

PLASTIC FREE LENT: WEEK 1



MAKE A ZERO WASTE TO GO KIT

Sunday



February 11, 2024

#plasticfree

Monday



February 12, 2024

#zerowaste

Tuesday



February 13, 2024

#noplasticsforlent

Wednesday



February 14, 2024

Say no to on-the-go plastic cutlery.

Add a small set of reusable silverware to your Zero Waste To-Go Kit and keep it in your car or purse.

No need to purchase a fancy set. Just use your own silverware or grab some extra silverware from a thrift shop.

Weekly Reflection

Thursday



February 15, 2024

Reusable produce bags

Add reusable produce bags to your Zero Waste kit! Then, avoid buying produce that is wrapped in plastic and avoid those thin single use plastic bags.

Instead, bring your own produce bags. You can purchase bags, reuse bags that you already own, or better yet, make your own!

[Make Your Own Here](#)

Friday



February 16, 2024

Skip the Straw

We use a straw for just a few minutes, but it takes one plastic straw 200 years to decompose back into the earth!

Skip the straw altogether, or add one of these alternatives to your Zero Waste kit!!!

[Alternative Straws](#)

Saturday



February 17, 2024

To-go containers

Add a reusable container to your kit! This could be a sturdy to go container, Tupperware, glass jar, or anything else you already own!

Then make sure you bring it inside next time you eat out or attend a gathering to avoid styrofoam and other single use to go containers.

#noplasticsforlent

PLASTIC FREE LENT: WEEK 2



LUNCH TIME!

Sunday



February 18, 2024

Restock and Renew Day

Each Sunday, get in the habit of restocking your Zero Waste To-Go Kit in preparation for the week ahead. Being prepared is the #1 way to avoid excess waste!!!

Don't forget to grab your reusable grocery bags and bring them back to the car as well!

Weekly Reflection

Monday



February 19, 2024

It's a wrap

Today, let's consider the SANDWICH! Sandwich wraps are a great alternative to plastic bags. Check out the DIY pattern below!

Other great options are beeswax wraps, compostable paper, or a cloth napkin!

[Sandwich wrap pattern](#)

Tuesday



February 20, 2024

No spill jars

These 4 oz canning jars are great for packing liquids (and non-liquids) in work and school lunches. Closed correctly, they are spill-proof and leak-proof.

Use them for dips, fruit, juice, sauces, and more! Replace individual plastic packed items and pack your own!

#noplasticsforlent

Wednesday



February 21, 2024

Let's talk about drinks

Most lunch drink options are not designed for planet earth! The best bet is to avoid all types of single use pouches, boxes, and bottles and instead send a refillable water bottle for lunch.

Bonus, for flavor add a few drops of lemon juice, a slice of fruit, or a tea bag!

#dontdrinkyourplastic

Thursday



February 22, 2024

Lunch boxes

What is your favorite lunch box?

Containers such as the one above, as well as Bento Boxes and other popular favorites, are great ways to reduce your lunch waste!

#yougotthis

Friday



February 23, 2024

Make your voice heard

Talk to your school or workplace about eliminating single serve plastics from their lunch line.

Suggest they use reusable trays, reusable tableware, and serve food directly onto the tray.

#makeyourvoicecount

Saturday



February 24, 2024

Plastic baggie alternatives

Have you tried these paper sandwich bags?

They are a great alternative to plastic zip bags for sandwiches and relatively dry sides and snacks, including veggies. They are plastic and wax free, recyclable and compostable!

#noplasticsforlent

PLASTIC FREE LENT: WEEK 3



STOP IT AT THE SOURCE

Sunday



February 25, 2024

Restock and Renew Day

It is time to restock your Zero Waste To-Go Kit for the week ahead. Being prepared is the #1 way to avoid excess waste!!!

Grab your reusable grocery and produce bags and bring them back to the car tool!

[Weekly Reflection](#)

Monday



February 26, 2024

Plastic made of what?

Today, let's learn about plastics and how they are made!

Check out the National Geographic Video link below or look up the facts on your own.

[How Plastics are made video](#)

Tuesday



February 27, 2024

Junk Mail

Opt out of junk mail coming to your home!

Instances of plastic advertisements are showing up in mailboxes all over the country. Each time you receive one, opt out of future mailings through catalogchoice.org.

www.catalogchoice.org

Wednesday



February 28, 2024

Travel mug and water bottle

An estimated 500 billion plastic disposable cups are used every year around the world and thrown away almost immediately.

Add a travel mug and reusable water bottle to your Zero Waste To-Go kit and use them at gas stations, coffee shops, and more!

[#dontdrinkyourplastic](#)

Thursday



February 29, 2024

Online shopping

When you must shop online, take these steps to reduce your footprint.

- In the notes, request no plastic bags or packaging.
- Purchase products with "frustration-free packaging".
- Request no rush shipping and group orders together.

