

February 14 Ash Wednesday

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'



February 15

Give up disposable cups & drinks in plastic bottles.

Carry a travel mug or water bottle. Get a reusable bottle, fill it up with tap water before leaving the house, and refill it wherever you happen to be.



February 16

Bring your own reusable bags.

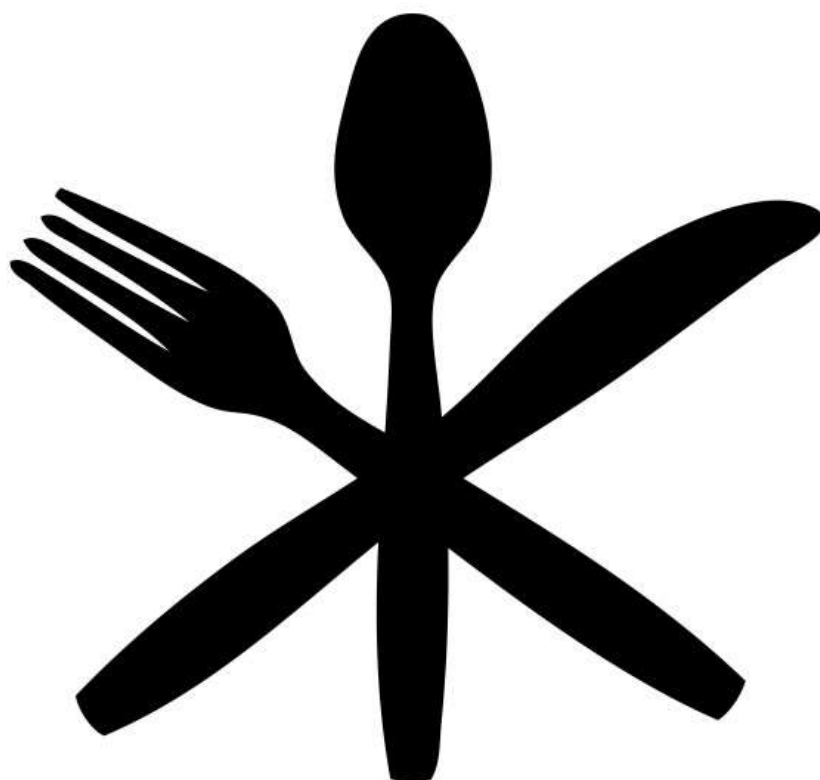
Plastic bags and produce bags in particular are often used for minutes before being discarded. Most plastic bags are not recycled, ending up in landfills.



February 17

Carry your own non-plastic cutlery.

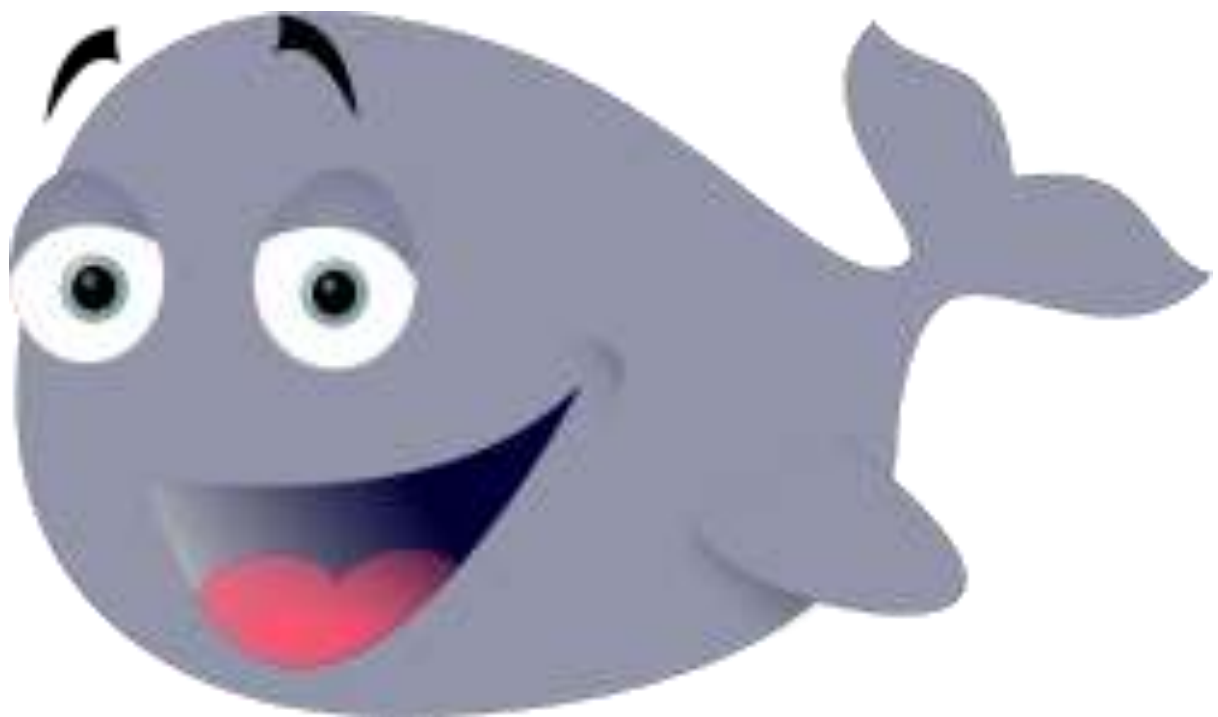
Plastic disposable cutlery and straws are among the worst plastic pollution culprits. Get in the habit of carrying your own cutlery with you and leaving a set in the car.



