



PLASTIC: WHY AND HOW TO LIVE WITH LESS

Tips from Progressers

In honor of Plastic Free July, we dove into the environmental impact of plastics, then polled our employees around the globe on the steps they take to limit their plastic consumption at home, at work and on the go. Learn what they had to say—and what's driving them to take action.

THE PROBLEM WITH PLASTICS

Approx. **400 million metric tons** of plastic waste is produced every year.

<10% is recyclable.

1/3 of the plastic that is recycled is made from fossil fuels.

HALF of the plastic that's produced is intended for single-use purposes — nearly all of it is produced from fossil fuel.

As of 2018, the Great Pacific Garbage Patch was estimated to have **100,000** metric tons of floating plastic.

19% is landfilled.

22% is managed & uncollected.

"Share of plastics treated by waste management category, after disposal of recycling residues and collected litter, 2019"¹³

Source: OECD, 2019



"The level of greenhouse gas emissions associated with the production, use and disposal of conventional fossil fuel-based plastics is forecast to grow to 19 percent of the global carbon budget by 2040!"

1000 Years

= Length of time it takes for a landfilled plastic bag to degrade.

"Unfortunately, the bags don't break down completely but instead photo-degrade, becoming microplastics that absorb toxins and continue to pollute the environment!"

Microplastics = synthetic polymers smaller than 5 mm in diameter.

Microplastics = "water water"

15 mins.

= The average "working life" of a plastic bag.

6x

as much water per bottle as there is in the container!

"The process of producing bottled water requires around 6x as much water per bottle as there is in the container!"

"The plastic typically used in bottles, bags and food containers contains chemical additives such as endocrine disruptors, which are associated with negative health effects, including cancer, birth defects, and immune system suppression in humans and wildlife."

80%

of all studied marine debris is plastic.

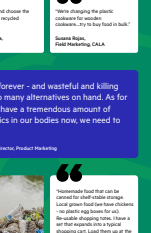
100,000 animals die from plastic entanglement each year.

WHAT IS PLASTIC FREE JULY?

"Plastic Free July isn't just about buying a reusable cup or bag, it's giving people the tools to change their habits, to pause and think how we as individuals can make an impact for the better and reduce our reliance on plastic."

Eric Rhoads, Author Waste Not

GET INVOLVED



REDUCE YOUR USE: TIPS FROM PROGRESSERS

"I don't buy any liquids in plastics. We buy powder and mix with water in our own jug. If we buy any drinks, sometimes we buy in cans, but we tend to stay away from sodas and pre-made drinks in the first place."

Fabrice Prevost, Director, Partnerships

"Check out re-fill shopping options and re-use glass jars to purchase some of those dry goods on a fill-your-own container basis. Shop for dried foods in re-fill stores using my own re-used glass jars."

Nageet Goodwin, Senior Manager, People Experience



"I love my Soda Stream for cutting down on single-use plastic water bottles!"

Kate Montgomery, Content Manager

"When Earth / Environment is poisoned, we are also equally poisoned."

Sarthak Devasaki, Senior IT Software Engineer

"Bigger packages and have glass vacuum jar at home."

Monique Olins, Marketing Director

"I have a bottled water snob in my house, and I did a filtered water tier and found Zero Water as a very close, at-home option to bottled water!"

Kate Pendarvis, VP, Digital Marketing & Creative

Buy used items rather than new items packaged in plastic. Use biopart to make your own yogurt instead of buying in plastic tubs. Refill laundry detergent and shampoo from local Zero Waste store or use powder.

Lynn Bryant, Channel Development - Roseman

"Don't package lunch to work in the one-use package, simply use reusable bowls."

Tomas Hagg, Software Engineer

"Cook more homemade meals instead of orders from restaurants that package their products in plastic and/or order from places that use aluminum food storage containers. Drinking tap water instead of bottled water. Or reuse a plastic gallon container with spring water from a free local spring water resource!"

Carol Osborne, Director, Technical Support

"I don't buy single-wrapped anything. I use soap bars (usually I find ones wrapped in paper packaging, too) instead of shower gels. I use toothpaste tablets instead of toothpaste. I buy detergents in my own containers. I look for milk and yogurt from brands that use glass containers which you can return to the shop."

