

# April - Packaging

## High Tech - Step-By-Step Activity



**Calendar for  
Climate  
Change**

Quid-Pro-Guo - Inter-generational  
Education to Ease Global Warmi



# Step-by-Step Guide

Climate Change Topic	Packaging		
High-tech or Low-tech?	High-Tech		
Duration of Activity (in minutes)	30 minutes	Learning Outcome	<ul style="list-style-type: none"> <li>• Discuss eco-friendly alternatives to packaging</li> <li>• Research companies using re-useable materials in their products and packaging</li> <li>• Awareness of the environmental impact of packaging</li> </ul>
Materials Required for Activity	<ul style="list-style-type: none"> <li>• Device with internet access</li> <li>• Plastic tracker (link: <a href="https://theoceancleanup.com/plastic-tracker/">https://theoceancleanup.com/plastic-tracker/</a>)</li> <li>• My Little Plastic Footprint App</li> </ul>		
Step-by-step instructions	<p><b>Step #1 – Understanding the impact of plastic packaging</b></p> <p>It is important that everybody understands how damaging plastic packaging can be to the environment. 2/3rds of all plastic packaging is either unrecyclable or not recycled every year. Much of this plastic can end up in the ocean. That is why it is important to understand where the plastic can end up. Use this plastic tracker to find out where plastic packaging that ends up in our rivers can end up from anywhere in the world.</p> <p><b>Link:</b> <a href="https://theoceancleanup.com/plastic-tracker/">https://theoceancleanup.com/plastic-tracker/</a></p> <p><b>Step #2 – Download My Little Plastic Footprint App</b></p> <p>Cutting down on your plastic consumption does not need to be a daunting task. My Little Plastic Footprint is an app that helps you to track your plastic consumption on a daily basis. Download the app below!</p> <p><b>Google Play Store:</b> <a href="https://play.google.com/store/apps/details?id=com.plasticsoupfoundation.MyLittlePlasticFootprint&amp;hl">https://play.google.com/store/apps/details?id=com.plasticsoupfoundation.MyLittlePlasticFootprint&amp;hl</a></p> <p><b>Apple App Store:</b> <a href="https://apps.apple.com/ie/app/my-little-plastic-footprint/id1268714494">https://apps.apple.com/ie/app/my-little-plastic-footprint/id1268714494</a></p> <p><b>Step #3 – Calculate your PMI (Plastic-Mass Index)!</b></p>		



When you first open the app, you will be asked a series of questions about any plastic containers or items you have already cut out of your life. Answer honestly! Once you complete the quiz, you will be given your PMI. This is how eco-conscious you are being about your plastic packaging consumption!

#### **Step #4 – Start your plastic diet for one week**

Now you understand how much plastic you use in your day-to-day life, it's time to go on a plastic-free diet. Using the app, find more sustainable, responsible and recyclable alternatives to many the products you use. Try to supplement as many of the plastic products as possible! Use the app to understand how many plastic products are found within your home that can be replaced with more sustainable products.

#### **Step #5 – Do some quizzes**


Test your plastic consumption knowledge! Complete one of the quizzes available on the app to see how much you understand about the impact that plastic has on our environment!



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# Calendar for Climate Change

Quid-Pro-Quo – Inter-generational  
Education to Ease Global Warming

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