Sunday 18 February

Psalms 104: 25-30 'There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small.'

By 2050 we could have more plastic than fish (by weight) in the sea.



February 19

Buy in bulk to minimize or eliminate packaging.

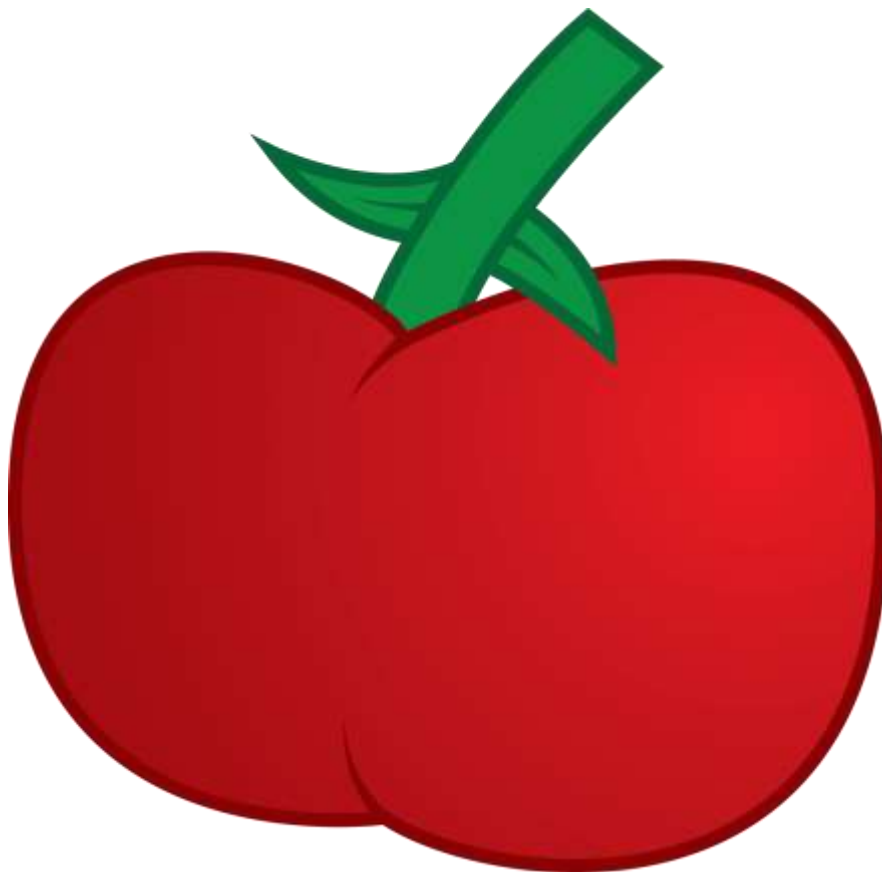
This goes for food and drink as well as cleaning supplies, toiletries, hardware items – anything that may come in plastic packaging.



February 20

Avoid overpackaged, processed, canned and frozen convenience foods.