[Learn More](#)

Friday



March 1, 2024

Plastic film recycling

Despite our best efforts, plastic bags, film, and packaging may still end up in your home. What to do?

First, reuse it if possible! Second, use this video to learn how to recycle it.

[Plastic Bag Video](#)

Saturday



March 2, 2024

Label your cans

Today, put a landfill sign on all of your garbage cans in your house and work (if possible).

Knowing that our items are going to a landfill reinforces the need to change our buying habits.

[#noplasticsforlent](#)

PLASTIC FREE LENT: WEEK 4



CLEAN UP YOUR BATHROOM!

Sunday



March 3, 2024

Restock and Renew Day

Take time today to appreciate how well you are doing! Remember, it is about progress, not perfection!!!

Don't forget to restock your Zero Waste To-Go Kit and grab your reusable bags for the week ahead.

[Weekly Reflection](#)

Monday



March 4, 2024

Waste not, want not!

Don't toss the products you are using now in favor of new "zero waste" products.

Instead, use the product you already own first. When it's gone, then ask yourself a.) - do you really need to replace it, and then b.) is there a more sustainable product available?

[#noplasticsforlent](#)

Tuesday



March 5, 2024

Show your smile!

When it is time to replace your toothbrush and tooth paste, try an alternative!

Bamboo toothbrushes are a great alternative to the nearly 1 billion plastic toothbrushes thrown away each year, and people are raving about tooth paste tablets!

[Top bamboo picks](#)

Wednesday



March 6, 2024

Rethink your shampoo

Plastic shampoo bottles are often overlooked as a recyclable item. In fact only 1 in 5 people ever recycle them.

Get the plastic out and switch to a shampoo bar!

[product reviews](#)

Thursday



March 7, 2024

Consider Cloth Diapers

Babies go through 4000-6000 diapers before they are potty trained. While cloth and plastic diapers both have impacts, disposable diapers consume large amounts of wood and oil in their production.

Don't have a baby? Find another bathroom product and research alternatives!

[#dontsitinyourplastic](#)

Friday



March 8, 2024

Learn about your MRF

MRF stands for Materials Recovery Facility and is where all your recyclables go. It is extremely hard and dangerous work, and part of reducing our plastic use is understanding that there is no "away" when we throw something away or recycle it.

[Watch video here](#)

Saturday



March 9, 2024

Plastic-free periods

The average woman will send 12,000 disposable menstrual products to the landfill over their lifetime.

There are a variety of reusable menstrual products on the market as an alternative. For honest reviews of some of those alternatives, check out this article.

[Product reviews](#)

PLASTIC FREE LENT: WEEK 5



PRODUCT ALTERNATIVES

Sunday



March 10, 2024

Restock and Renew Day

You are doing amazing! Every bit of plastic that we refuse, reuse, rethink, and repurpose is protecting our health and our planet.

Time to restock your Zero Waste To-Go Kit and grab your reusable bags for the week ahead.

[Weekly Reflection](#)

Monday



March 11, 2024

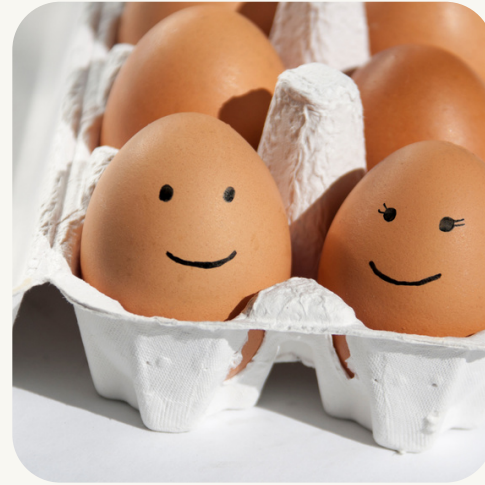
Ditch the Wipe

So what makes a wet wipe (personal, baby or household) so strong?

They are made of a blend of cellulose fibers for absorbance and plastic fibers for strength and are a hidden source of plastic use and microplastics. Use natural alternatives!

[#zerowasteliving](#)

Tuesday



March 12, 2024

Paper, plastic, styrofoam

Which egg carton is the most sustainable? Paper egg cartons for the win!

When you are done with the eggs, pass the carton along to a chicken loving friend, start seedlings, play mancala, make a fire starter, and more!

[#noplasticsforlent](#)

Wednesday



March 13, 2024

Make your own!

Today we eliminate single serve yogurt! Whether you like Greek, no-fat, squeezable, drinkable, coconut, or any other variety of yogurt, you can make it simply at home and save all of the single serve plastics. You just need milk, plain yogurt, and a thermometer.

[Homemade Yogurt Recipe](#)

Thursday



March 14, 2024

Host an Eco-Easter

This year, opt out of plastic-filled baskets by making simple swaps.

