

You are invited to share our infographics on your social media channels.

**Please make sure to always tag @COREEyeNews and use the #CLSustainability #SustainableEyecare hastags with your posts.**

Feel free to use any of the sample posts below or create your own!

**Posts:**

General audience:

- One year's worth of contact lens wear creates about 1 kg of waste, but did you know that most of this can be recycled? Visit [SustainableEyecare.com](https://SustainableEyecare.com) to learn more
- One small habit = big difference. Recycle your used lenses + packaging rather than throwing them into the bin. You can find a listing of recycling options for spectacles and contact lenses and care products at [SustainableEyecare.com](https://SustainableEyecare.com)
- Daily disposable lenses create just 1 kg of waste/year – that's about 10% of the waste created by drinking from a new 591ml plastic bottle each day. Find out how and where you can recycle your contacts and care products at [SustainableEyecare.com](https://SustainableEyecare.com)

Based on data for Canada:

- Compared to about 280 kg of household waste, contact lenses make up just a tiny slice. And did you know you can recycle most if not all of it? Visit [SustainableEyecare.com](https://SustainableEyecare.com) to learn more
- Did you know daily disposable contact lenses create only about 1 kg of waste a year—that's roughly 0.35% of the annual total per person waste? Learn how you can do your part to reduce this impact even more by learning about recycling options at [SustainableEyecare.com](https://SustainableEyecare.com)

Based on data for the UK:

- Compared to over 400 kg of household waste, contact lenses make up just a tiny slice. And did you know you can recycle most if not all of it? Visit [SustainableEyecare.com](https://SustainableEyecare.com) to learn more
- Did you know daily disposable contact lenses create only about 1 kg of waste a year—that's roughly 0.24% of the annual total per person waste? Learn how you can

do your part to reduce this impact even more by learning about recycling options at [SustainableEyecare.com](https://SustainableEyecare.com)

Based on data for the USA:

- Compared to over 800 kg of household waste, contact lenses make up just a tiny slice. And did you know you can recycle most if not all of it? Visit [SustainableEyecare.com](https://SustainableEyecare.com) to learn more
- Did you know daily disposable contact lenses create only about 1 kg of waste a year—that's roughly 0.12% of the annual total per person waste? Learn how you can do your part to reduce this impact even more by learning about recycling options at [SustainableEyecare.com](https://SustainableEyecare.com)

Please tag us using @coreeyenews (X, LinkedIn, Facebook)

Hashtags:

- #CLSustainability
- #SustainableEyecare
- #RecycleYourLenses
- #ReduceContactLensWaste
- #VisionThatCares
- #BetterSightBetterPlanet
- #SeeItSustainably
- #VisionForThePlanet

About SustainableEyecare.com

[SustainableEyecare.com](https://SustainableEyecare.com) is designed and maintained by the [Centre for Ocular Research & Education](#).

About the Centre for Ocular Research & Education (CORE)

The [Centre for Ocular Research & Education \(CORE\)](#) was established in 1988 at the University of Waterloo's [School of Optometry & Vision Science](#). Over the next three decades, the organization evolved from a three-person operation into a thriving hub of basic and applied research, collaborating with sponsors, agencies and academia on advanced biosciences, clinical research and education. Its uncompromising independence and results of the highest quality have been at the heart of many of the most prominent advances in eye health. Today, its [team](#) serves a range of ophthalmic sectors, including medical devices, ocular pharmaceuticals, digital technology and others, with a focus on the anterior segment. For more information, please visit [core.uwaterloo.ca](https://core.uwaterloo.ca).

MEDIA CONTACT

Lyndon Jones, Director, CORE

+1.519.590.4163 or [lwjones@uwaterloo.ca](mailto:lwjones@uwaterloo.ca)