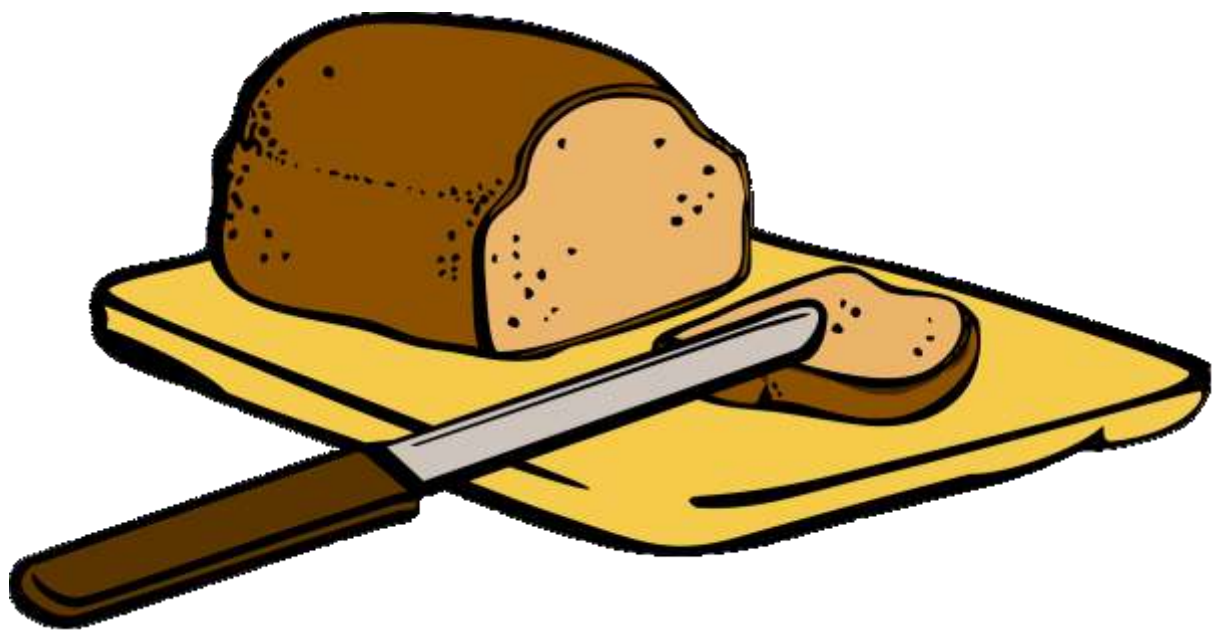
Stay clear of the three tomatoes sitting on a Styrofoam tray and covered in plastic cellophane.



February 21

Buy fresh bread that comes in either paper bags or no bags.

This eliminates plastic wrapping waste from shop bought bread and you help support local businesses.



February 22

Choose milk in returnable glass bottles.

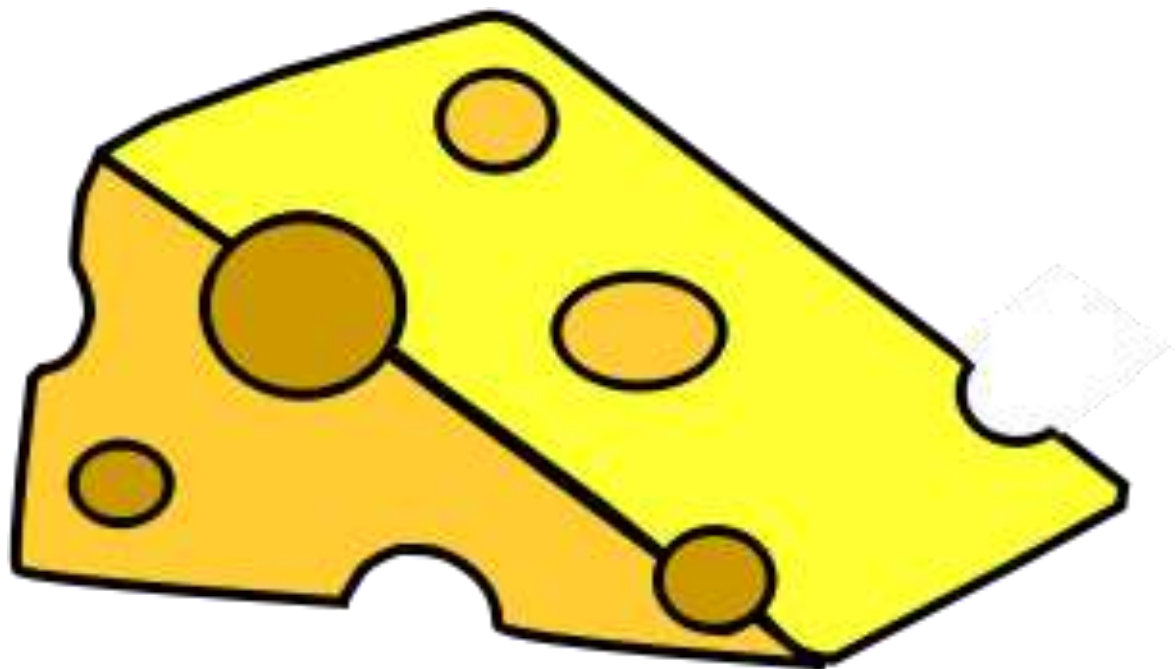
Many areas have local dairies that provides milk in returnable glass bottles rather than plastic or plastic coated cardboard.



