

#break  
free  
from  
plastic

# Plastic-Free Lent 2021

EUMCLaurel.org/plastic



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>General</b>	<b>12016 Book of Discipline, Social Principles, The Natural World</b> <i>"All creation is the Lord's, and we are responsible for the ways in which we use and abuse it. Water, air, soil, minerals, energy resources, plants, animal life, and space are to be valued and conserved because they are God's creation and not solely because they are useful to human beings. God has granted us stewardship of creation. We should meet these stewardship duties through acts of loving care and respect."</i>  <b>Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. We challenge you to give up single-use plastics – to reduce the actions which damage God's Creation.</b>			<b>Ash Wednesday 17</b> <b>Numbers 35: 33-34</b> <i>"You shall not pollute the land in which you live; ... You shall not defile the land in which you live, in which I also dwell; for I the Lord dwell among the Israelites."</i>	<b>18</b> <b>Use your own water bottle and commit to no longer buying bottled water.</b> An estimated one million plastic bottles are bought around the world every minute.	<b>19</b> <b>Use reusable shopping bags</b> when shopping at any store, not just grocery stores. The average plastic bag is used for just 12 minutes, but it can take 450 years to break down.	<b>20</b> <b>Take Action: Contact your Maryland legislators</b> to support reducing reliance on single-use plastic bags in the entire state: <a href="http://bit.ly/MDbagban21">bit.ly/MDbagban21</a>
<b>Food Shopping</b>	<b>21</b> <b>Isaiah 24:4-5</b> <i>"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."</i>	<b>22</b> <b>Buy in bulk; use reusable produce or fabric bags.</b> Buying in bulk reduces plastic packaging and is less expensive.	<b>23</b> <b>Avoid processed or convenience foods.</b> By making meals from scratch, you reduce plastic packaging and it's healthier. Easy, quick meal recipes can be found online ( <a href="#">Allrecipes</a> or <a href="#">Foodnetwork</a> ).	<b>24</b> <b>Buy bread from a bakery and ask for a paper bag or bring your own.</b> Store it in an airtight container or freeze it. Consider making your own bread.	<b>25</b> <b>Avoid vegetables wrapped in plastic and skip the plastic produce bags. Bring your own reusable produce bags.</b> Only one percent of all plastic bags are recycled.	<b>26</b> <b>Eat less beef and dairy products.</b> Besides being packaged in plastic, cattle produce methane gas while digesting food, which is 25 times more potent than CO2 at trapping heat.	<b>27</b> <b>Take Action: Contact grocery stores and manufacturers for changes in packaging.</b> Fill out surveys on store receipt, tweet, email or call the company about your disapproval.
<b>7 Kitchen &amp; Home</b>	<b>28</b> <b>Jeremiah 2:7</b> <i>"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."</i>	<b>March 1</b> <b>Lose cling wrap &amp; Ziploc bags. Use beeswax wrap; reusable bowl covers; lids &amp; wraps.</b> The amount of plastic film/wrap used annually could shrink-wrap the state of Texas.	<b>2</b> <b>Use cotton or reusable cloths &amp; natural sponges or scouring pads for cleaning.</b> Try natural cellulose sponges or Loofah plant scouring pads. Avoid paper towels wrapped in plastic.	<b>3</b> <b>Use natural cleaning solutions or buy products that are refillable, concentrated, or in tablet form.</b> 70% of plastic containers are discarded in landfills and 17% are incinerated.	<b>4</b> <b>Replace plastic items with non-plastic alternatives (wood or metal) when worn out.</b> Try a dish brush with a wooden handle & compostable bristles & non-plastic utensils	<b>5</b> <b>Skip disposable dinnerware when entertaining.</b> Borrow from a friend or purchase extra items from a thrift store. If you must use disposables, purchase eco-friendly products.	<b>6</b> <b>Take Action: Consider composting at home or starting a garden.</b> About 28% of refuse in landfills is food scraps & yard waste. Learn more at <a href="http://bit.ly/CompostHoCo">bit.ly/CompostHoCo</a>

Share your plastic-free journey with family, friends and us ([eumcgreenteam@gmail.com](mailto:eumcgreenteam@gmail.com)) or on social media [#PlasticFreeEUMC](https://twitter.com/PlasticFreeEUMC)

