

TIPS TO REDUCE YOUR PLASTIC USE

The word “plastic” has become synonymous with our everyday lives. The extent of the damage by plastic on our environment is increasingly well known. Yet, this harmful material permeates the majority of the consumer items we buy and use, especially single-use plastic. Mounds of trash, garbage islands in the oceans and the impact on marine life, birds and other animals are just some of the negative consequences of our collective plastic waste on the planet.



The need to save our planet from plastic is on a rise and we have more reasons than ever to educate people about the long-term effects plastic is already having on our oceans and marine life. “Plastic Bag – Free Day,” is an opportunity to speak about phasing out plastic bags and promoting alternative solutions. Plastic bags can take hundreds of years to degrade, releasing tiny particles of plastic waste which pollutes the environment and in turn harming many living organisms, such as those in marine environments.

Many major cities around the world are working towards putting an end to the use of plastic bags and single-use plastic. Recycling and composting have become buzzwords in the effort to get more people to adopt a zero waste lifestyle. This might seem daunting at first but once you get into the habit of consciously rejecting plastic, it can become a way of life.

Another helpful way of reducing plastic consumption is keeping a track of what you are using plastic bags or plastic materials and then find alternatives you can replace and reuse for the long term. We can still save our planet from the harmful effects of plastic, all we have to do is – reuse, recycle, replace, rethink.

AVANI has embarked on a mission to cut down global plastic consumption by offering a proven integrated eco-friendly solution to replace petroleum-based disposable plastic products. If you are a business in the UAE looking to reduce single-use plastics and replace them with sustainable and eco-friendly products AVANI Middle East might just have the solution.

To find out more visit www.avanime.eco



HERE ARE A FEW TIPS FROM AVANI MIDDLE EAST TO HELP YOU TO REDUCE YOUR USE OF SINGLE-USE PLASTICS TOWARDS ADOPTING A MORE SUSTAINABLE LIFESTYLE:

1. Try and BYO (Bring Your Own...) so you can consume less plastic when you are on the move. Carry a stainless steel or glass water bottle rather than drinking water out of disposable plastic bottles.
2. Try and remember to bring your own bags whenever you shop and not just for the supermarket. By bringing your own bag, you alone can save between 400 and 600 plastic bags per year.
3. No plastic straws, please! Avani Middle East has been working with F&B operators in the UAE and we have over 20 restaurants

who have banned the use of single-use plastics in their drinks and are providing AVANI’s alternative biodegradable and compatible options as an alternative solution.

4. Bring your own stainless steel or ceramic mug, Carry one in your car, leave it on your office desk or carry it with you on the go. Like milk cartons, most coffee cups often have a plastic lining, so in effect they are plastic. Most takeaway cups also have that plastic lid, which contribute to plastic pollution.