


A Plastic-Free Flathead Watershed



Flathead Lakers

Since 1958, our mission has been to protect clean water, healthy ecosystems, and a lasting quality of life in the Flathead watershed.



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Breaking Our Plastic Habit

www.flatheadlakers.org

Problem With Plastics

Once plastic reaches the environment in the form of macro- or microplastics, it contaminates and accumulates in food chains through agricultural soils, terrestrial and aquatic food chains, and the water supply. This environmental plastic can easily leach toxic additives or concentrate toxins already in the environment, making them bioavailable again for direct or indirect human exposure.

www.ciel.org

Plastic Pollution

- 99% of plastics come from fossil fuels
- 34% of plastic use is for packaging
- 20% of oil consumption will be for plastics by 2050
- Plastic production releases toxic chemicals
- 5% of plastic gets recycled

www.ciel.org

Reducing Plastic Use

01. Bring your own shopping bag
02. Carry a reusable water bottle
03. Bring your own mug
04. Choose metal or glass food containers and storage options instead of plastic ones
05. Say no to disposable straws and cutlery
06. Buy food and cleaning products in bulk to avoid useless plastic wrappings
07. Avoid To Go food containers made of plastic and styrofoam

1 CIGARETTE BUTTS 5,716,331 	6 PLASTIC BOTTLE CAPS 1,390,232 
2 FOOD WRAPPERS 3,728,712 	7 PLASTIC GROCERY BAGS 964,541 
3 STRAWS, STIRRERS 3,668,871 	8 OTHER PLASTIC BAGS 938,329 
4 FORKS, KNIVES, SPOONS 1,968,065 	9 PLASTIC LIDS 728,892 
5 PLASTIC BEVERAGE BOTTLES 1,754,908 	10 PLASTIC CUPS, PLATES 656,276 

During the 2018 International Coastal Cleanup, most of the top 10 most found waste items were made from plastic—including cigarette butts, which contain plastic filters. This excessive amount of plastic waste is only going to continue year after year unless we take action to stop it.

www.nrdc.org



Plastic Water Bottles

www.freetapwater.wordpress.com

BOTTLED WATER FACTS

- 17 MILLION** BARRELS OF OIL ARE REQUIRED TO MAKE ENOUGH PLASTIC BOTTLES TO MEET AMERICA'S BOTTLED WATER DEMANDS
- 60 MILLION** PLASTIC BOTTLES END UP IN LANDFILLS AND INCINERATORS EVERY DAY
- 3,000%** MORE EXPENSIVE THAN TAP WATER
- 1 LITER** OF BOTTLED WATER = **3 LITERS** OF WATER TO CREATE
- BOTTLES TAKE OVER 1,000 YEARS** TO BIODEGRADE

TapIt Water

What Can We Do?

- Reduce plastic use
- Participate in a cleanup
- Support local zero waste policy

DEFENDERS OF THE WATERSHED
 Since 1958
FLATHEAD LAKERS

SAY NO TO PLASTIC

Courtesy Sticker Collective