



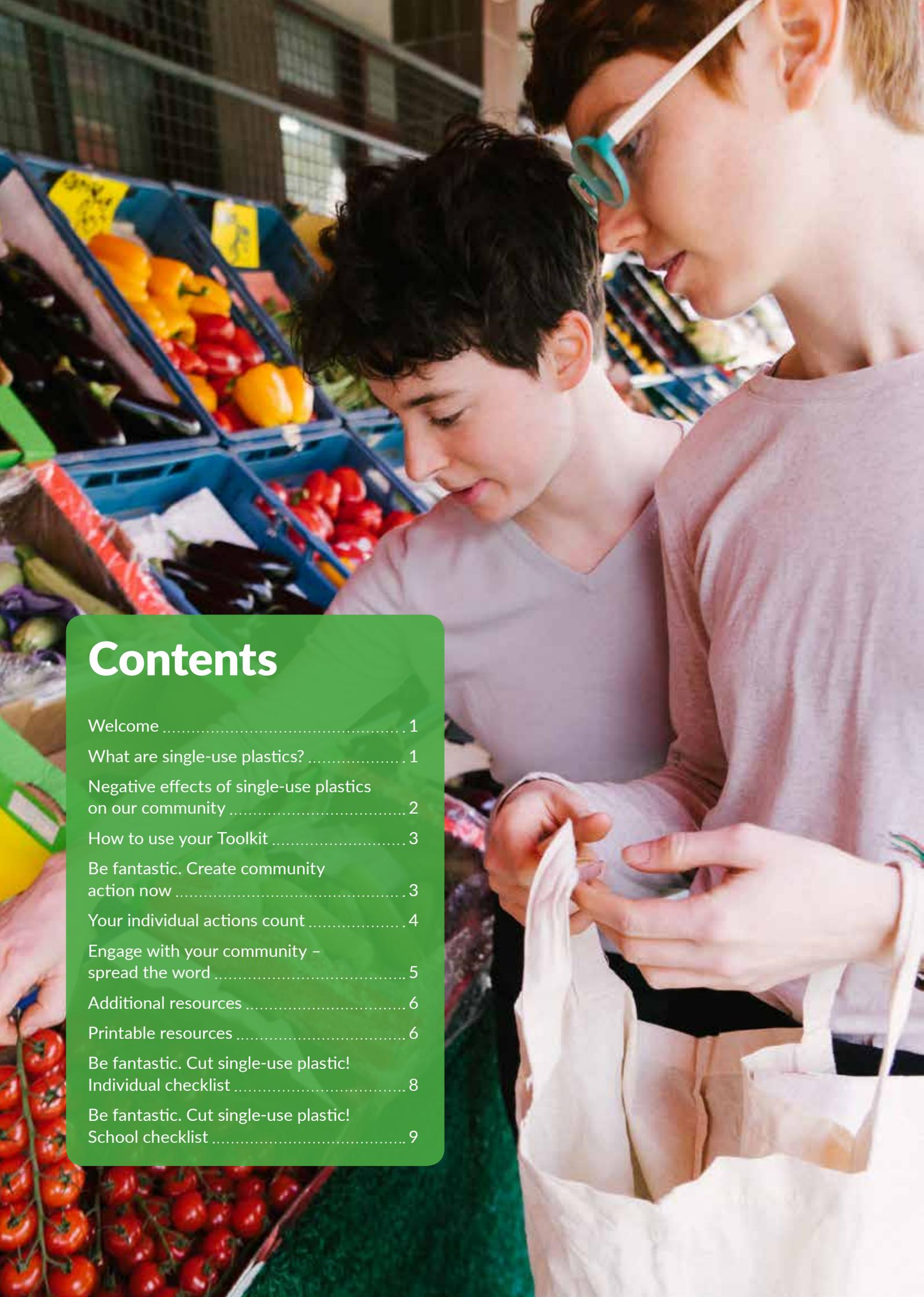
**Be fantastic.
Cut single-use
plastic!**