February 23

Use non-plastic containers for food—
lunches, leftovers, freezing, storage, take-
out, travelling...

Request takeaways use your container
instead of their disposable one. Take a
container when you buy meat, fish or
cheese.



February 24

Shop at markets.

Fresh food markets are not only often cheaper and fresher than supermarkets but they sell fruit and vegetables loose.

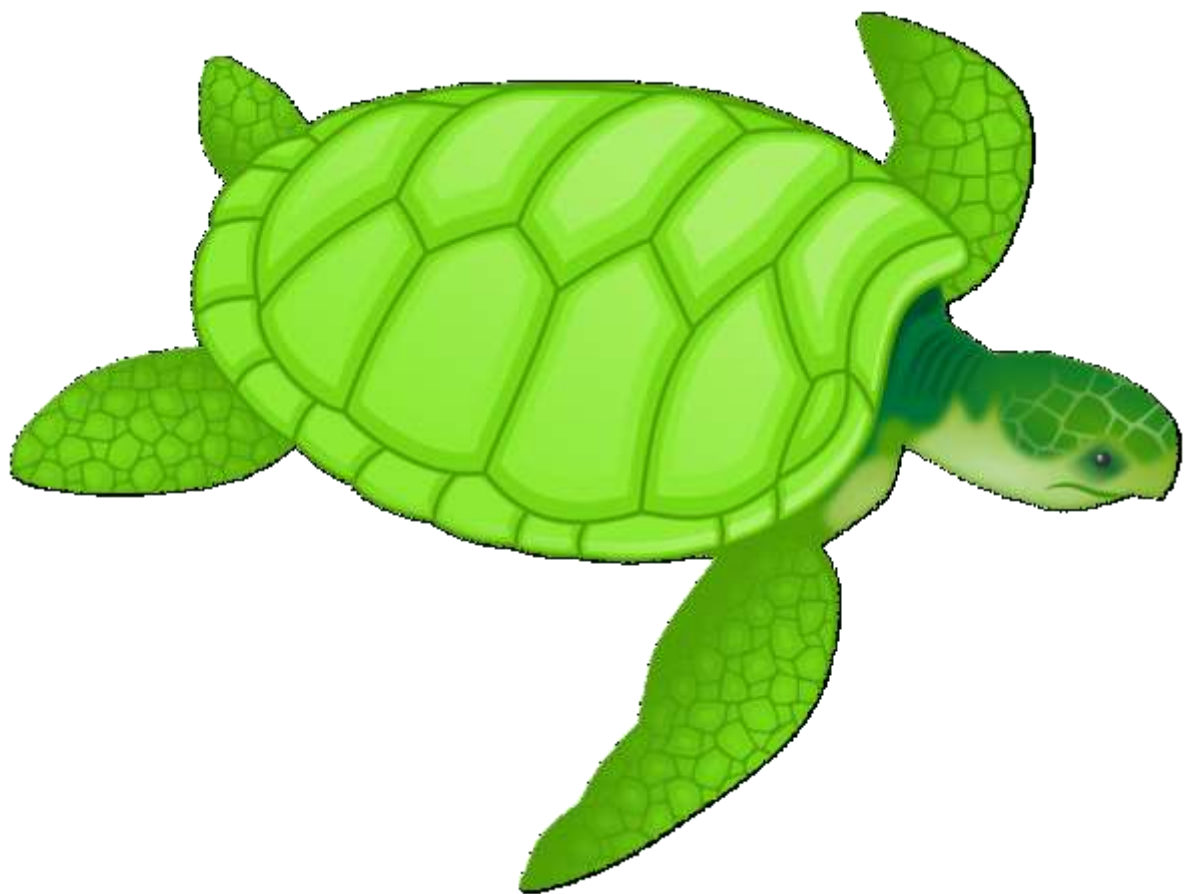
Don't forget to take your reusable bags.



