

# BREAKING UP

# WITH PLASTIC

No excuse, let's reduce!



**LITTER  
FREE  
OCEANS**

**TARONGA**  
CONSERVATION SOCIETY AUSTRALIA.

*For the Wild*

# BREAKING UP WITH PLASTIC

You can keep our oceans plastic free!

We share this planet with some of the most amazing wildlife

Six of the world's seven precious species of marine turtle call Australian waters home. These guys are vital for the maintenance of sea grasses and coral

reefs that keep our oceans clean. When these voracious eaters mistake plastic for food, the results are often fatal.

But every day, we can be the solution to plastic pollution simply by changing our own lifestyles.

## MEET ANDREW

### The Tiny Turtle with a big story!

Andrew the Green Turtle was found on Copacabana Beach in NSW. He weighed just 56 grams, and whilst he was only 3 weeks old he had already ingested plastic.

Sadly Andrew is not alone, as it is now estimated that half of

all marine turtles have eaten plastic. Yikes! Turtles mistake plastic for their food, like jellyfish, and when ingested the results can be fatal.

That's why, at Taronga, we are committed to reducing single-use plastics.

See Andrew's full story at [taronga.org.au/litter-free-oceans](http://taronga.org.au/litter-free-oceans)



#### 1 Stranded!

Andrew washed up on a Central Coast beach and was found stranded on his back covered in sand.



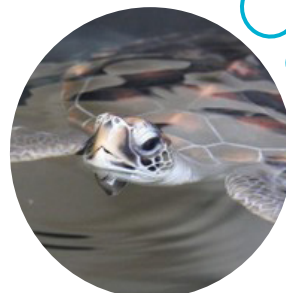
#### 2 First Journey

It was on Andrew's first ever sea journey where he sadly ate a piece of plastic debris.



#### 3 Rescued

Andrew was brought to Taronga's Wildlife Hospital and treated for his injuries.



#### 4 Free at last

After 16 months of in care at the zoo, Andrew was re-released into Sydney Harbour healthy, happy and free!



Let's keep our oceans litter free!

# TAKE TARONGA'S SWAP CHALLENGE

## Choose to reuse!

At Taronga, we believe that wildlife and people can share this planet.

We have taken up the swap challenge by changing disposable food packing in favour for reusable options.

This change alone has made a world of difference to marine life by reducing **350,000 plastic food containers per year!**

### Plastic Pandemic

Each year, 8 million tonnes of plastic enters our oceans. And this is set to increase. Every 11 years the amount of plastic we're producing doubles. It is predicted that by 2050 there will be more plastic in the ocean than fish.

To learn more visit:  
[taronga.org.au/litter-free-oceans](http://taronga.org.au/litter-free-oceans)



## LET'S SHAPE SHIFT



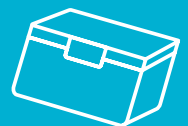
Swap takeaway coffee cups for reusable cups



Swap plastic straws for stainless steel straws or NO straw at all



Swap takeaway containers for reusable containers!



Swap plastic drink bottles for reusable bottles



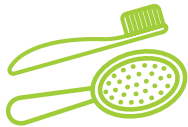
Your handy guide to  
**BREAKING UP  
WITH PLASTICS**

Every piece of plastic ever created still exists somewhere. It's a scary thought, and a reminder of why it's so important we all do what we can to reduce the amount of plastic we use.

The good news is that one person can make a huge difference every single day when it comes to plastic pollution. If every person replaced disposable with reusable, these small actions add up to create a word of change for marine turtles and our oceans.

Use the Beat the Microbead app to avoid harmful products.

## BATHROOM



Opt for a bamboo handled toothbrush and hairbrush.

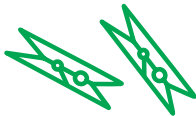


Scrub yourself clean of plastics! Switch to bar shampoos or refill your old bottles at bulk stores.

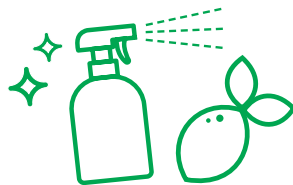


Microbeads are in many beauty products and get washed into the oceans and then ingested by marine life.

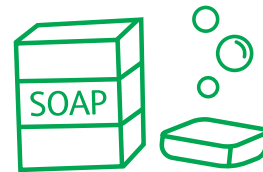
## LAUNDRY



Small changes like using wooden pegs, instead of plastic can have a big impact.



Harmful chemicals from household detergents build up in our oceans. Create your own natural chemical free cleaning products today.



Buy detergents in boxes or bars - or make your own!

## KITCHEN



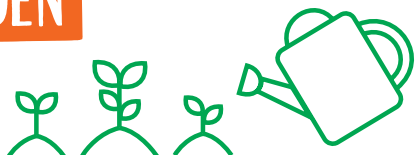
Choose items in glass or paper that can be reused or recycled. Hint: Save those glass jars to use at bulk food stores.



Use your green or reusable bags, put loose vegetables into cloth produce bags (available online or DIY a few!) and wrap your lunch in beeswax cloths!

Use your quick and easy cleaning guide on the next page.

## GARDEN



Cut down on plastic packaging and food waste at your place by growing your own herbs. Win-win!



Time to celebrate being plastic free! Decorate with material bunting and paper chains instead of balloons at your next party.

A plastic bag has an average 'working life' of 15 minutes but can take up to 1000 years to degrade.

# ECO-FRIENDLY RECIPES

Everyday cleaning products around the home, often in plastic packaging, can be hazardous to your health and to the environment. Why not create your own natural chemical free cleaning products instead – it's cheap and simple!

## You will need:



White Vinegar



Baking soda



Essential oils



Old Fabric



Washing soda



Coarse salt



Lemon



Spray bottle



Ice cube tray



Container

## Shopping List

- Paper Bags
- Beeswax Wraps
- Baking Soda
- White Vinegar
- Lemons
- Tea tree and/ or eucalyptus oil
- Paper or stainless steel straws

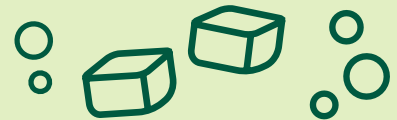
## Disinfectant Wipes

1. Combine 1 cup water,  $\frac{1}{4}$  cup white vinegar and 8 drops each of tea tree, eucalyptus & lemon essential oils, and mix thoroughly
2. Place 15-20 squares of old fabric in an airtight container and pour mix over the cloths and allow them to soak up the solution
3. These are ready to use!  
(After use, wash and repeat)



## Dishwasher Tablets

1. Combine  $\frac{1}{2}$  cup each of washing soda and baking soda with  $\frac{1}{2}$  cup coarse salt
2. Add lemon juice and mix thoroughly
3. Firmly pack mixture into ice cube tray and dry in a sunny place
4. When fully dry (at least 3 days) tablets are ready to use! (Put spares in an airtight container)



## All Purpose Cleaner

1. In a spray bottle, combine  $\frac{1}{2}$  cup vinegar and 10 drops lemon or tea tree essential oils
2. Add 2 tbsp. baking soda and mix well
3. Top up with water, gently shake and the mix is ready to clean!

