

# Using less plastic this year will help keep the oceans clean

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A beach in Naples, Italy, is covered with plastic waste and debris. What can you do to fight plastic pollution in 2019? Photo by Salvatore Laporta/Getty Images

It is popular to make New Year's resolutions. These are goals people set. They hope to do some things better in the new year.

Some people want to exercise more. Others want to save money.

This year, consider a new group resolution. Try to make less plastic waste.

Lots of plastic is used only one time. It quickly becomes trash. Some plastic goes into the ocean. Scientists estimate that 18 billion pounds of plastic trash reach oceans every year.

Here are two ways to use less plastic in 2019 as a family.

## **Make Your Own Paper Decorations**

Planning a birthday party? How about a holiday celebration? Try to have a plastic-free party.

Get creative when decorating. Try to avoid balloons. Undersea animals can mistake balloons for food.

Paper decorations are better. Think banners, streamers and confetti.

Most glitter is made of plastic, too. You can avoid it.

Instead, consider buying a natural kind. Some glitter is made from plants.

## **Cut Down On Plastic Packaging**

Promise to shop smarter. It is healthier for you and the planet.

Many snacks come wrapped in individual plastic. Try to avoid these. Instead, go to the bulk section of the store. You can usually grab the same snacks. You can bring your own bags from home. Then you can scoop the snacks into those. They sell things like popcorn kernels and nuts. They also sell banana chips.

Shop with reusable bags. Use these for whole fruits and vegetables. Grab some canned beans. Fill a container you brought with grains from the bulk section. Brown rice is an example.

We all want to spend less money. Plastic is a great place to start. Instead of buying new toys, host a toy trade. Swap with your friends.

Do not forget about the plastic packaging. It covers almost everything that you buy online. Consider your plastic goal when shopping anywhere.

Get creative! Think of ways to give old pieces of plastic a new job. Avoid buying a new item. Use newspaper sleeves to pick up pet poo, for example.