

letter to cafe/restaurant

[your address]

01.01.2019

[restaurant/cafe address]

To the management of [insert business name here],

Over **8 million tons of plastic waste** enters the ocean **every year**, this is equivalent to a full garbage truck of plastic every second! Much of this plastic comes from **single use** items such as plastic straws, bags, bottles, cutlery and cups. These plastic items are used for an average of 10 minutes or less and are then discarded, destined to stay in the environment for hundreds of years; suffocating animals, leaching toxic chemicals into the water and even making its way into our food and drinking water.

I am writing to you as a concerned customer, to urge you to re-think your use of single-use plastic items in your [cafe/restaurant]. As a popular [café/ restaurant] you have the power to **make a real difference** in our community and stand out as pioneers for change.

I realize it can be hard as a business to break up with plastic. It is cheap, reliable and hassle free. However, there are so many alternatives that could save you time and money, and help to save our oceans and waterways. From removing single use plastics, to promoting a re-usable culture, to using some single-use alternatives.

Here are some ideas for change [DELETE LIST ITEMS AS APPROPRIATE] [SUGGEST max 5 ideas]:

- Change to re-usable straws; chose from stainless steel, glass, bamboo, silicone or even edible pasta straws!
- Change to single-use paper straws
- Adopt an 'on demand policy' where straws are only available upon request.
- Encourage customers to bring their own coffee cups- offer discount or reward for bringing reusable mugs
- Stop serving espresso to go – it can be drunk as a shot at the bar.
- Sell re-usable cups at your café
- Offer tap water in re-usable cups or glasses to customers
- Be 'water re-fill friendly' and allow customers to fill their re-usable bottles with tap water
- Source glass bottled water instead of plastic
- Use paper or cardboard take-out boxes instead of plastic/styrofoam.
- Encourage customers to bring their own take-out containers
- Sell reusable take-away tubs or jars in store for customers to use again and again.
- Provide re-fillable containers for salt, pepper and other condiments to avoid single serve packets.
- Change to bamboo cutlery for take-out food
- Switch to re-usable cutlery for customers who eat in
- Post a sign in your business explaining to customers the reason for your switch, ask them to support a greener, more sustainable planet with you.

Thank you for taking the time to read this letter, and please consider taking some steps to remove **single use plastic** from your business. Every step, no matter how small, can really make a difference.

Yours sincerely,

[insert name here]

letter to MP

[insert your address here]

01.01.2019

[address of MP]

Dear [insert MP name here],

I am writing to you to express my concern about the plastic pollution crisis that we are facing globally, and to urge you to support **a comprehensive ban** on all **single-use plastics**.

The Canadian government proposes to **ban single use plastics by 2021**, although this is a step in the right direction, considering the severity of the problem I believe that the government could be more ambitious with this deadline. Why wait? We need to **act NOW!**

Over **8 million tons of plastic** waste enters the ocean **every year**, this is equivalent to a full garbage truck of plastic every minute! Much of this plastic comes from **single use** items such as straws, bags, bottles, cutlery and cups. These plastic items are used for an average of 10 minutes or less and are then discarded, destined to stay in the environment for hundreds of years; suffocating animals, leaching toxic chemicals into the water and even making its way into our food and drinking water.

The science is clear, if we do not act, and make the transition to **plastic alternatives, by 2050** we will have **more plastic in our oceans than fish**. We are choking our planet. Politicians such as yourself have the **power to change** this. You are in a position to **effect real change** and to become the **solution** to stop our oceans and our environment from being choked by pointless and unnecessary plastic waste.

So please, I urge you to take a strong stance, to rise to this challenge, and to **fight for a cleaner, safer, and healthier environment** for everyone.

Thank you for taking the time to read this letter and for understanding my concerns.

I look forward to a **more sustainable, greener, and cleaner Canada**,

yours sincerely,

[Insert your name here]

[note: option to create your own pledge sheet filled with supporters' names from your community. Submit with this letter to your MP. Politicians respond to documented community support.]

letter to dental practice

[insert your address here]

01.01.2019

[insert address of dentist here]

Dear [insert name of dentist here],

I am writing to you as a concerned patient. Canadian dentists such as yourselves have a tradition of giving each patient a '**goodie bag**' at the end of our visits. While I recognise that this is meant as a lovely gesture, I am saddened that all items inside are **made of plastic** (toothbrush, dental floss, toothpaste, mouthwash, toys and the bag itself).

Over 8 million tons of plastic waste enters the ocean every year, this is equivalent to a full garbage truck of plastic every second! Much of this plastic comes from **single use** items such as straws, bags, bottles, and cups. These plastic items are used for an average of 10 minutes or less and are then discarded, destined to stay in the environment for hundreds of years; suffocating animals, leaching toxic chemicals into the water and even making its way into our food.

I wanted to write to you, because you have the power to help change this staggering figure. We are all part of the system around plastic use and we all have the ability to **choose greener alternatives**. Therefore, I want to urge you to rethink your use of plastic in your dental practice, and I believe these goodie bags are an easy and excellent place to take the first steps.

My first suggestion would be;

- to gift these items in a **compostable or paper bag** thereby eliminating thousands of plastic bags from entering landfill, our oceans and waterways each year.
- Secondly, offer kids **plastic free toys**, perhaps you could give crayons, colouring pencils, a small note-pad, cardboard toys, or even wooden toys as alternatives.
- Third, switch to offering **bamboo toothbrushes**, for example, Plastic Oceans Foundation Canada sells bamboo toothbrushes that come in compostable packaging.
- Fourth, consider switching to **compostable dental floss** instead of plastic.
- Fifth, consider offering a small tin or jar of **toothpaste tablets**, companies such as dentttabs are great and provide an excellent alternative to toothpaste.
- Sixth, refuse to offer your patients any form of single use plastics.
- Seventh, post a sign in your office explaining to patients the reason for your switch, ask them to support a greener, more sustainable planet with you.

So please, as your customer, and as a member of the wider community I ask you to rethink your use of plastic, to show your community that you care about sustainability and to **become leaders** and a good example to all other dental practices across Canada.

Together we can all make changes, together we can make a difference. Start small and keep going.

Thank you for taking the time to read this letter,

Kind regards,

[insert your name here]