Swap cellophane grass for paper, plastic baskets for natural ones, and multiple cheap toys for one or two higher quality items. Think gardening seeds and tools, art supplies, or Fair Trade candy.

[#dontsitinyourplastic](#)

Friday



March 15, 2024

Learn more!

Check out this eye opening PBS NewsHour Documentary. Then share it on your social media feeds!

[Watch video here](#)

Saturday



March 16, 2024

Trash audit day!

This weekend, do an informal trash audit.

Pay attention to your garbage and recycling bins in your kitchen, bathroom, office and garage, and see where plastic is still sneaking in. Then, research alternatives!

[How to Guide](#)

PLASTIC FREE LENT: WEEK 6



FABRICS AND CLOTHING

Sunday



March 17 2024

Restock and Renew Day

Keep it up! Life gets hectic, so making simple switches that fit in with your lifestyle will be the most sustainable long term.

Restock your Zero Waste To-Go Kit and grab your reusable bags for the week ahead.

[Weekly Reflection](#)

Monday



March 18, 2024

Wear Natural Materials

Polyester, nylon, acrylic, and other synthetic fibers — all of which are forms of plastic — are now about 60 percent of the material that makes up our clothes worldwide and plastic microfibers are everywhere. Choose natural fibers whenever possible!

[Learn More](#)

Tuesday



March 19, 2024

Wool Dryer Balls

Use dryer balls over dryer sheets and fabric softener! Dryer sheets are made from non-woven polyester (a byproduct of the petroleum industry) and are a hidden source of plastic. Wool dryer balls can reduce drying time, ease static, fluff and freshen clothings, and are made from all natural materials.

[#noplasticsforlent](#)

Wednesday



March 20, 2024

Plastic Free Laundry

Our favorite new product of the year, laundry sheets!

Ditch the huge plastic bottles that may or may not get recycled for laundry detergent sheets.

[Product Reviews](#)

Thursday



March 21, 2024

Avoid Glitter

Avoid buying clothing with glitter or sequins!

Both glitter and sequins are made of etched aluminium bound to polyethylene terephthalate (PET) and are forms of microplastics. When we wash these items, microplastics end up in our waterways.

[#dontwearyourplastic](#)

Friday



March 22, 2024

Get Inspired!

Meet Lauren Singer, author of the Zero Waste blog, Trash is for Tossers and founder of The Simply Co.

Through her blog, she has empowered millions of readers to produce less waste by shopping package-free, making their own products and refusing plastic and single-use items.

[Watch video here](#)

Saturday



March 23, 2024

Spring clean!

This weekend, avoid cleaning with products filled with petroleum.

Check out the link below for easy recipes for homemade cleaners that work wonders!

[How to Guide](#)

PLASTIC FREE LENT: WEEK 7



PRODUCT ALTERNATIVES

Sunday



March 24, 2024

Restock and Renew Day

Keep it up! Life gets hectic, so making simple switches that fit in with your lifestyle will be the most sustainable long term.

Restock your Zero Waste To-Go Kit and grab your reusable bags for the week ahead.

Weekly Reflection

Monday



March 25, 2024

Shop the bulk bins

Look for stores in your area that sell foods from bulk bins and allow you to use your own bags or containers. You can carry the same kind of cotton bags for bulk purchases as for produce (see above.) Glass jars and other containers work great as well.

#noplasticsforlent

Tuesday



March 26, 2024

Don't chew your plastic

Plastic in your gum...yuck! Scary but true, plastic is an ingredient in many chewing gums. If the label lists "gum base", it may contain "petroleum, lanolin, glycerin, polyethylene, polyvinyl acetate, petroleum wax, stearic acid, or latex." Thankfully there are all natural gums on the market. Check out the article below.

#dontchewyourplastic

Wednesday



March 27, 2024

Ditch the pods

Last year, almost 10 billion individual coffee pods were sold and that number seems to be rising.

Ditch the pod and invest in a reusable coffee pod that will save you money! It takes just a few seconds to fill and can be reused endlessly.

[NPR Article](#)

Thursday



March 28, 2024

Say yes to ice cream cones

Learn to look for simple swaps!

When out and about this week, treat yourself to a plastic free ice cream treat and eat your ice cream out of a cone rather than in a single use dish.

#donteatyourplastic

Friday



March 29, 2024

Plastic free pets!

Plastics are everywhere, and when our pets chew on plastic toys they also ingest tiny pieces of plastics, which may contain harmful chemicals such as BPA.

Purchase toys made out of natural materials like organic cotton, hemp, rope, natural rubber, canvas, wood, bamboo, or wool.

[Learn more](#)

Saturday



March 30, 2024

Congrats!

You did it!!! A well deserved pat on the back for you!

As you move through Lent into the season of Easter, remember that it is about progress, not perfection. Continue to look for solutions and innovations. **Today's challenge: Share your plastic free story with someone else!**

#plasticfreelife