

Do you know how much plastic you currently consume?

Do you want to make a plan to consume less?

END PLASTIC POLLUTION EARTH DAY 2018

Plastic Pollution
Footprint Calculator

Personal Plastics Planner

Footprint Tracker



Introduction

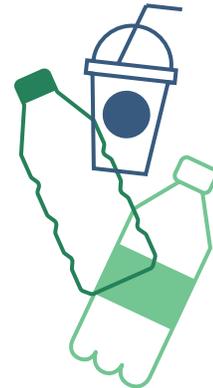
Plastic pollution is one of the most important environmental problems that we face today. It impacts the environment and our health and wellbeing. We have all contributed to this problem – mostly unknowingly – and we must work to reduce and ultimately to End Plastic Pollution. Earth Day Network is committed to proactively be part of the solution and has created this Plastic Pollution Footprint Calculator, Personal Plastics Planner, and Footprint Tracker.

Through the use of these tools you will be able to assess your current consumption of plastics, make a plan to reduce your plastic consumption, and track your progress as you make changes to shrink your plastic pollution footprint.

If you find after completing the Plastic Pollution Footprint Tracker, that your footprint is bigger than you expected and are looking for good ways you can shrink it, you should be sure to check out our [Plastic Pollution Primer and Action Toolkit](#). In this toolkit you will find a wealth of information on the harms caused by plastic pollution and steps you and your community can take to drastically limit your contribution to plastic pollution. We hope these resources are useful to you and we appreciate your using them to help end plastic pollution.

WHAT IS A PLASTIC POLLUTION FOOTPRINT?

Since plastic pollution never fully degrades in the environment, every item of plastic pollution you have ever consumed still exists. Your plastic pollution footprint, is the total number of plastic items you have consumed over the course of a year.



Produced by Earth Day Network for the End Plastic Pollution Campaign, 2018

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For more information, email plastic@earthday.org

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Plastic Pollution Footprint Calculator

You can use this tool to evaluate how many items of plastic you consume every year and how much you might be contributing to the problem of plastic pollution. This will give you an idea of the scale of your individual impact and hopefully encourage you to limit your consumption of plastic products. To learn more about the problems caused by plastic pollution and to find out ways you can actively limit your contribution to it, view our Plastic Pollution Primer and Action Toolkit. It contains the tools provided here in addition to detailed information on the ways plastic pollution impacts our health, our oceans, and our planet as a whole. It also contains specific suggestions of things you can do to decrease the size of your own plastic pollution footprint.

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to calculate your
plastic consumption.



CALCULATE YOUR PLASTIC CONSUMPTION

How many of the following items do you consume?

CHART 1 (Daily)	#/ DAY		#/ YEAR
Plastic bottles		x 365 =	
Plastic cups		x 365 =	
Straws		x 365 =	
Cotton swabs with plastic sticks		x 365 =	
Cigarette butts *		x 365 =	
Plastic resealable bags		x 365 =	
Plastic cling wrap		x 365 =	
Plastic silverware		x 365 =	
Plastic plates		x 365 =	
Food containers		x 365 =	

CHART 1: Total # consumed / year:

*(Majority of cigarette butts or filters are made from fibrous material called cellulose acetates, a kind of plastic that are thin tows that are packed tightly to form a filter [source](#))

CHART 2 (Monthly)	#/ MONTH		#/ YEAR
Food Packaging **		x 12 =	
Plastic grocery bags		x 12 =	
Cleaning containers***		x 12 =	
Toothbrushes		x 12 =	
Toothpaste		x 12 =	
Medicine bottles		x 12 =	
Diapers		x 12 =	
Feminine products		x 12 =	

CHART 2: Total # consumed / year:

** Plastic bags for produce, produce in plastic packaging, large beverage containers.
 *** Dish washer fluid, laundry detergent, fabric softener etc.

	Total # Consumed / Year
Chart 1	
Chart 2	
GRAND TOTAL	<input type="text"/>



SO, ABOUT YOUR GRAND TOTAL... WAS IT MORE THAN EXPECTED?

Yes: Well, now you know! Its important to think of this number not only as your individual contribution to the problem, but one that is replicated by billions of people around the world. It is up to every individual to shrink their plastic pollution footprint as much as possible and together our cumulative impact will be massive. Check out our [Plastic Pollution Primer and Action Toolkit](#) for tips on how you can decrease the amount of plastic pollution you create.

