

## Cutting Back on Plastics in Our Lives

For these last 4 weeks in March— Are you and your family able to eliminate or almost eliminate at least one source of plastic each week? Some of us may be just starting this effort while others may have already made good progress....

### **Here is a plan:**

- 1) Place your Good-Bye Plastics chart (below) on your fridge or bulletin board as a daily reminder.
- 2) The first week circle one choice from Week 1 on your chart OR make your own personal choice. Good luck!! Rate your success at the end of the week.
- 3) The second week, keep working on Week's 1 choice and circle a new choice from Week 2 on your chart OR make your own personal choice..
- 4) The third week, keep working on Weeks' 1 & 2 choices, and now circle a new choice from Week 3 on your chart OR...
- 5) The fourth week, keep working on Weeks 1, 2 & 3 choices, and now circle a choice from Week 4 on your chart OR... 6) Each week keep track on how you our you and your family are doing by giving yourselves a score from #1-#4.

Along with sharing Green Tips each week, our Environmental Justice Ministry has its own **FB page:**

**<https://www.facebook.com/FirstUEnviroMin>**, for current Green Tip topics and sharing relevant climate and environment information. Everyone is invited to share thoughts and posts. **Your ideas on eliminating plastic in our lives are welcome!!**



### Good-Bye Plastics

WEEK	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	CHOICE 5	SCORE: #1-#4
Week 1	<p>Grocery: Cut back/ out use of plastic produce bags.</p> <p><b>Bring your own bags or no bags (bananas and eggplant)</b></p>	<p>Home: Cut back/ out use of plastic wrap. <b>Use silicone, wax or plates as covers; invest in containers with covers.</b></p>	<p>Take Out Orders: State that you do not want silverware. <b>Use silverware at home or reusable sets.</b></p>	<p>Other: Recycle plastic bags at the grocery store: <b>bag examples include bread, vegetable, paper product wrappers....</b></p>	<p>Our own personal choice is:</p>	<p>1- unsuccessful 2- a good start 3- good progress 4- excellent</p>
Week 2	<p>Grocery: Cut back/ out purchases of drinks in plastic containers.</p> <p><b>Avoid or</b></p>	<p>Home: Cut back/ out use of plastic lunch storage bags. <b>Use bento boxes, reusable containers and</b></p>	<p>Take Out Coffee, tea, drinks: Cut back/out receiving drinks in plastic lined cups. <b>Have</b></p>	<p>Other: Collect recyclables in two locations: <b>kitchen and a bathroom/ bedroom.</b></p>	<p>Our own personal choice is:</p>	<p>1- unsuccessful 2- a good start 3- good progress 4- excellent</p>

Week 3	<p><b>purchase aluminum or glass. Recycle them.</b></p> <p>Grocery: Avoid buying eggs in styrofoam cartons &amp; clam shells.</p> <p><b>Buy eggs in paper cartons.</b></p>	<p><b>bags/wrap.</b></p> <p>Home: Cut back/ out 1-2 plastic personal hygiene products. <b>Use bamboo toothbrushes, bar shampoos and soaps, reusable razors....</b></p>	<p><b>your own reusable mugs or cups.</b></p> <p>Take Out Orders: State if you don't want individual condiments in plastic. <b>Use condiments you have at home.</b></p>	<p><b>Recycle on trash day.</b></p> <p>Other: <b>Join a Buy Nothing group or a Free local group to give away/take plastic toys, containers and other items.</b></p>		<p>How did you do with last week's choice?</p> <p>1- unsuccessful 2- a good start 3- good progress 4- excellent</p>
Week 4	<p>Grocery: When possible avoid single serving cups &amp; unrecyclable plastic packaging: <b>Opt for fresh fruits &amp; vegetables &amp; bulk items.</b></p>	<p>Home: Replace plastic storage containers. <b>Purchase glass or stainless steel containers. Reuse bottles from purchases...</b></p>	<p>Take Out Orders: Avoid straws by stating you don't want one. <b>Drink without a straw or purchase reusable straws.</b></p>	<p>Other: Entertain w/o plastic and cups, silverware.... <b>Store a "party set" of glasses, plates &amp; silverware for these occasions.</b></p>		<p>How did you do with the last 2 weeks' choices?</p> <p>1- unsuccessful 2- a good start 3- good progress 4- excellent</p> <p>How did you do with the last 3 weeks' choices?</p>