



Persatuan Pengguna Pulau Pinang Consumers Association of Penang

檳城消費人協會 பினாங்கு பயனீட்டாளர் சங்கம்

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Press Statement

11 September 2025

CAP's Green Action Week 2025: How to Break Free from Plastics?

Green Action Week (GAW) is a global campaign aimed at promoting sustainable consumption in all parts of the world. It takes place between September and November each year. Participants in the campaign showcase creative ways of bringing about change by facilitating the sharing of, and access to, resources.

Through various activities such as interactive workshops on sustainable living alongside fostering a sharing community — the campaign encourages collaboration and mindful consumption to reduce the negative impact we have on the planet while generating social benefits for all.

In conjunction with Green Action Week 2025, the Consumers' Association of Penang (CAP) is pleased to present this year's theme "Toxics in Plastics — How to Break Free from Plastics?" to showcase the concept of Sharing Community.

Plastics offer convenience but often toxic, posing risks to both health and the environment. Harmful chemicals can leach into our food and water. Microplastics are found throughout our daily lives in the air we breathe, the food and drinks we consume, and the products we use.

Plastic products have become essential components of modern life. They are durable and can be moulded into virtually any shape, size, or colour. However, plastic is not an inert material, nor is it non-toxic — the chemicals it contains are harmful to humans. The perception that plastics are entirely safe is incorrect.

Plastics contain a variety of toxic additives, such as plasticisers, which pose serious risks to human health and the environment. Moreover, plastic items contaminated with food, chemicals, or other substances are often difficult—or even impossible — to recycle. Globally, less than 10% of plastic waste is actually recycled. A common misconception is that all plastics can be recycled, regardless of their type or condition. By reducing single-use plastics and opting for natural alternatives, we can protect our planet and safeguard the wellbeing of future generations.

As part of GAW 2025, CAP will be hosting a seed-sharing event. We warmly invite the public to bring along plant seeds, saplings, and stem cuttings to CAP's office, to be shared with others in the community. There will also be demonstrations on sustainable living and how to break free from plastic dependence. These include:

- Using natural materials to store fruits and vegetables
- Packaging with banana leaves
- Cooking with natural materials (e.g. for steaming food)
- Making brooms and shampoo from natural materials

We encourage the public to register to attend the GAW 2025 event on 13th September 2025 at the CAP office to discover simple and practical ways to reduce plastic use in everyday life.

Mohideen Abdul Kader
President
Consumers' Association of Penang