**July2025 Social Media Captions –**

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| **Facebook** | |
| July-FB-Image-1  July 1 | 📢 **Plastic Free July is HERE!** 📢 This month, we are joining the global movement to reduce plastic waste and protect our environment. Did you know that much of the plastic we use is single-use and ends up in landfills or polluting our waterways? Let's commit to making small changes that have a big impact. What's one plastic item you're committed to avoiding this month? Share below! #PlasticFreeJuly #ReduceReuseRecycle #SustainableLiving |
| July-FBImage-2  July 8 | This Plastic Free July, let's explore easy swaps that make a huge difference. Instead of:   * ❌ Disposable coffee cups, try a reusable mug! * ❌ Plastic water bottles, grab a refillable one! * ❌ Plastic shopping bags, opt for a stylish cloth tote! * ❌ Plastic straws, say "no thanks" or bring your own reusable one if you can!   What's your go-to reusable item? #PlasticFreeJuly #SustainableChoices |
| July-FBImage-3  July 15 | This Plastic Free July, let's get creative! Old plastic containers can become excellent organizers for small items, bottle caps can be used for art projects, and larger plastic bottles can be transformed into mini-greenhouses or bird feeders. Share your clever plastic repurposing ideas in the comments – let's inspire each other! 👇 #PlasticFreeJuly #Upcycle #CreativeReuse #DIY |
| July-FBImage 4  July 22 | Plastic pollution is a major threat to the planet. It harms wildlife, contaminates food and water, and never goes away, but instead breaks down into smaller and smaller pieces that can be ingested by animals and humans. By reducing our reliance on plastic, we're actively protecting our ecosystems and ensuring a healthier future for generations to come. Let's make this month about conscious choices for a cleaner, greener region! #PlasticPollution #EnvironmentalProtection #MakeADifference #PlasticFreeJulyGoals |
| July-FBImage 5  July 29 | **Thank you for making a difference this Plastic Free July!** 🙏 Wrap up the month, remember that every effort contributes to a larger impact. From choosing unpackaged produce to refusing single-use cutlery, your actions make a difference! Let's keep the momentum going beyond July and continue to use sustainable practices in our homes, workplaces, and communities. What's one plastic-free habit you'll continue after this month? #PlasticFreeJulySuccess #SustainableHabits |

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| **Instagram** | |
| July-IGImage-1- | This #PlasticFreeJuly, let's make easy swaps that totally transform our impact. Think **reusable coffee cups**, **water bottles**, and **cloth shopping bags**. Every little swap adds up to a huge win for the planet! What's your go-to reusable item you can't live without? Share in the comments! 👇  #PlasticFreeJuly #EcoFriendly #SustainableChoices #ReduceReuseRecycle #MakeADifference #OurRegion |
| July-IGImage-2- | Don't trash it, **transform it!** ✨ This #PlasticFreeJuly, let's get creative with the plastic we already have. Did you know old plastic containers make awesome organizers? Or that plastic bottles can become cute planters or even bird feeders? Get inspired and show us your clever plastic upcycling projects! 👇 |

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| **X, formerly known as Twitter ((MAX 280 characters including spaces!)** | |
| July-XImage-1- | It's #PlasticFreeJuly! 🌎 Let’s join the global movement to fight plastic waste. Small changes in our daily habits can lead to a HUGE positive impact on the environment. What's one plastic item you're committing to avoid this month? #ReduceReuseRecycle #SustainableLiving |
| July-XImage-2- | Why #PlasticFreeJuly matters? 🌊🐢 Plastic pollution harms wildlife, contaminates food/water, & breaks into smaller pieces but never really goes away. Your choices this month protect the planet & future generations! Make a difference. #EnvironmentalProtection #SustainableLiving |