

PLASTIC FREE GEN Z

Here is a comprehensive list of actions that you can take TODAY to learn more about plastic pollution and take action! Be sure to follow us on Instagram (@plasticfreegenz) to stay up-to-date with upcoming events, projects, and climate news!

Before you get started with your plastic-free activism, remember that when it feels overwhelming to start your sustainable journey, just know that you, as an individual and consumer, are not responsible for solving plastic pollution overnight! Small actions will make a big impact, and it is okay to not be perfect :)

“Any action is better than no action” -Eckhart Tolle

PETITIONS

1. [Urge Governor Newsom to Stop Issuing New Oil Drilling Permits](#)
2. [Greenpeace: Target, Trader Joe's and Publix: Ditch plastic!](#)
 - a. With the increase in demand and usage of single-use plastic during the COVID-19 pandemic, more and more plastic is being thrown into the environment, detrimentally affecting the health of the planet and us as humans. By signing this petition, you essentially demand that supermarkets make commitments to reducing single use plastic in favor of reusable or refillable solutions.
3. [Cleanse Brantas River From Microplastic, Before it's too Late!](#)
 - a. Seeing how polluted the plastic filled Brantas River is can be hard to recognize and truly understand. (Remember this river holds the drinking water for 5 million people!) By signing Ecoton's petition, you can help the organization based in Indonesia ask the Ministry of Environment and Forestry (KLHK) and the Ministry of Public Works and Public Housing (PUPR) to handle the microplastic crises in the river, as it affects the lives of many living in Indonesia.
4. [Tell President Biden: Ban New Oil and Gas Permits on Public Lands and Waters - Greenpeace](#)
 - a. “Stopping coal, oil, and gas production on public lands and waters and

supporting workers and communities in the transition to a renewable future will go a long way to tackling the climate crisis.”

- b. “President Biden promised on the campaign trail that he would “ban new oil and gas permitting on public lands and waters.” Now, we need to push him to fulfill his commitment to our communities by using his presidential powers to halt fossil fuel drilling on public lands and waters.”
5. [Tell Biden you can't "build back better" without building back fossil free!](#)
 - a. “Biden and his new administration need to hear from you: Take executive action to end the era of fossil fuel production, protect communities reeling from the climate and COVID-19 crises, and #BuildBackFossilFree.”

VIDEOS/DOCUMENTARIES

1. [Short: The Story of Plastic](#)
2. The Story of Stuff
 - a. [The Story of Stuff](#)
 - b. There are a bunch of documentaries found in this link ^^
 - c. You can send in a screening request to host a virtual watch party for free as an activism group
 - d. The Story of Plastic (1 hr 23 min) 2019
 - i. [post-screening actions](#)
3. A Plastic Ocean
4. Bag It 2010
5. The Great Specific Garbage Patch 2013
6. [The Plastic Bag Diet](#)
7. [Take Back!](#)

ARTICLES

1. [Article about single-use plastic in supermarket](#)
 - a. Interested in learning more about single use plastic in big supermarket facilities around you? This article depicts the efforts that these retailers actually take to tackle the plastic crises. (Hint: It's not too good). Hope this

article gives you a scare or an epiphanic moment because the data is shocking!

2. [Reports- The Story of Plastic](#)

- a. Don't Know where to start or what you want to learn about plastic? In this link, there can be found a large variety of reports and articles dealing with plastic pollution. Read about how recycling is not always the best, the costs of plastic on human and environmental health, how other activists and governments around the world are currently trying to deal with the crises, and SO MUCH MORE!

3. [Helpful blog from Earth hero](#)

CONTENT CREATORS ON INSTAGRAM



- [The Earth Stewardess - \[a bit of everything!\]](#)
- [Green Girl Leah - Leah Thomas \[a bit of everything\]](#)
- [Unniva - Nicole \[educational & fashion\]](#)
- [That Curly Top - Jazmine Rogers \[Sustainable fashion\]](#)
- [Pumulokasaji - Lo \[Sustainable fashion\]](#)
- [TraashBoyyy- Henry Ferland \[cleaning up the environment\]](#)
- [Going Zero Waste - Kathryn Kellogg \[a bit of everything\]](#)
- [WorthnotWaste - Marissa \[a bit of everything\]](#)
- [Sweet Potato Soul - Jenné Claiborne \[vegan cooking\]](#)
- [hey ashley renee - Ashley Renee \[vegan cooking\]](#)
- Brown queer vegan

- [Youth v. Oil](#)
- [Youth4climate.350](#)
- [San Diego 350](#)
- [surfrider](#)
- [plasticpollutes](#)
- [breakfreefromplastic](#)
- [plasticfreegenz](#) 😊

PODCASTS

<https://upstreamolutions.org/podcast>

[The Climate Question - BBC](#)

EASY SWAPS

Tip: Don't buy a new sustainable product, if you can reuse the ones you have at home!

- Reusing single use products
- Bring your own containers when eating out
- Bring your straw if you need one, or skip it all together if you can!
- Walking somewhere instead of driving

HELPFUL WEBSITES

- [Earth hero](#) [Sustainable Amazon, they have everything!!!!]
- [Good on you](#) [Tells you how sustainable clothing brands are]
- [Ecosia](#) [Eco-friendly search engine/ Google]
- [Project Drawdown](#) [Learn about solutions to Climate Change!]

Have any other resources/actions in mind that you think we should share? Let us know! DM us on Instagram: @plasticfreegenz

Stay plastic-free, Gen Z!