

THEME: “BEATING PLASTIC POLLUTION”.



The main aim of this day which is celebrated on 5th June is to create awareness and action for the protection of our environment. This is the day for each individual to do something be it individually or as a community to preserve and promote the environment. It is evident that our environment is changing due to the ill effects of pollution and so it is up to us to do something in order to stop it if not reverse this for the sake of our future generations.

Every world environment day has a different host country and this year's host is India.

Definition of Environment, this is the condition or surrounding in which a person, an animal or a plant lives in or operates.

Plastic pollution is the accumulation of plastics in the environment, they are generally durable and cheaper which makes their production to be very high. Their chemical structure makes them very slow to degrade hence causing a lot of pollution. This pollution can affect land, waterways, oceans, living organisms e.g. marine

animals can be affected by being entangled and ingesting the plastics, animals can also be affected by the chemicals used to manufacture the plastics leading to disruption of hormones in the body.

Below are examples of ways you can help reduce or prevent plastic pollution on the environment;

- Wean yourself off disposable plastics.
- Support the ban on plastic bags by not using them.
- Avoid buying bottled water and use water dispensers where possible.
- Avoid using plastic straws in drinks.
- Choose clothes made of natural fibre as opposed to nylon.
- Use reusable shopping bags.
- Use cloth diapers.
- Rethink your food storage in the freezer.
- Use a hot beverage tumbler instead of the plastic coffee cups.

