

PLASTIC FREE LENT: WEEK 4



CLEAN UP YOUR BATHROOM!

Sunday



March 23, 2025

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.

[#WeeklyRestock](#)

Monday



March 24, 2025

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 25, 2025

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 26, 2025

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 27, 2025

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 28, 2025

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 29, 2025

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](#)