

Less Plastic for Lent

BECAUSE THE WORLD **CAN CHANGE A LOT IN 40** DAYS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plastic Bottles and Lids 			14 ASH WEDNESDAY Scientists say we are on the verge of the sixth mass extinction, but the first caused by humans.	15 February Promote the use of having your own water bottle. An estimated 1-million plastic bottles are bought around the world every minute. Commit to using your own reusable bottle.	16 February 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 may outlive you by a couple of 100 years.	17 February Community Action: are you recycling enough at home and in work? Is your local shopping centre recycling enough?	18 February Cars and trucks account for 25% of carbon dioxide emissions, which scientists say cause climate change
Food Shopping 	19 February No Styrofoam/plastic takeaways. Ask for alternative – or bring your own lunch box.	20 February Refuse straws. Ask for no plastic or a paper straw. It is estimated that by 2050, there will be more plastic than fish (by weight) in the oceans.	21 February Bring your own bags and boxes for shopping. Eliminating our dependence on plastic bags reduces their presence in landfills & the need for further use of fossil fuels to produce plastic.	22 February Avoid buying vegetables in plastic packaging. Buy from plastic free shops, local shops. Alternatively bring your own bags or containers for fruit and vegetables.	23 February Plastic Cutlery. Buy a set of cutlery if you have not already done so and reuse.	24 February Community Action: Choose 1 issue – straws or single use plastic – visit your local supermarket/restaurant/c offee shop and ask/email them to stop using single use plastic	25 February Ireland makes up 06% of the world’s population, but we use 7%of the world’s resources.
Bathroom 	26 February Plastic liquid soap dispensers. Use soap in a bar form or refill plastic dispensers instead of throwing away every time.	27 February Cotton Ear Buds/toothbrushes. Environmentally friendly & biodegradable options available.	28 February Avoid products with micro beads. Often used as exfoliant in soaps, body wash, toothpastes. Avoid anything with “polythene”.	29 February Look out for boxed packaging. Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.	1 March Go for large sizes of shampoo, conditioner, etc. Avoid the travel sizes. You can even buy shampoo in a bar form in shops.	2 March Community Action Catering policy for events. Ban polystyrene at your school/sport/community group. Discuss reusable alternatives.	3 March Consumerism drives a multi-step process: Produce>Buy>Use> Discard. The environment is impacted at every step.
Kitchen 	4 March Plastic Fast Do a plastic fast for a day or a week, see how much plastic use you can eliminate.	5 March Takeaways When ordering a takeaway, ask in advance for no foam/plastic including utensils and straws.	6 March Plastic Bottles Plastic bottles are a scourge. Fill a reusable water bottle instead of using a single use plastic bottle.	7 March Wet Wipes Avoid using single use wet wipes. Choose a long-lasting cloth made from cotton or make your own from scrap materials.	8 International Women’s Day Tetra Packaging Buy milk in (Tetra Pak) containers rather than plastic ones. Milk & juice cartons biodegrade in 2-3 months, plastic takes from 450 to 1,000 years to decompose.	9 March Community Action Water policy at college/work and home. No more bottled water and soft drinks.	10 March <i>Every degree a thermostat is lowered can result in a 1 to 3 percent savings on your heating bill and lower emissions.</i>

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EVENTS 	11 March Gatherings When preparing for a gathering again, remember to ban the use of Styrofoam and single use plastic. Discuss reusable or compostable alternatives.	12 March Go For the Cone Eat ice cream in a cone! Seriously, single-use plastic items like ice cream spoons account for more than 40% of plastic waste, & each year about 8.8 million tons of plastic trash flows into the ocean.	13 March Make a Better Bag Pack sandwiches and snacks in reusable containers or cloth sacks instead of plastic bags. Here's how to make your own .	14 March Never Litter Sometimes you must use plastic, and that's OK! Recycle the plastic that you can, and never leave it around. Rubbish often blows into streams and rivers, eventually making its way to the ocean.	15 March Pick Up What You Can Grab a parent and pick up the rubbish that you find in your local stream or river. But be careful: Never grab anything that looks sharp or dangerous.	16 March Action Bring reusable bags with you to get groceries and leave them in car for future trips.	St Patrick's Day <i>The average person uses 30-50 batteries per year. Most of these batteries end up in landfills,</i>
Environment 	18 March Stay Local Go to local shops or farmers markets where available, instead of driving to the supermarket.	19 March Reuse Reusing is even better than recycling. Consider how you might simplify and reduce the acquisition of more things.	20 March House Plants House plants improve indoor air quality by helping to remove chemicals such as formaldehyde and carbon monoxide. Succulents and peace plants are excellent examples!	21 March Fair Trade Purchase Fair Trade items when they are available. <i>These goods guarantee a just price for the producers and that no child or forced labour is used.</i>	22 March Natural Fibres Choose natural fibres. Synthetic materials create microfibre pollution in the process of washing. Look for cotton, wool, and other natural fibres.	23 March Bulk Buy Encourage your family to shop for snacks, cereal, and pasta bulk or natural food shop to avoid waste from plastic packaging. Then store it all in reusable glass jars.	24 March <i>2,700 litres of water are required to produce a single T-shirt.</i>
	25 March Processed Food Reduce the amount of processed food that you eat. Try to cook from raw ingredients.	26 March Solar Panels Take time to learn about solar panels. Find out how the destruction of rainforests impacts climate change.	27 March Fruit Pack an apple, banana, or orange instead of snack packs. Fruit fills you up in a healthy way, plus there's no extra packaging. (Save the core, peels, and rinds for your compost bin.)	28 Holy Thursday Locally Sourced Locally grown produce is fresher and requires less packaging and energy for shipping and storage.	29 Good Friday Review Review your ecological practices of this Lent. What can you continue after Easter?	30 Holy Saturday Trees are the lungs of the earth. One tree can filter 60 pounds of pollutants from our air each year. Recycling one tone of paper saves 17 trees.	Easter Sunday. We can make a difference, but we must first acknowledge the scale of the problem and seek to change the attitudes and behaviours of our government and corporate sectors.

Easter Sunday Reflect on all you have accomplished during Lent and what you will carry with you into this new season. How will you incorporate greater harmony with the Earth and with all life. Conclude your Lenten creation care practice by making a personal pledge to advocate for an environmentally just world.