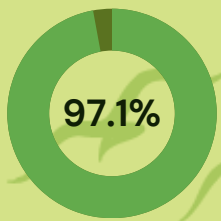


# Cup by Cup: How Small Changes Can Make a Big Impact on Single-Use Cup Waste



of our respondents buy take-away food and drinks from nearby convenience stores. Most of them use the single-use utensils (spoons, straws, plastic cups, etc.) provided by the stores for their quick meals. Significantly, single-use cups account for approximately one-third of the total.



"The amount of single-use plastic cups used by Fulbright students is a matter of significant concern."

## Report on data collected from 35 Fulbright student respondents



Sample cups

Materials:  
PP plastics

Weight: 18g  
Volume: 500ml



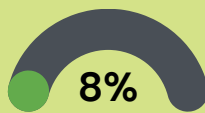
of the students' recorded purchases at a nearby convenience store are beverages, such as soy milk, tamarind juice, and coffee.



of the respondents use 4 – 5 plastic cups per week from convenience stores.

WHY?

Proximity to the school and convenience are the top reasons cited for choosing to purchase single-use cups.



out of 35 respondents think of making an effort to reuse single-use cups.

## Single-use plastic poses hazardous impacts on marine life, climate change and human health.

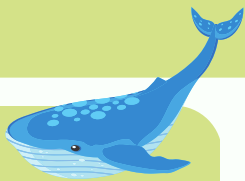
- Approximately 9 million tons of plastic are dumped to the ocean EVERY YEAR (National Geographic). Vietnam accounts for 5.76% of global marine litter and plastic pollution. (UNEP)

### Climate change

- In 2019, the CIEL estimated that production and incineration of plastic would add 850 million metric tons of greenhouse gases to the atmosphere – equivalent to 189 coal-fired power plants. (CEIL)

CO<sub>2</sub>

### Marine life



- Plastic cannot break down – it breaks up into microplastics. By 2018, microplastics had been found in the organs of more than 114 aquatic species, including some species found only in the deepest ocean trenches.
- By 2020, scientists had estimated that at least 14 million metric tons (15.4 million short tons) of microplastic particles were resting on the floor of the ocean. (Britannica)
- The most obvious impact of plastic to marine species is entanglement or starvation, e.g. turtles are trapped in bottles or birds ingested plastics. Oysters' reproductive system is also found to be disrupted by exposure to microplastics.

### Human health

- Based on the results, we estimated that people may unconsciously ingest 37,613–89,294 microplastics a year due to the use of one plastic cup every 4–5 days.

Curious about YOUR impact of using single-use cups?  
Scan to discover:



### Solutions for Fulbright community



- Short-term solutions:**
  - Post signs in prominent areas around campus that remind students and faculty to bring their reusable cups.
  - Provide monetary and non-monetary incentives for using reusable cups such as discounts, school merchandise, etc.
  - Provide an array of affordable and accessible reusable cups and water bottles in campus stores.
- Long-term solutions**
  - Engage students and faculty in sustainability efforts by creating student-led sustainability groups, and hosting sustainability-focused events and workshops.
  - Develop a long-term commitment to sustainability in school policy and practices.