**Something for the weekend....Action #18: Keep pushing for change to plug the plastic source**

According to the National Geographic, only a fifth of global plastic waste is actually recycled. Sickening, isn't it?

The zero waste challenge is being taken on by more and more people. This is fantastic and we must praise their efforts.

It can feel hard enough trying to make the most minor adaptations on the journey there; banishing all single use plastic waste from our households is an uphill battle.

The simple solution is to just stop buying over packaged, plastic covered products.

When it comes to food shopping, you may be thinking 'I simply don't have the time and the budget to shop around for alternative products' and many would agree. For those of us who really want to make a difference, this is a despairing situation.

This does not end your ability to make a difference though; do not excuse yourself from doing anything about it!

Supermarkets heavily contribute to the swell in waste from packaging. However, we, as consumers, have the power to influence the (over) packaging crisis by reducing the demand for it and through:

1. Setting up new campaigns; joining existing ones.
2. Sharing feedback with the very shops and supermarkets who restrict our choices of plastic free shopping.

We try to share relevant petitions and local campaign actions through our social media channels - please feel free to share in the Group also!

If anyone has any campaign ideas, but is unsure where to start - shout out in the Group and start a conversation. You never know where it may lead or the impact these ideas could have otherwise!

Now go! In the time it took to read the next post in your newsfeed, you could have posted a few words to your local supermarket chain already.... and time is of the essence. Marine life is drowning in plastic. At this rate, our children will too.

**\***[**https://www.nationalgeographic.com/…/plastic-planet-waste-…/**](https://www.nationalgeographic.com/magazine/2018/06/plastic-planet-waste-pollution-trash-crisis/?fbclid=IwAR0mio6FNxyXBvRJsR1PyyxZ3LpisF_bbWSpwctcg0SPYBbt_omc2FlOfoQ)