

## Recycling and avoiding the use of plastic bottles and containers may contribute to combat **contamination**

Every 24 hours, we produce more than 100 thousand tons of domestic garbage in the country, which includes all kinds of wastes. Most of them consist of plastic bags and plastic containers, whose degradation takes more than 50 years.



### SUMMARY

Congregación Mariana Trinitaria promotes the use of ecotechnology to use natural resources wisely, without having a negative impact on the environment. In the meantime, it encourages the improvement of the quality of life of many Mexican families.

In Mexico we produce more than 103 thousand tons of domestic garbage every day, which turns into 37 million tons of urban solid wastes every year. They are accumulated in landfills and garbage dumps, which causes a lot of contamination in the ecosystems; the Basic Diagnose to Integral Waste Management (DBGIR) reveals.

Right after the COVID-19 pandemic started in March 2020 and until January 2021, patients infected by the virus have produced approximately 14 to 15 tons of wastes in the country; according to data provided by the Instituto Politécnico Nacional (IPN).

Garbage produced daily by each person in the country increased by 10.8 percent over the last eight years, in accordance with information provided by the Secretariat of Environment and Natural Resources (SEMARNAT). In 2012 the solid wastes produced by each person were 0.852 kilograms per day, and in 2020 the number increased to 0.944 per person.

### The states that produce the most garbage

The states that produce the most urban solid wastes per day are: State of Mexico with 16 thousand tons of garbage, Mexico City and Jalisco with 9 thousand 552 and 7 thousand 961 tons respectively. In the fourth and fifth positions we find Veracruz with 7 thousand 813 tons, and Guanajuato with 6 thousand tons of wastes; the 2020 Basic Diagnose to Integral Waste Management (DBGIR) reveals.

#### States that produce the most garbage in the country

- State of Mexico
- Mexico City
- Jalisco
- Veracruz
- Guanajuato



#### States that produce the most garbage in the country

- Puebla
- Nuevo León
- Chiapas
- Michoacán
- Chihuahua



### Actions to combat contamination

One of the activities that human beings are able to do every day is to sort garbage in organic and inorganic (paper, plastic, metal, and glass). This is a very important process as it contributes to making massive recycling easier.

Other actions to decrease the contamination caused by plastic items is using reusable bags, avoiding buying goods in individual packages or individual containers; as well as avoiding PET containers and promoting the use of reusable bottles instead.

Environmental contamination increases when people burn garbage and plastic containers as they all produce chemicals that cause harm not only in the environment, but also in the health of many people.

In addition, we may use natural resources like energy produced by sunlight and wind. Those resources may benefit everyday activities, as they do not have negative impacts on the environment.

The previous information aims to make us aware of the importance of the preservation of our environment by taking everyday actions by ourselves. Besides, we should promote good habits to reduce the production of garbage and therefore, less contamination. This way, we will be able to decrease the negative impacts caused on the health of the people around us, and we will also be able to live in an environment with less contamination.

### Promotion of ecotechnology

Congregación Mariana Trinitaria (CMT), based on its Welfare Ecosystem Model, developed a Network for the Environment to promote social programs aimed to help vulnerable families in the country so that they all are able to improve their quality of life through the use of ecotechnology.

One of the subsidies that produces the most benefits and positive changes to the lifestyle of Mexican families, is the use of solar heaters. Thanks to this ecotechnology, thousands of families do not have to use firewood or charcoal anymore, which also affected their health and their environments. Therefore, families also were able to reduce expenses on their economy as they do not have to buy gas for those specific purposes.

CMT promotes actions to foster the improvement of the quality of life of many families through its different Welfare Networks, and in the meantime, combat the contamination in our country and on our planet is also possible.

### CMT successful case



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