



Plastic Free July

Plastic Free July® is recognised globally as an annual month of global change, where individuals, businesses and governments come together to take action to reduce plastic waste. By sharing ideas, positive actions and stories of change, Plastic Free July helps people and organisations “choose to refuse” single-use plastic everyday.

Every small step we take to avoid single-use plastic can make a big difference towards:

- Protecting the ocean
- Reducing consumption and production and avoiding landfill waste
- Reducing human health impacts
- Connecting communities and driving systemic change

Together, we can all do our part to help end plastic waste and alleviate the recycling crisis, reduce landfill waste, and mitigate the effects of climate change.

The Plastic Free July challenge provides resources and ideas to help participants (millions around the world) reduce single-use plastic waste every day at home, work, school, and in the community.

It can be as easy as picking one single-use plastic item to avoid or swap for a reusable alternative.

Get started with this [Action Picker](#) to browse some popular ideas and make your pledge!

How to get involved (for free!) in six easy steps

