



Manhattan Marriage & Family Therapy

Earth Love Month

Day 4: Chuck the (Disposable) Cup

Why should you do this? Over 6.5 million trees are cut down to make 16 billion paper cups used by US consumers **just for coffee**, using 4 billion gallons of water and resulting in 253 million pounds of waste.

Overall, North Americans account for 58% of global paper cup consumption, amounting to a staggering 130 billion cups annually.

Don't have a reusable water bottle or coffee mug? Buy one on Amazon or most grocery or home stores!

Already doing this? Influence others by sharing the information about the impact of disposable cups on the environment through social media and at work.

