

PLASTICS: BEYOND CONVENIENCE



3
Get in the habit of carrying around a filled reusable water bottle.



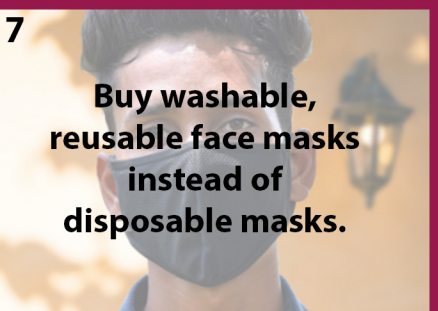
4
Refuse plastic bags at the store today.



5
Research where your disposable plastic products are manufactured.



6
Practice saying "no straw, please."



7
Buy washable, reusable face masks instead of disposable masks.



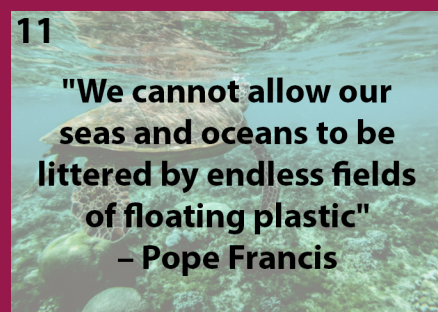
8
Use beeswax wrap instead of plastic wrap.



9
Use bars of soap instead of plastic dispensers.



10
Learn where you can buy food in bulk using your own containers.



11
"We cannot allow our seas and oceans to be littered by endless fields of floating plastic"
– Pope Francis



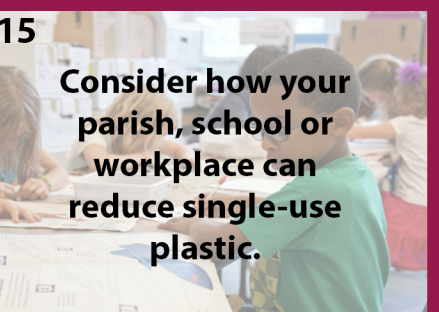
12
92% of the United States' plastic ends up in landfills or gets burned in trash incinerators.



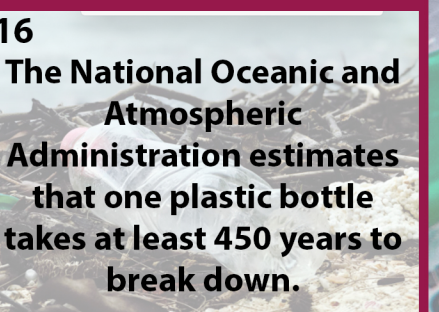
13
Pay attention to plastic trash you come across this week.



14
Use glass instead of plastic to store food.



15
Consider how your parish, school or workplace can reduce single-use plastic.



16
The National Oceanic and Atmospheric Administration estimates that one plastic bottle takes at least 450 years to break down.



17
Reuse plastic for kids' art projects.



18
Save discarded plastic containers for growing food and flowers.



19
Purchase mesh reusable produce bags.



20
Learn how your municipality really handles plastics in its recycling stream.



21
Carry reusable utensils with you.



22
Research plastic-free dental care product.



23
Boycott all bottled water.



24
Bring a refillable mug to your favorite coffee shop this week.



25
Use laundry detergent in a box or try new laundry detergent sheets instead of bottles.



26
Did you know that the Vatican has banned the sale of single-use plastics?



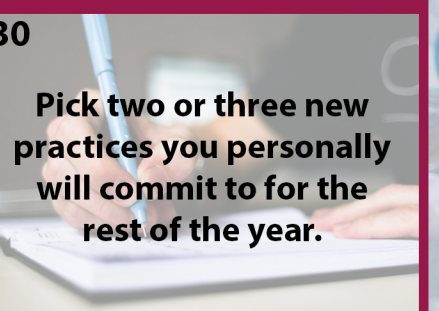
27
Find out about efforts to reduce plastic in your community.



28
"There is a nobility in the duty to care for creation through little daily actions." (Laudato Si #211)



29
Talk with people you live with about a practice you can adopt together for the rest of the year.



30
Pick two or three new practices you personally will commit to for the rest of the year.



31
Email your plastics commitment to justice@sistersofmercy.

bit.ly/MercyEarthChallenge