

GC JOURNAL

September 16th



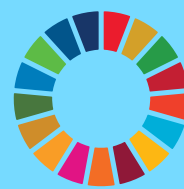
THOUGHT OF THE WEEK

Because of packaging, we can enjoy delicacies from thousands of miles away and purchase our favorite goods produced anywhere in the world — more than humankind ever could before. However, conventional packaging significantly harms the environment. Currently, 90% of seabirds have plastic in their stomachs, and we dump 8 million tons of plastic into our oceans annually. Traditional packaging materials and practices often contribute to pollution and resource depletion, making the shift to sustainable packaging critical.

Sustainable packaging minimizes environmental impact while fulfilling its functional requirements. It can take the form of recyclable or reusable materials or involve reducing overall material and resource use. All forms of packaging—used to present, protect, ship, or store products—can be sustainable if designed correctly. By reducing our reliance on conventional packaging, we can lessen our carbon footprint, minimize waste in landfills, and contribute to a healthier planet.



RESOURCES



Watch [this 9 minute video](#) to check out sustainable food packaging companies to support.

Read [this guide](#) to sustainable packaging.



Read [this article](#) on greenwashing in the packaging industry.

Read [this article](#) for detail on how sustainable packaging influences consumers like us.



CALL TO ACTION



- Reduce: Prioritize minimal packaging and opt for products with renewable or biodegradable materials. Carry your own reusable bags, bottles, and containers to reduce your dependence on harmful and unsustainable packaging.
- Reflect before ordering: before placing an order on Taobao or using food delivery services, take a moment to consider the environmental impact of your choices. Weigh the convenience against the health of our planet. Can you make a more sustainable choice, such as cooking at home or purchasing from local markets?
- Recycle: Follow local recycling guidelines to ensure proper disposal of packaging.
- Choose eco-friendly options: Opt for products with recyclable, biodegradable, or reusable packaging. Look for labels like “recyclable,” “compostable,” or “made from recycled materials.”
- Support sustainable brands: Buy from companies committed to using environmentally friendly materials and reducing waste.
- Spread awareness: share the importance of sustainable packaging choices with family and friends.

Your choices matter — every step toward sustainability counts!