

PLASTIC FREE LENT: WEEK 7



PRODUCT ALTERNATIVES

Sunday



April 13, 2025

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.

#WeeklyRestock

Monday



April 14, 2025

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. Glass jars and other containers work great as well.

#noplasticsforlent

Tuesday



April 15, 2025

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



April 16, 2025

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



April 17, 2025

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



April 18, 2025

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



April 19, 2025

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