

PLASTIC FREE LENT: WEEK 3



STOP IT AT THE SOURCE

Sunday



March 16, 2025

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 too!

#restockandrenew

Monday



March 17, 2025

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



March 18, 2025

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



March 19, 2025

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



March 20, 2025

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 21, 2025

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 22, 2025

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