Sunday 25 February

Every day millions of microplastics enter the sea from toiletry products.

Start a conversation or ask to talk about how you are taking action on plastics at church.



February 26

Look around your bathroom and see what plastics you can replace.

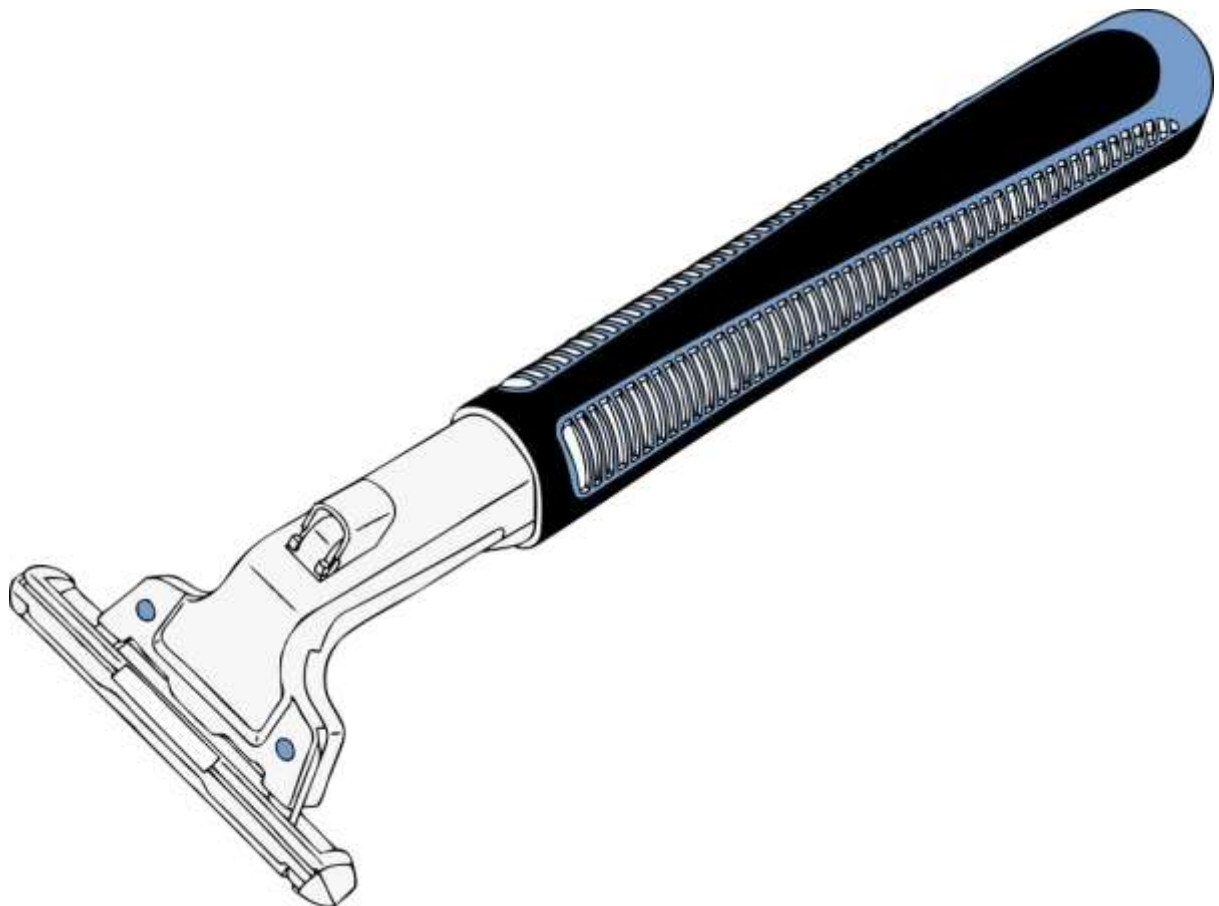
Do you have plastic bottles sitting in the shower? Find a brand you like and try and get it in bulk. If it's not available in bulk – ask the manufacturer to offer it.



February 27

Use a razor with removable blades.

Disposable razors and razor blades are two of the biggest contributors to plastic waste.



February 28

Check labels of toiletries.

Did you know some facial scrubs & toiletries products contain tiny plastic beads? Avoid anything with “polyethylene” listed as an ingredient.