Community Toolkit



www.ryde.nsw.gov.au/befantastic

Brought to you by the NSW Department of Planning, Industry and Environment



Contents

Welcome	1
What are single-use plastics?	1
Negative effects of single-use plastics on our community	2
How to use your Toolkit	3
Be fantastic. Create community action now	3
Your individual actions count	4
Engage with your community – spread the word	5
Additional resources	6
Printable resources	6
Be fantastic. Cut single-use plastic! Individual checklist	8
Be fantastic. Cut single-use plastic! School checklist	9

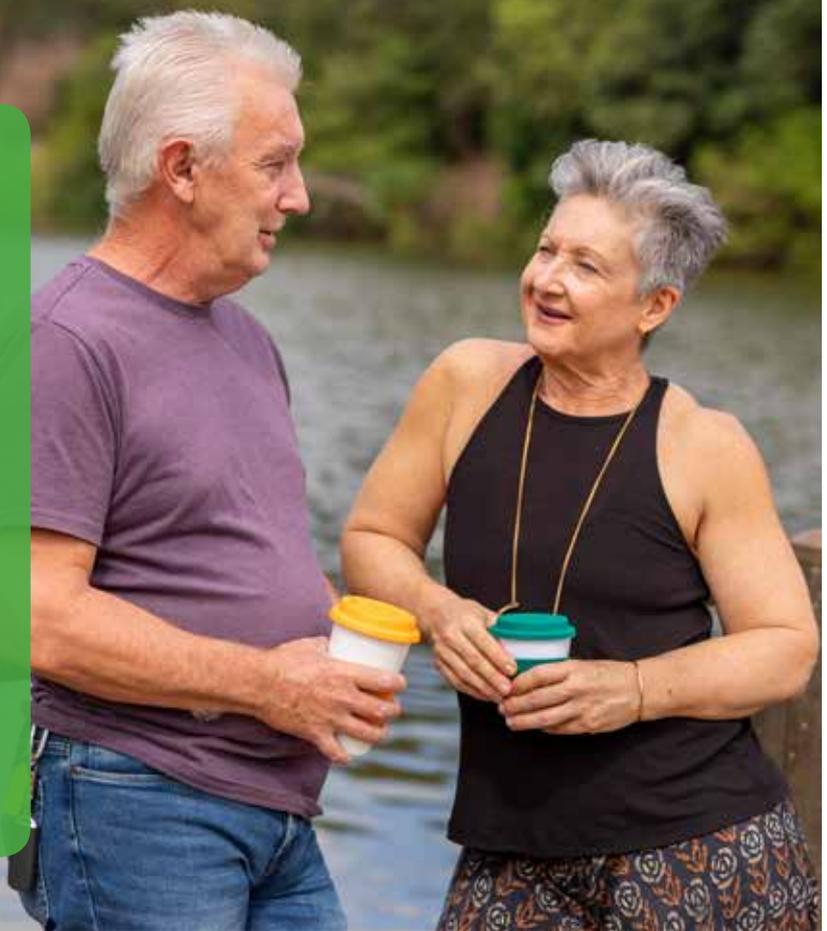
Welcome

Welcome to the City of Ryde's **Be fantastic. Cut single-use plastic!** Community Toolkit.

First of all, thank you. If you're reading this, it's because you've made a decision to cut single-use plastic from your life or are seriously considering it.

Join in with the City of Ryde in your pledge to cut single-use plastics.

The City of Ryde introduced the *Reduce Single-Use Plastic* policy on the 30 April 2019 and has become the first Council in Australia to adopt a 'Zero Litter to River' target by 2030.



What are single-use plastics?

Single-use plastics are disposable items that are typically used once for a few minutes before being thrown away, such as **bags, bottles, straws, disposable cups** and **containers**.



Plastic packaging represents the largest slice of global plastic production. This single-use material makes up between **26 per cent¹** and **36 per cent²** of the world's plastic and is designed for immediate disposal.



¹ World Economic Forum, above n 4, p 17.

² United Nations Environment Programme, above n 1, p 4

Negative effects of single-use plastics on our community

Each year, at least eight million tonnes of plastic flows into the ocean from rivers and lakes, which is equivalent to dumping the contents of one garbage truck into the ocean every minute.

