



By: Navya Menon, Diversity Unit Intern

June ushers in a season of sunshine, beach days, and picnics, but it also serves as a timely reminder to take care of the environment while enjoying its beauty. Celebrated annually on June 5th since 1973, World Environment Day—led by the United Nations Environment Programme—raises awareness, promotes sustainable practices, and encourages action against pollution. This year's theme calls for collective efforts to combat plastic pollution. As summer approaches and outdoor activities increase, it is more important than ever to reduce waste, pick up after ourselves, and make mindful choices to protect the planet for future generations. .

Here are some ways to tackle plastic pollution:

- **Reuse** plastic
 - Use plastic containers like yogurt containers and poke holes at the bottom to start seedlings for your garden
 - Use plastic bottles as planters
 - Refill condiment bottles with homemade or new condiments instead of buying a new squeeze bottle
 - Reuse takeout containers
 - Use prescription containers as storage, such as for storing q-tips or bobby pins in your bag
 - Poke holes in the lid of milk jugs to create a watering can
- **Reduce** your consumption of plastic
 - Swap sandwich bags for silicone reusable bags
 - When shopping, choose products with minimal plastic packaging
 - Bring reusable cutlery or straws when going out to eat to avoid using plastic ones
 - Try zero waste products such as packaging-less shampoo or conditioner bars
 - Opt for bamboo toothbrushes over plastic
 - Support brands with sustainable practices that use recyclable or compostable materials
 - Buy refills of products such as lotions or shampoos instead of buying a whole new container
- **Recycle** plastics:

- After a day of being out in nature, be sure to take a look around and pick up any trash or litter to throw out and recycle all appropriate plastics
- Be sure you are recycling properly! Always check the recycling symbols at the bottom of the item and be sure you are disposing it in accordance with local regulations.