want to save the Earth and its oceans? Eat ice cream! Seriously, single-use plastic items like ice cream spoons account for more than 40 percent of plastic waste, and each year about 8.8 million tons of plastic trash flows into the ocean. And that waste endangers wildlife. But solving the plastic problem can be as easy as getting your sweet treat in a cone. Check out our top 10 quick tips to reduce your single-use plastic pollution today!

1. **Say no to straws.** Animals can get sick after mistaking them for food. Instead, carry your own paper straw or reusable version. Learn how to [make your own paper straw!](#)
2. **Fill up at a fountain** Drink out of a reusable water bottle instead of a plastic version. That way you won't be buying one of the nearly one million plastic drink bottles sold every minute around the world.
3. **Make a better bag** Pack sandwiches and snacks in reusable containers or cloth sacks instead of plastic bags. Here's [how to make your own!](#) How to Make a T-Shirt Tote Find out how to make a reusable tote out of an old t-shirt!
4. **Snack on fruit** Pack an apple, banana, or orange instead of snack packs. Fruit fills you up in a healthy way, plus there's no extra packaging. (Save the core, peels, and rinds for your compost bin.)
5. **Build a good goodie bag** Don't fill your birthday goodie bags with plastic yo-yos and other trinkets for your friends. Instead, give them homemade treats or coupons to a local bakery.
6. **Go for the cone** No matter your favorite ice-cream flavor, always choose to have it in a cone. Who needs plastic spoons and cups when you can eat the bowl?
7. **Buy in bulk** Encourage your family to shop for snacks, cereal, and pasta in the bulk section of your grocery store or natural food shop to avoid waste from plastic packaging. Then store it all in reusable glass jars.
8. **Ditch microbeads** Don't use face wash or toothpaste with microbeads. (If the ingredients label lists polyethylene or polypropylene, the item likely contains microbeads.) These tiny plastic beads go down the drain, eventually flowing to rivers, lakes, and the ocean. There they can be mistaken for food by fish and sea turtles—a dish that could be deadly.
9. **Never litter** Hey, sometimes you *have* to use plastic, and that's OK! But always recycle the plastic that you can, and never leave it in the environment. Trash left on the ground often blows into creeks and rivers, eventually making its way to the ocean.
10. **Pick up what you can** Grab a parent and pick up the trash that you find in your local creek or river. But be careful: Never grab anything that looks sharp or dangerous. [Here's how to host your own neighborhood cleanup.](#)

Youth Social Action Project UK - Kids <https://www.kidsagainstplastic.co.uk>

Kids against Plastic UK - Welcome video UK – Kids <https://youtu.be/yFy0bLG0fW8>

How Plastic Hurts the World - Kids <https://youtu.be/VUUUxO1715s>

What is Plastic Pollution? The Dr. Binocs Show/PeekabooKidz–Kids https://youtu.be/ODni_Bey154

Adult related resources on Plastics

<https://www.terracycle.com/en-CA/brigades/oral-care-en-ca> Oral Care Recycling Program

<https://environmentaldefence.ca/campaign/ending-plastic-pollution/>

<https://environmentaldefence.ca/toolkit-for-change/>

<https://environmentaldefence.ca/plastic-diaries/>

Deanna Dakin one of our speakers for 'Let's Talk Plastics' suggested the following resources:

Region of Waterloo's Waste Whiz <https://www.regionofwaterloo.ca/en/living-here/the-waste-whiz.aspx#>

Region of Waterloo environmental-education Adult resources

<https://www.regionofwaterloo.ca/en/living-here/environmental-education-and-resources.aspx#ONLINELEARNING>

Region of Waterloo Library – a selection of recent material on plastics held by the library is listed below. Visit the Region of Waterloo Library [catalogue](#).

Plastics: 2019 and newer select material available at the Region of Waterloo Library

Children's material, book format:

The plastic problem / Rachel Salt J363.7288 Sal

You can change the world / Lucy Bell J363.7 Bel

Plastic sea: a bird's eye view / Kirsti Blom J 363.7394 Blo

Join the no-plastic challenge!: a first book of reducing waste / Scot Ritchie J 363.7288 Rit

Plasticus maritimus: an invasive species / Ana Pego J 363.738 Peg

Kids fight plastic: how to be a #2minutesuperhero / Martin Dorey J 363.7288 Dor

Ocean!: waves for all / Stacy McAnulty J 577.7 McAn

Quest for clean water (Purmaids v.6) / Sudipta Bardhan-Quallen J FIC

Children's material, electronic resources:

Taming plastic (Planetary solutions) / Albert Bates

Plastic sucks! YOU can make a difference / Dougie Poynter (audiobook)

The plastic problem / Aubre Andrus

The impact of plastics / Ruth Daly

Plastic panic! (Polluted planet) / Robin Twiddy

Oops! It's plastic! (Accidental scientific discoveries that changed the world) / Meta Manchester

You are eating plastic every day / Danielle Smith-Lera

Adult material, electronic resources:

Living without plastic: more than 100 easy swaps for home, travel, dining.. / Bridget Allen

Taking on the plastics crisis / Hannah Testa (Young Adult)

Transforming plastic: from pollution to evolution / Albert Bates

Quitting plastic: easy and practical ways to cut down the plastic in your life / Clara Williams Roldan

Plastic soup: an atlas of ocean pollution / Michiel Roscam Abbing

Other online resources include:

PebbleGo is a great research tool for younger children, from kindergarten to grade 3.

NovelList K-8 to search for great kids' authors, titles, featured articles, award winners and more!

downloadLibrary offers a variety of videos, audiobooks and eBooks.