



LESS PLASTIC FOR LENT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLASTIC BOTTLES & LIDS 			MARCH 6 ASH WEDNESDAY Giver of Life, in the midst of poisoned water, I weep with creation. In the midst of polluted air. I weep with creation in the midst of mountains of waste, I weep with creation.	7 Use your own water bottle. An estimated 1-million plastic bottles are bought around the world every minute. Commit to using your own glass or reusable bottle.	8 Refuse plastic lids. Ask for take away drinks without a plastic lid or bring your own cup. These lids are unlikely to get recycled and in fact are likely to outlive you by a couple of 100 years.	9 Community Action: Are you recycling at home? Set up a recycling bin system. Does your church recycle? Write to them to set up a recycling system.	10 Isaiah 24: 4-5: 'The earth dries up and withers, the world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants.'
	FOOD SHOPPING 	11 No Foam takeaways. Ask for alternative – or bring own lunch box.	12 Refuse Straws. Ask for no straw or a paper straw. It is estimated that by 2050, there will be more plastics than fish (by weight) in the oceans.	13 Don't use single use plastic shopping bags. Save money and the environment and bring your own!	14 Plastic cutlery. Buy a set of affordable cutlery for catering events and share with others. Carry a teaspoon with you.	15 Avoid buying vegetables in plastic packaging. Buy from plastic free stores, local traders or bulk stores. Alternatively bring your own boxes/bags for vegetables.	16 Community Action: Choose 1 issue - straws or single use plastic bags – visit your supermarket/restaurant & ask /email them to stop using single use plastic bags/straws.
BATHROOM 		18 Plastic liquid soap dispensers: Use soap in a bar form or refill plastic dispensers instead of throwing away every time.	19 Cotton Ear buds / toothbrushes. There are environmentally friendly and biodegradable options available. Look out for wooden / bamboo toothbrushes.	20 Avoid products with micro beads. Often used as an exfoliant in soaps, body wash, toothpastes. Avoid anything with "polyethylene" listed as an ingredient.	21 Look out for boxed packaging alternatives instead of plastic. Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.	22 Go for large sizes of shampoo, conditioner, etc. Avoid the travel sizes. You can even buy shampoo in a bar form in some shops.	23 Community Action: Catering policy for big events. Ban polystyrene/foam at your church/school/community group. Discuss reusable alternatives that will also save money.
	KITCHEN 	25 Use natural cleaning cloths. Avoid using single wet wipes. Choose long lasting cloths or make your own from scrap material.	26 Buy glass and/or stainless-steel containers for food storage. Glass works well for freezer storage as well, just ensure you leave room at the top of the jar. Reuse coffee jars or jam jars.	27 Bin lining – use newspaper or old paper packets to line your bin. One big one for recycling and a small 'sin bin' for what goes on landfill.	28 Look around your kitchen. See what plastics you can replace when they wear out. Replace with wooden or metal.	29 Lose the clingfilm and Ziplock bags. Keep food in a container with a lid or explore other options such as beeswax covers.	30 Community Action: Water policy at church and home. No more bottled water and cool drinks – start making ecobricks.
CLOTHING 		APRIL 1 Choose natural fibres. Synthetic fabrics create microfibre pollution when washed. Look for organic cotton, wool, and other natural fibres.	2 Old Shoes and Clothing into New. Take clothes to a tailor for alteration if they don't fit / aren't in style, rather than throwing them away.	3 Buy second-hand clothes. This not only saves you money but ensures that the clothes you purchase have an extra long lease of life. Do a clothes swap.	4 Avoid bargain plastic items. These often break easily, like cheap accessories.	5 Request zero plastic packaging. If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.	6 Community Action: Organize Church clean up in the community. Not just the church building but the grounds also. Photograph the items you find most of and post them on social media tagging the company, eg. @cocacola clean up your mess #isthisyours
	KIDS 	8 Give an experience rather than a plastic gift (for kids); take them on an outing.	9 Help them look at the plastic in products and choose for themselves. And recycle. Eg. suckers.	10 Bake goods with your children for their lunch boxes. Instead of buying plastic packaged snacks.	11 Organize a toys swap for kids at school or Sunday school.	12 Don't use wet-wipes. Try using reusable cloths instead or make your own wipes.	13 Community Action: Make your voice heard: Share what you are doing with friends, family and community. Ask your MP what they are doing to tackle single use plastics. Ask your ward councillor.