

MICROPLASTIC *Cheatsheet*

What are they?

Microplastics are plastic that are less than 5mm in size

Did you know?

We consume about the weight of a credit card in microplastics each week

78% of microplastic pollution comes from tire dust, 18% from pellets, & 4% from textiles & personal care products

1.2 million metric tons of microplastics leaked into the oceans in 2016

Why do we care?

Plankton & small fish mistake microplastics as food, which disrupts marine food chains-- which also results in their presence in our food/drink supply. Currently, the health effects of microplastic ingestion are unknown!

What can I do?

Download Beat the Microbead App to check which cosmetics and care products contain microplastics

