

Low Tox Method - Assignment 1

Response ID:51 Data

1. High quality information sharing

1. What's your name?

Lena Rosenthal

2. Low-quality information share: Look back and find a piece you've shared, or seen shared by someone else that wasn't an effective share. It may not have been effective because it lacked sources and adequate research references in the article, it was sensationalist and from a junky "health" website with a million pop-ups on it, you didn't share why you cared about the article nor did you offer any solutions. If you're going to get people buying into what you're sharing, you need to go deep and explain your thinking. This opens you up for critique but it's par for the course and I always say, you should use that as a fire in the belly to be well researched, well thought out and always offering solutions. Upload your file as a screengrab that shows the headline, publication and your accompanying text (even if there wasn't any because that's why it wasn't a good share if that makes sense. I don't need the full article as you'll be explaining why it wasn't a good share in the next question, so just the screengrab of the social media share.

[Assignment_1_Bild.pdf](#)

3. What was not ideal about this share? (was it tone/research quality/lack of framing by the person who shared it/yourself/fear-eliciting without solutions...)

This post was not ideal because it just contained the alarming fact, but was missing a proper solution. I should have proposed measures that my followers could take in order to decrease the intake of micro plastics.

4. Now share a link (not a screengrab this time, the actual link just pasted into the text box) to a high-quality article on the same subject or closely related, that you'd like to share on social media with friends, family or your community, in the text box.

https://wwfint.awsassets.panda.org/downloads/plastic_ingestion_web_spreads.pdf

5. What is the accompanying text you'd share with it?

I have heard and read a lot about micro plastic. Nevertheless, when I read this article from WWF and the University of Newcastle, Australia, some facts were very shocking for me and underlined the impact of the problem once again:

- Plastic Production is still increasing: about 50 % of the world's plastic has been produced since 2000.
- More than 75 % of all plastic ever produced has already become waste.
- About one third of plastic waste makes it into nature instead of being disposed appropriately.
- The estimated plastic intake of an average person could be approx. 5 grams per week.
- The largest source of plastic ingestion is drinking water, the second largest shellfish.

So what can we do to help solving the problem of plastic getting into nature and subsequently into our food over as mentioned e.g. drinking water or fish:

- Try to buy groceries in glass or paper instead of in plastic.
- Try out a zero waste shop.
- Try to buy groceries and cosmetics in bigger packaging.
- Get a reusable takeaway coffee cup.
- Buy a reusable bag for fruit and vegetable. I actually really often just take it loose with me without any bag. But I know that lots of people don't fancy this procedure.
- Use your power as a consumer and don't buy products with an unnecessary amount of packaging and also claim this at the producer.
- Watch how and where you are disposing your plastic in order for it to get recycled or disposed adequately.

To decrease our plastic intake in our own kitchen there are two easy basic rules: Try to not leave groceries in contact with any kind of plastic for a long time and try not get hot foods in contact with plastic. Examples of implementing these rules would be:

- Try to store your groceries in your kitchen in glass or stainless steel containers instead of in plastic.

- If you need to heat food up in a microwave, put it on a plate instead of in a plastic container.

These are just very few of so many easy little steps we can all do to in the right direction to get this problem more under control. I have been working on our plastic foot step for some time now and if you need any assistance or have doubts, I am more than happy to answer questions on this topic in the comment section or a direct message. Additionally I would love to hear from you, what measures you take in your home.

6. What are some of the reasons that made this a better share of the same topic?

This post is a better share because I offer people solutions after shocking them with alarming facts. I took the time to explain and give examples how everyone can do their share in solving our micro plastic problems. Also I picked people up stating that they can contact me with any doubts and questions and opening a discussion.
