



## PLASTIC-FREE OCTOBER – JUST IN TIME FOR BACK TO SCHOOL!

*North Yarmouth Recycles is working to rid the world of plastics, one household at a time.*

Look for posters and information around town, including at the Town Office, Wescustogo Hall & Community Center and at our booth at the Summer Markets.

Over the spring and summer, learn tips how to substitute for most disposable plastics, use Earthday.org's handy [plastic calculator](#) to estimate how much plastic your household consumes monthly, annually – and how much you can save if you go plastic-free in September! Learn how to reduce your plastics use, and when you do recycle it, how to do so correctly.

Sign up to take the plastic-free challenge! Have a little fun competition with your neighbor's where everyone is the winner!

*Today's factoid:* Every day we use millions of tons of plastics, and with it, we are steadily filling our oceans, our rivers, our land, and our bodies. Scientists tell us that we are *eating* up to 5 grams of plastic every week, equivalent to the weight of a credit card, and *inhaling* more! Yuck!!

***Stay tuned for more information!***

(Note: based on Earthday.org's past "Plastic-free July" from 2021)

FMI: <https://www.earthday.org/campaign/end-plastic-pollution/>