At least 80% of this plastic pollution comes from land-based sources flowing through drains and into local waterways and oceans via stormwater runoff.

Single-use plastics are filling our waterways, city parks and bush landscapes as well as our landfill, and as a community we need to do more to reduce our single-use plastic footprint.

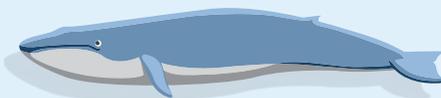


Half of all plastics produced are designed to be used just once and then thrown away.³



Plastic kills over 100 million marine animals and harms over 600 marine species every year.⁴

Globally, the plastic produced each year is equivalent to:



Almost 3 million blue whales (a blue whale weighs around 104.5 tonnes)



Over 5,800 Sydney Harbour Bridges (the Sydney Harbour Bridge weighs 52,800 tonnes)⁵



By 2025, based on current trends, the ocean will contain 1 tonne of plastic for every 3 tonnes of fish. By 2050, there will be more plastic than fish by weight if we don't do something now.⁶

³ www.unenvironment.org/interactive/beat-plastic-pollution/

⁴ World Economic Forum, above n 4, p 26. Note: USD figures have been converted to Australian dollars.

⁵ ACT Government Phasing out single-use plastics Discussion Paper

⁶ World Economic Forum, Ellen MacArthur Foundation and McKinsey & Company (2016), www.ellenmacarthurfoundation.org/publications

How to use your Toolkit

This Toolkit provides information on how you can start fighting single-use plastic waste and the pollution it causes; simply by eliminating single-use plastic usage in your daily life.

The City of Ryde has developed this Toolkit to encourage you to join in with Council's pledge to fight against single-use plastic pollution in our local environment and waterways.

Be fantastic. Create community action now

Action is needed now, and through this Toolkit you will learn how to cut single-use plastics from your personal life as well as create action within your community.



**Tell your family,
tell your friends,
tell your networks!**



Your individual actions count



Step 1: Clean up your environment

Volunteer for clean-up events in your local area or organise a clean-up event any time of the year.

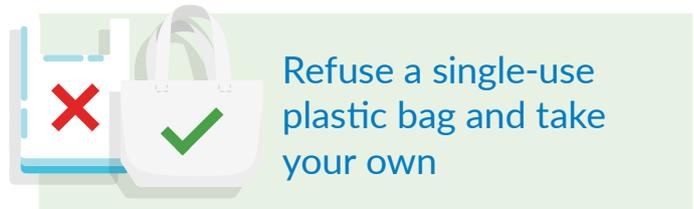
Check out our resources list to find out about local organisations that organise clean-up events.



Step 2: Avoid and choose alternatives to single-use plastics



Remember your refillable water bottle



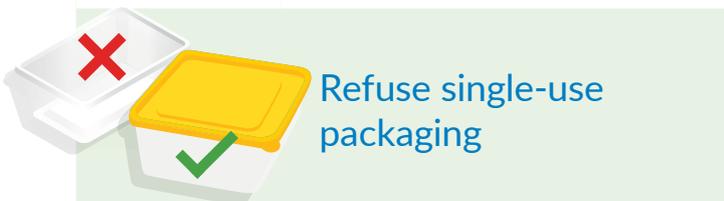
Refuse a single-use plastic bag and take your own



Take a reusable coffee cup and refuse single-use takeaway cups



Take your own cutlery or use sustainable alternatives



Refuse single-use packaging



Do your own **#MiniCleanUp** or **#CommunityCleanUp**. Grab a handful of plastic pollution every time you go out



Step 3: Take the pledge

Take your single-use plastic pledge today. Register your efforts here. www.ryde.nsw.gov.au/befantastic



Engage with your community: spread the word

Share your efforts with your community through personal conversations, social media and websites.

Family and Friends

Tell your family and friends about the effects of plastic pollution on your local environment and waterways. You can share this Toolkit with them and educate them about reducing single-use plastic from their daily life.