No: Great job! While you may be producing less pollution than you thought, there is likely still a lot you can do. Even those most committed to avoiding plastic in their lives knows someone else who does not. The impact of your decisions is multiplied if you are able to show those close to you that limiting your plastic pollution footprint is doable and good for the planet. Keep at it and keep looking for ways to reduce your plastic pollution footprint and the footprints of your friends and family!



Personal Plastics Planner

The next tool is our plastic pollution footprint reduction planner. This tool will help you determine how you are going to reduce your plastic pollution footprint and allow you to keep yourself accountable. The planner revolves around four Rs: reduce (or reducing ones consumption of plastic products), refuse (refusing plastic products when offered), reuse (reusing product to keep them out of the waste stream), and recycle (properly disposing of what plastic products you do consume in the best way possible). Earth Day Network's [Plastic Pollution Primer and Action Toolkit](#) goes in depth into each of these steps as well as the fifth R: Remove (collecting existing plastic pollution from the natural environment and disposing of it in a more sustainable way).

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consumption.



MAKE A PLAN

We invite you to review your results from the plastic pollution footprint calculator (page 4) and determine which plastic products contribute most to your plastic pollution footprint. Then, we suggest that you determine if any of the items on the list could be easily given up completely. After that, determine how you could reduce, refuse, reuse, or recycle other items on the list.

Check the column that corresponds with the action you intend to pursue to decrease your plastic pollution footprint of a specific plastic item. Then write down a short explanation of the way you intend to do this.

CHART 1	Reduce	Refuse	Reuse	Recycle	HOW?
<i>Example - Plastic bottles</i>	X				<i>Buy reusable water bottle and pitcher to filter water.</i>
Plastic bottles					
Plastic cups					
Straws					
Cotton swabs w/ plastic sticks					
Cigarette butts					
Plastic resealable bags					
Plastic cling wrap					
Plastic silverware					
Plastic plates					
Food containers					

CHART 2	Reduce	Refuse	Reuse	Recycle	HOW?
Food Packaging					
Plastic grocery bags					
Cleaning containers					
Toothbrushes					
Toothpaste					
Medicine bottles					
Diapers					
Feminine products					



Plastic Pollution Footprint Tracker

Lastly, you will find on the following pages, the plastic pollution footprint tracker. Now that you have a plan to reduce your plastic pollution footprint, you will need to keep track of your progress to make sure you are meeting your goals. This tool allows you to do just that by taking stock of your plastic consumption every month. At the end of the year you will be able to compare your results to your plan to see if you met, exceeded, or fell short of your goal for reduction.

Thank you for using Earth Day Network's Plastic Pollution Footprint Calculator, Planner, and Tracker. We hope they have helped you take stock of your own consumption of plastic products and convinced you to lessen your consumption. Remember, the complete Plastic Pollution Primer and Action Toolkit contains all three of these tools as well as a collection of other resources and information to help you understand the problem of plastic pollution and what you can do to stop contributing to it. It is available [here](#).

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ITEMS	MY ORIGINAL FOOTPRINT <i>Results from page 24</i>			MY GOAL FOOTPRINT <i>Total # I hope to consume, now that I am reducing my footprint</i>		
	Total # consumed / year		Total # consumed / month	Total # to consume / month		Total # to consume / year
<i>Example - Plastic bottles</i>	100	\ 12 =	8.3	4	x 12 =	48
Plastic bottles		\ 12 =			x 12 =	
Plastic cups		\ 12 =			x 12 =	
Straws		\ 12 =			x 12 =	
Cotton swabs w/ plastic sticks		\ 12 =			x 12 =	
Cigarette butts		\ 12 =			x 12 =	
Plastic resealable bags		\ 12 =			x 12 =	
Plastic cling wrap		\ 12 =			x 12 =	
Plastic silverware		\ 12 =			x 12 =	
Plastic plates		\ 12 =			x 12 =	
Food containers		\ 12 =			x 12 =	
Food packaging		\ 12 =			x 12 =	
Plastic grocery bags		\ 12 =			x 12 =	
Cleaning containers		\ 12 =			x 12 =	
Toothbrushes		\ 12 =			x 12 =	
Toothpaste		\ 12 =			x 12 =	
Medicine bottles		\ 12 =			x 12 =	
Diapers		\ 12 =			x 12 =	
Feminine products		\ 12 =			x 12 =	



MY ACTUAL FOOTPRINT

Track your results for 12 months

MONTH:	1	2	3	4	5	6	7	8	9	10	11	12	YEAR TOTAL
<i>Example - Plastic bottles</i>													
Plastic bottles													
Plastic cups													
Straws													
Cotton swabs w/ plastic sticks													
Cigarette butts													
Plastic resealable bags													
Plastic cling wrap													
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