







GIVE UP PLASTIC FOR LENT 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLASTIC BOTTLES &amp; LIDS</b> 			<b>Feb 26 - Ash Wednesday</b> Giver of Life, in the midst of poisoned water, I weep with creation. In the midst of polluted air, I weep with creation. In the midst of mountains of waste, I weep with creation.	<b>Feb 27</b> <b>Use your own water bottle.</b> An estimated one million plastic bottles are bought around the world every minute. Commit to using your own glass or re-useable bottle.	<b>Feb 28</b> <b>Refuse plastic lids.</b> Ask for take away drinks without a plastic lid or bring your own cup. These lids are unlikely to get recycled, and in fact, are likely to outlive you by a couple of 100 years.	<b>Feb 29</b> <b>Community Action:</b> Are you recycling at home? Set up a recycling bin system. Does your church recycle? Write to them to set up a recycling system.	<b>Mar 1 - 1<sup>st</sup> Sunday of Lent</b> <b>Isaiah 24:4-5</b> “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.”
<b>FOOD SHOPPING</b> 	<b>Mar 2</b> <b>Don't accept foam takeout boxes.</b> Ask for an alternative - or bring your own lunch box.	<b>Mar 3</b> <b>Refuse straws.</b> Ask for no straw or a paper straw. It is estimated that by 2050, there will be more plastics than fish (by weight) in the oceans.	<b>Mar 4</b> <b>Don't use single-use plastic shopping bags.</b> Save money and the environment and bring your own!	<b>Mar 5</b> <b>Avoid Plastic Cutlery.</b> Buy a set of affordable cutlery for catering events and share with others. Carry a teaspoon with you, or buy a set of bamboo cutlery and keep it in your lunch box!	<b>Mar 6</b> <b>Avoid buying vegetables and fruits in plastic packaging.</b> Buy from plastic free stores, local traders or bulk stores. Alternatively, bring your own boxes/bags for produce.	<b>Mar 7</b> <b>Community Action:</b> Choose one issue - straws for example - visit your local favorite place and ask them to stop using plastic straws.	<b>Mar 8 - 2<sup>nd</sup> Sunday of Lent</b> <b>Psalms 104:25-30</b> “There is the sea, vast and spacious, teeming with creatures beyond number - living things both large and small.”
<b>BATHROOM</b> 	<b>Mar 9</b> <b>Avoid Plastic liquid soap dispensers.</b> Use soap in a bar or refill plastic dispensers instead of throwing away every time.	<b>Mar 10</b> <b>Hunt for non-plastic products.</b> Look for cardboard cotton swabs, wooden toothbrushes and others. Share new products on social media!	<b>Mar 11</b> <b>Avoid products with microbeads that are often used as an exfoliant in soaps, body wash, toothpastes.</b> Avoid anything with “polyethylene” listed as an ingredient.	<b>Mar 12</b> <b>Look for boxed packaging alternatives instead of plastic.</b> Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.	<b>Mar 13</b> <b>Go for large sizes of shampoo, conditioners, etc.</b> Avoid the travel sizes. You can even buy shampoo in a bar form in some shops.	<b>Mar 14</b> <b>Community Action:</b> Catering policy for big events. Ban polystyrene/foam at your church, school, or community group. Discuss re-usable alternatives that will also save money.	<b>Mar 15 - 3<sup>rd</sup> Sunday of Lent</b> <b>Colossians 1:16-17</b> “For by him all things were created: things in heaven and on earth, visible and invisible.”

<p><b>KITCHEN</b></p> 	<p><b>Mar 16</b>  <b>Use natural cleaning cloths.</b>          Avoid using single-use wet wipes. Choose long-lasting cloths (made from cotton) or make your own from scrap material.</p>	<p><b>Mar 17</b>  <b>Buy glass and/or stainless steel containers for food storage.</b>          Glass works well for freezer storage as well, just ensure you leave room at the top of the jar.</p>	<p><b>Mar 18</b>  <b>Use newspaper or old paper bags to line your trash cans.</b> One big one for recycling and a small 'sin bin' for what goes to a landfill.</p>	<p><b>Mar 19</b>  <b>Look around your kitchen.</b> See what plastics you can replace when they wear out. Replace with wooden or metal products.</p>	<p><b>Mar 20</b>  <b>Lose the cling film and zip-lock bags.</b>          Store food in a reusable container with a lid.</p>	<p><b>Mar 21</b>  <b>Community Action: Develop a water policy at church and home.</b>          No more plastic bottles for water and soft drinks.</p>	<p><b>Mar 22 - 4<sup>th</sup> Sunday of Lent</b>  <b>Jeremiah 2:7</b> "I brought you into a fertile land to eat its fruit and rich produce. But you came and defiled my land and made my inheritance detestable."</p>
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<p><b>CLOTHING</b></p> 	<p><b>Mar 23</b>  <b>Choose natural fibers.</b> Synthetic fabrics create microfiber pollution when washed. Look for organic cotton, wool &amp; other natural fibers.</p>	<p><b>Mar 24</b>  <b>Turn Old shoes &amp; clothing into new.</b>          Take clothes to a tailor for alteration if they don't fit/aren't in style rather than throwing them away.</p>	<p><b>Mar 25</b>  <b>Buy second-hand clothes.</b> This not only saves you money but ensures that the clothes you purchase have an extra long lease of life. Do a clothes swap.</p>	<p><b>Mar 26</b>  <b>Avoid bargain plastic items.</b> These often break easily, like cheap accessories.</p>	<p><b>Mar 27</b>  <b>Request zero plastic packaging.</b> If you are buying clothes online, ask the retailer if they can reduce or remove plastic packaging.</p>	<p><b>Mar 28</b>  <b>Community Action: Organize church clean up in the community!</b>          Not just the church building but the grounds also. Photograph the items you find most of and post them on social media to encourage other people to clean up where they are!</p>	<p><b>Mar 29 - 5<sup>th</sup> Sunday of Lent</b>  <b>Revelation 22:1-2</b>          "Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb, through the middle of the street of the city."</p>
<p><b>KIDS</b></p> 	<p><b>Mar 20</b>  <b>Give an experience rather than a plastic gift,</b> like taking them to see a musical!</p>	<p><b>Mar 31</b>  <b>Help them look at the plastic in products and choose for themselves.</b> And recycle.</p>	<p><b>Apr 1</b>  <b>Bake goods with your children for their lunch boxes instead of buying plastic packaged snacks.</b></p>	<p><b>Apr 2</b>  <b>Organize a toy swap for kids at school or Sunday school.</b></p>	<p><b>Apr 3</b>  <b>Don't use wet wipes.</b> Try using re-useable cloths instead or make your own wipes.</p>	<p><b>Apr 4</b>  <b>Community Action: Make your voice heard - share what you are doing with family, friends, and the community.</b> Ask your local government what they are doing about single-use plastics.</p>	<p><b>Apr 5 - Palm Sunday</b>  <b>John 12:13</b> "They took palm branches and went out to meet him, shouting, "Hosanna! Blessed is he who comes in the name of the Lord!"</p> <p>Plant a tree for Palm Sunday.</p>

This calendar is based on the 2019 "Less Plastic For Lent" resource put out by the Anglican Communion Environmental Network.