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hillarymarkleon Today, I spent time collecting waste that would normally be thrown away every bottle, every wrapper, tossed without a second thought. 🌍

As I picked them up, I realized something powerful: "away" isn't really away. Everything we discard ends up somewhere piling up in our environment, our oceans, and even our bodies.

Most of what I collected plastic bottles and snack wrappers could easily be replaced with reusable bottles and bulk snacks. My goal is to reduce my plastic footprint, choose better, and rethink what "enough" really means. ♻️

Change begins with awareness and even a single bag of trash can tell a powerful story.

This growing evidence highlights a global crisis: microplastics threaten marine life, human health, and the planet itself. Every single-use product has a story, from the resources and labor that made it, to the energy that moved it, to the decades or centuries it may spend polluting land, water, and communities, often harming those already most vulnerable.

Let us demand sustainable solutions and take action one mindful choice at a time. 🌱

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