

# PLASTIC FREE LENT: WEEK 5



# PRODUCT ALTERNATIVES

Sunday



March 30, 2025

### 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.

#WaytoGo

Monday



March 31, 2025

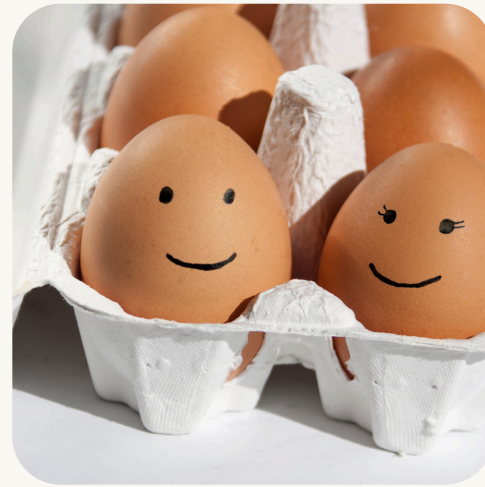
### Ditch the Wipe

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



April 1, 2025

### 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



April 2, 2025

### 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



April 3, 2025

### 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.

#ecoEaster

Friday



April 4, 2025

### Learn more!

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

[Watch video here](#)

Saturday



April 5, 2025

### 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](#)