Nava Petrova, Marketing Manager

"When organizing an event, I am not using any plastic glasses/plastic plates. Going with wood-based glasses or steel plates/steel glasses/butter paper instead of plastic cover for foods. Using cloth bags for any gifts to attendees."

Sarthak Devasaki, Senior IT Software Engineer

"Plastic is harming our health and ecosystems, and we need to take small actions now to protect our planet for generations to come."

Rachel Penas, Sustainability Assistant

"Read the labels and choose the product packed in recycled packages."

Andreas Gottwin, Financial Analyst

"We're changing the plastic cookware for wooden cookware...try to buy food in bulk!"

Suzana Rajan, Field Marketing, CALA

"We shop mainly (90% of the time), through online retailer that is delivering the goods in paper bags and whenever they use plastic bags for specific items, those are made from bio-degradable materials and not traditional plastic bags."

Sverlin Simonsen, Demand Generation Tactical Team Manager

"Plastic is forever - and wasteful and killing animals. So many alternatives on hand. As for health, we have a tremendous amount of microplastics in our bodies now, we need to cut back."

Larry Goldsman, Director, Product Marketing

"Homemade food that can be canned for shelf-stable storage. Local grown food (we have chickens - no plastic egg boxes for us). Re-usable shopping totes. I have a set that expands into a typical shopping cart. Load them up at the checkout, lift straight into the car trunk, easy carry into the house. I am a fan of carrying at home to produce my own stock, soup and pickles. That has had a massive impact on the waste of any materials."

Ian Pitt, CIO

"I use reusable grocery bags (BagPods) I purchased from Amazon. I have one color for my food shopping and another for my parent's food shopping."

Allison Wolf, Director, Business Operations

"Avoid plastic-wrapped cheese packages, and other sorts of plastic packaging by buying these products when wrapped in environment-friendly packaging!"

Arnold Vasser, Supervisor Accounting

"I am worried about the large amount of garbage generated daily and at that point we would run out of space to pile it. Also, it is contaminating the soil and water."

Pamela Petrova, Principal Data Analyst

"When I have a party, I send home my extra food items in plastic containers that I have on hand, share your own containers to avoid having to buy more."

Terrie Butcher, Director, Technical Support

"Recycle (of course), avoid using plastic utensils, ask for takeout food to not include utensils or straws, carry around a metal straw."

Larry Goldsman, Director, Product Marketing

"Use organic cloth for wrapping food"

Lara Yachava, UX Designer

"Stop using garbage bags. It serves no purpose. Worst is trying to burn them, as they develop methane inside and cause much harm to landfills."

Sudharshan Kaushik K, Senior Product Manager

"I avoid buying items that have double the packaging (ex. a large plastic bag containing individual snack portions in their own plastic bags)"

Ashwath Progresser

"I keep cloth shopping bags in the back of my car for use at the grocery store and pharmacy."

Jeffrey Wolf, Technical Support Engineer, Digital Experience

"You don't have to use as much toothpaste, laundry detergent, shaving cream etc. as the commercial pictures show you!"

Jeff van Hulet, Senior Renewal Account Manager

"When you order something online, you can skip the packaging in plastic. Most companies offer the option now on online orders."

Deepthi Damaraju, Manager, Enterprise Applications

"A small step goes a long way. We can't stop using plastic, but we can slow down."

Andrew Kwik, Software Engineer

"I don't buy water in plastic bottles. I drink tap water, or I filter it. Always [smiley] try own bottle with water."

Daria Yurkova, COO Rep

"Instead of using plastic bags for any storage, use baskets."

Dibhank Tiwari, Senior Information Developer

"If I need to buy [disposable] plates, cups, etc., I go for paper instead of plastic."

Pavlika Vallava, M&A Program Director, People Team

"Water jug delivery where the jug is returned and refilled versus individual water bottles."

Senior Customer Account Representative

"Plastic-free bath and body products."

Scott-friendly kitchen and household products."

"Try to avoid heavily packaged products."

Stephen Rice, Semaphore Cloud & Progress Data Product Owner

"Takeout and delivery in reusable containers you can return at your door."

Senior Product

"Revolutionary reusable home essentials eliminating single-use plastic."

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