March 1

Use a bamboo toothbrush or a toothbrush with recyclable heads and try to find dental floss that doesn't come in plastic packaging.



March 2

Use bar soap instead of liquid hand soap.

This is an easy change to make, if you are feeling keen you can even make your own soap bars.



March 3

Choose lotions and lip balms in plastic free containers.

Some shops will now refill glass toiletry containers or give you a discount if you return old packaging. Kitchen



Sunday 4 March

Colossians 1:16-17 'For by him all things were created: things in heaven and on earth, visible and invisible.'

Consider organising a community litter pick.



March 5

Look around your kitchen and see what plastics you can replace.

Use a dish brush with a wooden handle and compostable bristles.



March 6

Use natural cleaning cloths instead of plastic & synthetic sponges.

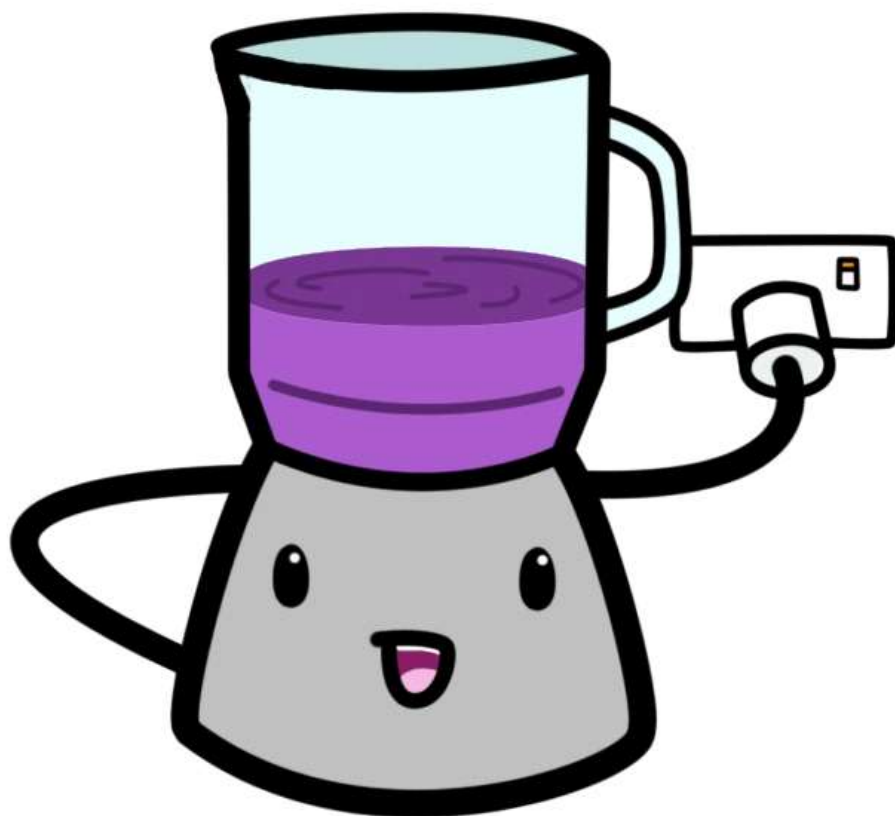
Compressed natural cellulose sponges are often sold without any plastic packaging.



March 7

Use a blender made of glass.

If you find yourself needing to purchase a new blender in the future, try and go for a glass alternative if possible.



March 8

Buy glass and/or stainless steel containers for food storage.