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Bathroom	7 <b>Isaiah 11:9</b> <i>"They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the LORD as the waters cover the sea."</i>	8 <b>Use soap, shampoo &amp; conditioner bars instead of liquid.</b> Or refill small containers from larger containers. Lush provides free samples.	9 <b>Switch to bamboo toothbrushes and toothpaste tablets or powder.</b> Over 1 billion toothbrushes & toothpaste tubes are thrown away annually in the US.	10 <b>Use a non-disposable razor.</b> EPA estimates that 2 billion disposable razors are thrown into the landfill every year.	11 <b>Switch to sustainable make-up &amp; personal care products - avoid micro-bead scrubs</b> ~By Humankind ~Ethique ~Lush ~bit.ly/30pluslist	12 <b>Buy toilet paper not wrapped in plastic.</b> 20,000 trees are flushed away daily. Help the Boreal Forest, wildlife & indigenous tribes by checking the <b>NRDC toilet paper grades.</b>	13 <b>Take Action: Contact the manufacturers of your favorite personal care products</b> and ask for plastic-free packaging options.
Clothing & Laundry	14 <b>Leviticus 25:23-24</b> <i>"The land must not be sold permanently, because the land is mine and you are but aliens and my tenants. Throughout the country that you hold as a possession, you must provide for the redemption of the land."</i>	15 <b>Wear clothes more often between washing.</b> Microplastics from clothes are released into waterways with each laundering. Consider using a <b>GuppyFriendBag</b> when washing synthetics.	16 <b>Buy natural fabrics (cotton, wool, silk, linen).</b> Synthetic fabrics (polyester, nylon, acetate, etc.) originate from plastic.	17 <b>Use detergents not packaged in plastic, such as:</b> ~Powder detergent ~Detergent strips ~Laundry soap nuts ~Eco laundry pods Try natural products (vinegar, baking soda, lemon juice).	18 <b>Use wool balls instead of dryer sheets / fabric softeners.</b> Chemicals used in dryer sheets & fabric softeners have been associated with health concerns.	19 <b>Repair clothes and shoes. Buy from consignment shops or rent evening attire.</b> The clothing and textile industry is the 2nd largest polluter in the world.	20 <b>Take Action: Donate usable clothing to local charities.</b> Recycle unusable clothing/textile at H&M; old linens and towels to animal shelter.
Travel & Dining Out	21 <b>Genesis 1:26</b> <i>"Then God said, 'Let us make man in our image, in our likeness, and let them rule... over all the earth, over all the creatures that move along the ground'."</i>	22 <b>Take your own container for leftovers or carry-out.</b> The foam ban went into effect July 1, 2020. However, plastic clamshells & bioplastic containers are not recyclable.	23 <b>Take your own cutlery or spork when eating at restaurants that use disposable plastic cutlery.</b> Estimates of 40 billion plastic cutlery per year end up in US landfills.	24 <b>Use your own reusable cup when purchasing beverages to go.</b> Keep a reusable travel mug or cup in your car.	25 <b>Skip the straw.</b> When ordering, ask for no straw, a paper straw or carry your own. It is estimated that by 2050, there will be more plastics than fish (by weight) in the oceans.	26 <b>Bring your own toiletries when traveling.</b> Skip the free travel size shampoos, soaps, & lotions offered by hotels. Fill up your own reusable containers or use bar products.	27 <b>Take Action: Make your own To-Go Kit and keep in the car.</b> ~Shopping bag ~Travel mug/cup ~Your own straw ~Cutlery/spork ~To-Go Container ~Cloth Napkin
Kids & Babies	28 <b>Genesis 2:15</b> <i>"The Lord God took the man and put him in the Garden of Eden to work it and take care of it."</i>	29 <b>Use eco-glitter and art supplies not made or packaged in plastic.</b> Glitter is a microplastic, which contaminates waterways and is eaten by marine life.	30 <b>Wrap gifts in kraft or recycled paper or fabric.</b> Wrapping paper is often coated with plastic or decorated with glitter, as well as packaged in plastic.	31 <b>Give a gift of an experience, rather than a plastic toy.</b> Go on an outing, such as a park, museum or rock climbing.	<b>April 1</b> <b>Use plastic-free supplies &amp; toys for babies &amp; children.</b> Kids are more at risk of health issues from contact with chemicals in plastic.	2 <b>Avoid disposable baby products,</b> which are often packaged or made with plastic and can be a health risk. Use cloth or reusable items.	3 <b>Take Action: Pack lunches the night before with your child's help.</b> Use reusable containers or <b>sandwich wraps.</b>

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