

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01				2/17 Ash Wednesday #PlasticFast Starts	2/18 Switch to a metal water bottle	2/19 Refuse plastic lids	2/20 Set up a home recycling system
W02	2/21 Isaiah 24:4-5 Pray for the Earth.	2/22 Bring your own take out container.	2/23 Use a reusable straw	2/24 Bring your own grocery bags	2/25 Stop using one-use plastic cutlery	2/26 Avoid produce in plastic packaging	2/27 Ask your favorite restaurant to give up plastic cutlery
W03	2/28 Psalm 104:25-30 Pray for the ocean.	3/1 Switch to bar soap or tablets	3/2 Bamboo toothbrushes instead of plastic	3/3 Make your own skin care products	3/4 Buy larger packaged items instead of travel size	3/5 Make your own hand sanitizer	3/6 Encourage restaurants to stop using styrofoam
W04	3/7 Colossians 1:16-17 Pray for the unseen things.	3/8 Switch to bamboo toilet paper and paper towels	3/9 Use biodegradable trash can liners	3/10 Replace plastic cooking utensils with metal or wood	3/11 Swap plastic bags/wrap for beeswax cloth	3/12 Glass or stainless steel storage containers	3/13 Start a community garden
W05	3/14 Jerimiah 2:7 Pray for farmers and plants.	3/15 Make your own facemasks from natural fibers	3/16 Buy clothes from small businesses on etsy	3/17 Shop at thrift stores	3/18 Avoid plastic accessories	3/19 Ask for no plastic packaging when shopping online	3/20 Walk your local park and pick up trash
W06	3/21 Revelation 22:1-2 Pray for our rivers.	3/22 Give an experience instead of a toy	3/23 Bake your own treats	3/24 Don't buy cheap plastic toys	3/25 Use refillable pens and limit printed materials	3/26 Put a no-junk mail sign on your mailbox	3/27 Plant a tree and encourage others to as well
	3/28 John 12:13 Pray for areas affected by wild fires.						



2021

PLASTIC FAST

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