Schools

Approach your local school through your kids, teachers, P&C or the Department of Education and tell them about the City of Ryde's Be fantastic. Cut single-use plastic! education program. Tell them about this Toolkit and the steps they can take to cut single-use plastics at their school.



Fact: On average over 40% of a school's waste is single-use plastics – cups, bottles, zip lock bags, chips and cookie packaging, cling wrap and plastic bags.



School actions



Step 1:

Complete the **Be fantastic. Cut single-use plastic!** school checklist.



Step 2:

Conduct a mini waste audit to understand your current single-use plastic wastage.



Step 3:

Make an action plan to cut single-use plastic items from your school.



Step 4:

Check out City of Ryde's online schools resources.



Step 5:

Check for further resources here.

www.ryde.nsw.gov.au/befantastic

Additional resources



Australian Government

Australian Government

Department of the Environment and Energy provides in depth information on why it is important to reduce plastic and packaging waste.



Clean Up Australia inspires and empowers communities to clean up, fix up and conserve our environment.

www.cleanup.org.au



Bye Bye Plastic: The time has come to say bye-bye to single-use plastic... and Hello BYO!!



The Parramatta River Catchment Group (PRCG) is a regional organisation of local councils, state agencies and community representatives whose aim is to work together to improve the health of the Parramatta River catchment.



Good for the hood founded by Jo and Corina, Ryde residents with lots of sustainable tips on how to tackle the waste issue.



War on Waste is a popular Australian documentary television series which first premiered on 16 May 2017 on ABC TV focusing on waste and recycling in Australia.

Printable resources

Be fantastic. Cut single-use plastic! Individual checklist

Action	Tick once completed
1 Remember your refillable water bottle	<input type="checkbox"/>
2 Take a reusable coffee cup and refuse single-use takeaway cups	<input type="checkbox"/>
3 Take your own container or eat in	<input type="checkbox"/>
4 Refuse single-use cutlery and plates	<input type="checkbox"/>
5 Resist a straw, straws suck	<input type="checkbox"/>
6 Resist using stirrers and use a reusable spoon instead	<input type="checkbox"/>
7 Refuse a single-use plastic bag and take your own	<input type="checkbox"/>
8 Take your own cutlery or use sustainable alternatives	<input type="checkbox"/>
9 Resist using balloons and decorate with reusable alternatives	<input type="checkbox"/>
10 Join your local clean-up events	<input type="checkbox"/>

Be fantastic. Cut single-use plastic! Community Toolkit

Be fantastic. Cut single-use plastic! School checklist

Don't worry if your school can't make all the changes at once – the steps you CAN and DO take will still make a big difference.

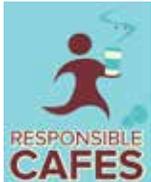
Action	Tick once completed
1 Perform a mini waste audit to identify single-use plastic items in waste	<input type="checkbox"/>
2 Create a formal waste action plan to cut single-use plastics	<input type="checkbox"/>
3 Encourage BYO for the following items: water bottles, containers, straws, reusable utensil sets, washable hand towel, carry bag and coffee cups	<input type="checkbox"/>
4 Stop giving straws, plastic cutlery, plates, and containers at the school canteen and introduce a reusable container scheme	<input type="checkbox"/>
5 Introduce a single-use plastic free lunch day (nude lunch day), encouraging students and parents to leave out: <ul style="list-style-type: none"> • zip lock bags • juice poppers with single-use straws • individually packaged single-serve snacks • plastic cutlery 	<input type="checkbox"/>
6 Introduce a clean-up roster, where each year group cleans up after lunch one day per week. This will also discourage students from creating so much waste to begin with	<input type="checkbox"/>
7 Introduce single-use plastic free school event policy	<input type="checkbox"/>
8 Introduce craft activities such as DIY beeswax wraps, reusable utensils pack making, make hand towels from old towels, make tote bags out of old t-shirts, etc.	<input type="checkbox"/>
9 Promote single-use plastic free actions at staff meetings, assemblies, PSC meetings, school events, etc.	<input type="checkbox"/>
10 Introduce soft plastics recycling, collect and bring to Redcycle Coles or Woolworths collection points for recycling	<input type="checkbox"/>

Be fantastic. Cut single-use plastic! Community Toolkit





The Australian Marine Conservation Society (AMCS) is the voice for Australia's oceans and provides tips on how to reduce plastic use in your daily life.