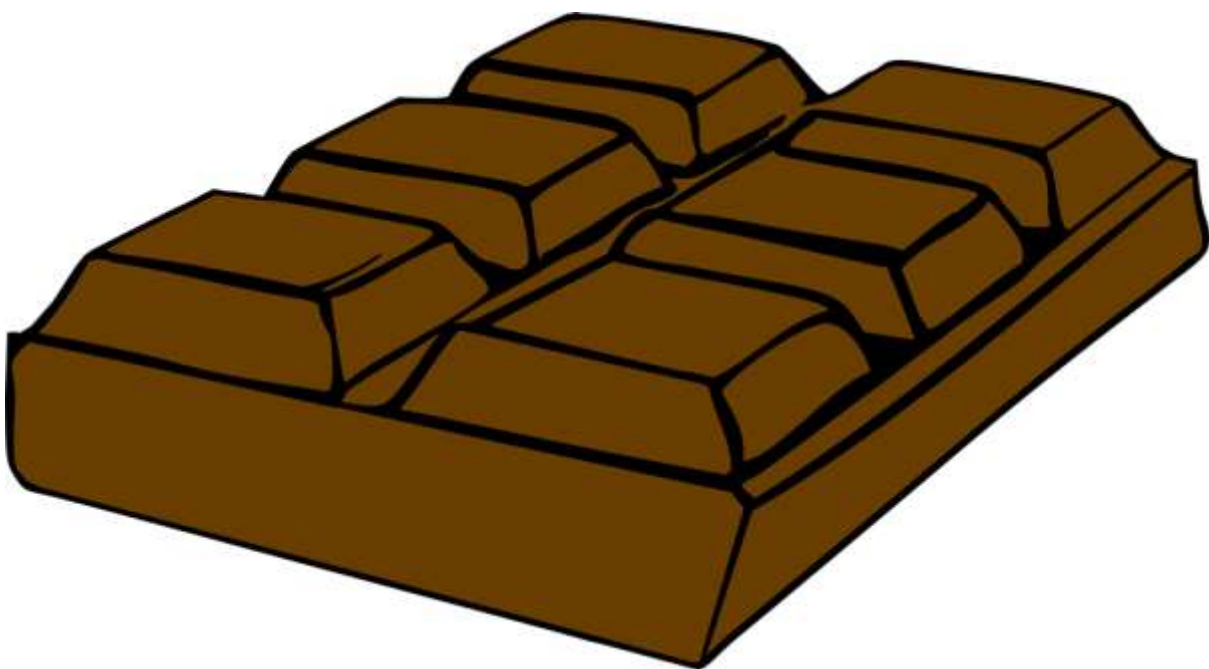
Glass works well for freezer storage as well, just ensure you leave room at the top of the jar.



March 9

Avoid foil wrapped crisps and chocolates.

Some sweet wrappers are now recyclable but don't forget to check.



March 10

Share your leftovers or unwanted food.

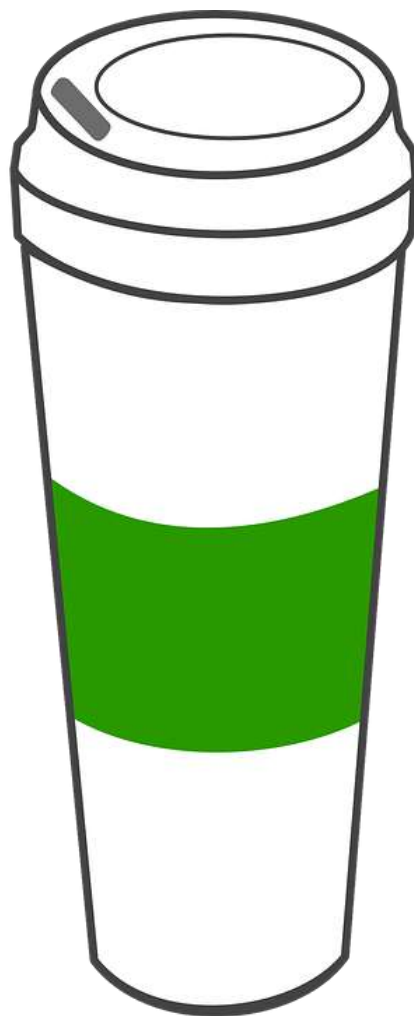
Reduce waste by joining a food sharing network like Olio.



Sunday 11 March

Job 28:12-13 'But where can wisdom be found? Where does understanding dwell?'

Do you use disposable cups at church?
Can you encourage people to bring their
own mug?



March 12

Choose natural fibres.

Synthetic fabrics create microfibre pollution when washed. When buying new clothes look for organic cotton, wool, and other natural fibres.



March 13

Alter and Modify Old Shoes and Clothing into New.

Do you have old clothes and shoes that you never wear because they don't fit or are out of style? Take them to a tailor or cobbler for alteration.



March 14

Buy clothing second-hand.

Buying clothes second hand not only saves you money but ensures that the second hand clothes you purchase have an extra long lease of life.



SECOND
HAND

March 15

Do a clothes swap.

Look online for local events or get advice on how to set up your own. Take a look at sites like [Get Swishing](#).



March 16

Invest in quality.

By doing this you are minimising the demand for cheap items that end up in landfill. In the long run it will save you money.

100%
QUALITY

March 17

Request zero plastic packaging.

If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.



