



## **Increase your well-being and join Plastic Free July**

Did you know that taking action to reduce waste has been found to increase well-being?

That's the verdict from the Plastic Free July 2019 Impact Report. Last year, an estimated 250 million people worldwide took part to reduce single-use plastics in their daily lives. On average, participants reduced their household waste by almost 5% (or 23kg) and increased their wellbeing by 8%. A definite win-win!

This July, as part of its ongoing efforts to increase sustainability and protect our environment, Regional Council of Goyder is joining forces with Plastic Free July to bring focus to reducing single use plastics.

By encouraging people to take simple action in their daily lives and habits, Plastic Free July is an established and successful way for people to reduce single-use plastic waste every day at home, work and school. Council will be supporting residents and business with simple activities and initiatives through the month of July and beyond.

Regional Council of Goyder Mayor Peter Matthey said "Plastic Free July is a perfect way to work on reducing the waste we are each sending to landfill. This is our first year supporting Plastic Free July and in 2020 and Council would really like to bring Council and community together on the issue of waste reduction".

To sign up to participate, enter your details at <https://www.plasticfreejuly.org/take-the-challenge/>.

For more information, please contact Community Engagement Officer Barb Button  
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