



Let's calculate YOUR  
plastic footprint!



Plastic Item	Number used each week	Grams	Weight in grams
Bag		x6	=
Bottle		x19	=
Wrap		x1.1	=
Straw		x0.3	=
Cup		x11	=
Containers		x26	=
Utensils		x4.3	=
		Total	=



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Each week I use ----- grams of plastic.

Multiply your total by 52 to find your plastic use for the year -----.

Multiply your new total by how old you are to find how much plastic you have used in your lifetime

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