Sunday 18 March

Psalm 24:1-2 'The earth is the Lord's and all that is in it, the world, and those who live in it'.



March 19

Put a “No Junk Mail” sticker on your letterbox.

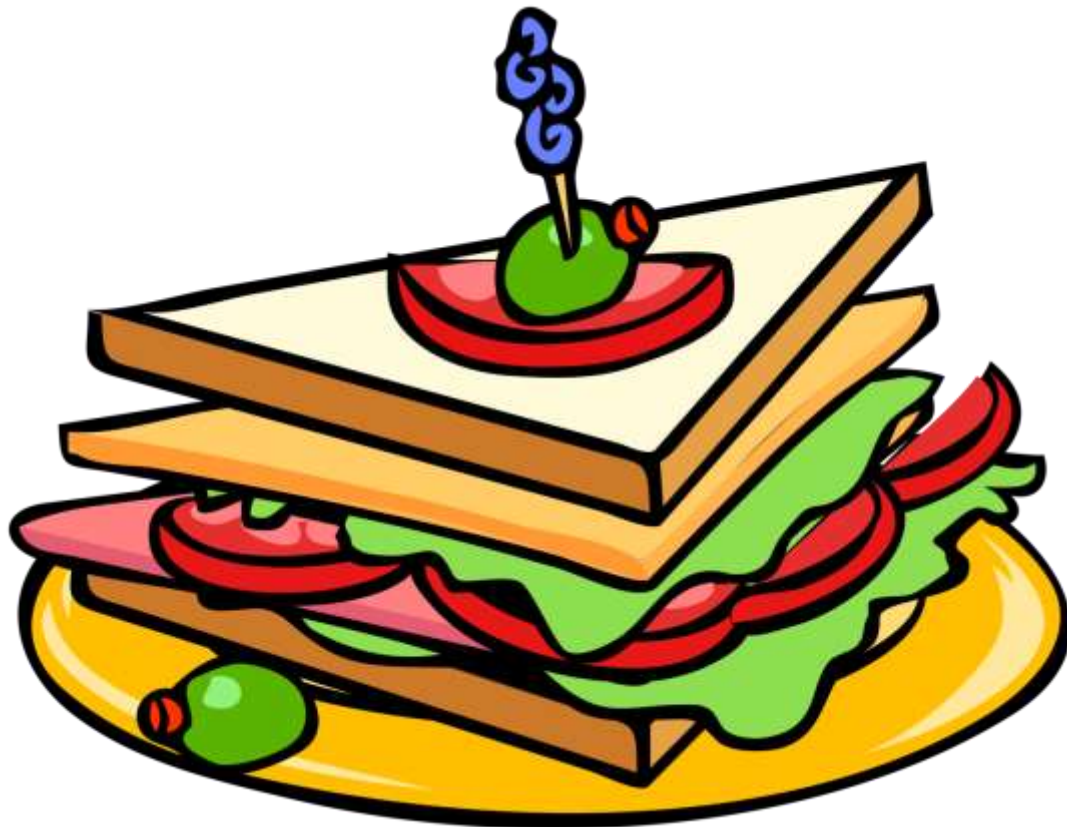
This will reduce the number of letters with plastic windows. It will also reduce your paper waste.



March 20

Make it from scratch.

Try and cook as much as possible from scratch and take your own sandwiches and snacks when you go out.



March 21

Avoid wet wipes.

These contain plastic fibres so don't break down like toilet roll, despite often being described as flushable.



March 22

Acquire necessary plastic items used instead of new.

Check second-hand shops, Freecycle or Freegle. Look for sharing groups locally.



March 23

Buy second-hand plastic-free furniture.

There's lots of advice about repairing, upcycling and finding good wooden or metal furniture online.



March 24

Don't buy new CDs and DVDs.

Stream or download music, shows, and films online or borrow them from the library or friends.



Sunday 25 March

Micah 6:8 'He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.'



March 26

Avoid plastic pens and giveaways.

Try using a refillable fountain pen or pencils.



March 27

Bring your own toiletries.

Skip the free travel size shampoos, soaps, and lotions offered by hotels. Instead, fill up your own reusable travel- size containers at home.



March 28

Avoid the Mini bar snacks and drinks.

Not only incredibly expensive but they all come in plastic packages or bottles. Even if you can't avoid plastic entirely, you can resist single serving sizes.



March 29

What lasting changes are you going to make? Do you find yourself looking at plastics in a different way?

List three things you are going to commit to changing.