Responsible Cafés: Find a responsible café near you on the map.



Green Caffein is a reusable café cup system for eco-focused cafés and coffee lovers across Australia. Download the app and find participating cafes near you.



Boomerang Bags Ryde: Bags will be available for local shops who really want to help spread the plastic-free message and can let customers borrow a Boomerang Bag if they forget their reusable bag.



Redcycle: The REDcycle Program makes it easy for consumers to keep plastic bags and packaging out of landfill. Find a collection point for soft plastics at participating Coles and Woolworths Supermarkets.



Planet Ark campaigns are designed to help us all make a difference. Whether through recycling more, planting trees or changing to energy efficient light globes, small changes to individual behaviour add up to big savings for the environment.



Sustainable Schools NSW aims to connect environmental educators with relevant resources, interactive lessons and a like-minded community to help spread the important message of sustainability to future generations.

Sustainability Victoria and the Metropolitan Waste and Resource Recovery Group (MWRRG) have developed a guide for schools and organisations that work with schools.



WOW (Wipe Out Waste) Schools Program encourages schools to reduce waste and raise student awareness about waste recycling and disposal.

Wipe out Waste is a KESAB environmental solutions education program funded by Green Industries SA.



Be fantastic. Cut single-use plastic!

Individual checklist

Action

Tick once completed

1	Remember your refillable water bottle	<input type="checkbox"/>
2	Take a reusable coffee cup and refuse single-use takeaway cups	<input type="checkbox"/>
3	Take your own container or eat in	<input type="checkbox"/>
4	Refuse single-use cutlery and plates	<input type="checkbox"/>
5	Resist a straw; straws suck	<input type="checkbox"/>
6	Resist using stirrers and use a reusable spoon instead	<input type="checkbox"/>
7	Refuse a single-use plastic bag and take your own	<input type="checkbox"/>
8	Take your own cutlery or use sustainable alternatives	<input type="checkbox"/>
9	Resist using balloons and decorate with reusable alternatives	<input type="checkbox"/>
10	Join your local clean-up events	<input type="checkbox"/>

Be fantastic. Cut single-use plastic!

School checklist

Don't worry if your school can't make all the changes at once – the steps you CAN and DO take will still make a big difference.

Action	Tick once completed
1 Perform a mini waste audit to identify single-use plastic items in waste	<input type="checkbox"/>
2 Create a formal waste action plan to cut single-use plastics	<input type="checkbox"/>
3 Encourage BYO for the following items: water bottles, containers, straws, reusable utensil sets, washable hand towel, carry bag and coffee cups	<input type="checkbox"/>
4 Stop giving straws, plastic cutlery, plates, and containers at the school canteen and introduce a reusable container scheme	<input type="checkbox"/>
5 Introduce a single-use plastic free lunch day (nude lunch day), encouraging students and parents to leave out: <ul style="list-style-type: none"> • zip lock bags • juice poppers with single-use straws • individually packaged single-serve snacks • plastic cutlery 	<input type="checkbox"/>
6 Introduce a clean-up roster, where each year group cleans up after lunch one day per week. This will also discourage students from creating so much waste to begin with	<input type="checkbox"/>
7 Introduce single-use plastic free school event policy	<input type="checkbox"/>
8 Introduce craft activities such as DIY beeswax wraps, reusable utensils pack making, make hand towels from old towels, make tote bags out of old t-shirts, etc.	<input type="checkbox"/>
9 Promote single-use plastic free actions at staff meetings, assemblies, P&C meetings, school events, etc.	<input type="checkbox"/>
10 Introduce soft plastics recycling, collect and bring to Redcycle Coles or Woolworths collection points for recycling	<input type="checkbox"/>



 City of Ryde


Lifestyle and opportunity @ your doorstep

www.ryde.nsw.gov.au/befantastic

Brought to you by the NSW Department of Planning, Industry and Environment