



# Plastic...give it up for Lent!

An invitation from your Environment Advocacy Group

*Why give up wine or chocolate when you can give up plastic?*

Like diamonds, plastics are forever. Every piece of plastic we have ever used is still here today. It is not biodegradable. Millions of tons of plastic enter the ocean yearly. The sun and waves break it up into smaller pieces, creating vast concentrations of flotsam in the ocean. Up to 80% of rubbish in the oceans comes straight from beaches and storm water. Most of it is plastic. It sickens and kills fish, birds, whales and turtles, up to one million animals a year.



Plastic has insinuated itself into our lives and is ubiquitous. It's a huge effort to give it up completely, but we can begin to take baby steps towards eliminating it from our lives. **Developing an awareness and desire to do better is the first step, a prayer in itself.**

## BABY STEPS TO CONSIDER

- Buy food in glass, not plastic, jars.
- Use cloth shopping bags.
- Buy detergent in boxes, not plastic.
- Bring your own container for take-out and leftovers from restaurants.
- Use reusable coffee mug and tableware, stainless steel utensils, glass or stainless steel straws.
- Avoid K-cups for coffee, tea, and cocoa.
- Use rubber gloves.
- Buy eggs in cardboard cartons.
- Use a glass blender.
- Use bar soap instead of liquid.
- Give up chewing gum (contains lots of plastic!)
- Use glass bowls for pet food.
- Use wooden hairbrush with natural bristles.
- Upcycle. Think of new uses for old items.
- Reuse packaging materials from packages sent to you.
- Buy cheese in a wheel wrapped in wax.
- Wear clothing from natural materials. Polyester is made from plastic.
- Use stainless steel ice cube trays.
- Go digital and avoid CD and DVD plastic.
- Skip bottled water. Carry reusable glass bottle or BPA-free metal bottle.
- Volunteer at beach, stream, or river clean-up.
- Add your own ideas! Be creative! Send your ideas to our Environment Advocacy Group members: [environment@cathedralcongregation.org](mailto:environment@cathedralcongregation.org)