

Tips for Moving Away from Single Use Plastics

At Diocesan Synod in May 2019, a motion was passed challenging all parishes to reduce the purchase of products with single use plastics including rigid foam (Styrofoam and other brands), and to end such purchases by the beginning of 2023.

Getting playful...

Not sure where to begin? Try a plastic scavenger hunt. This can include parishioners young and young at heart who gather examples of every kind of plastic that can be found in the building. Items are placed on a table and then sorted. Identify those that might be easiest to eliminate first and discuss options.

Video links...

The problem is significant. Here are some videos to show why it is important for us to reduce our dependence on plastic:

<https://www.youtube.com/watch?v=526gMLHDVLg>

<https://www.youtube.com/watch?v=khqzd1Lq1sl>

<https://www.theweathernetwork.com/news/articles/canadas-battle-against-plastic-pollution-environmental-defence-canadian-environmental-policy-national-strategy/117183>

Other videos can be easily found on the Internet highlighting the plastic problem and its implications for Creation – including humanity!

What really happens when we toss in a recycling bin?

Marketplace tracked 3 companies who are responsible for recycling plastic. Here are the results:

<https://www.cbc.ca/news/technology/marketplace-recycling-trackers-b-c-blue-box-1.5299176?fbclid=IwAR3zA6xgJmDzY-QuZwOMczmhE5tknJhlpWwxq4Sa9TGd0gSBLF6oRWOkxM>

So what can we do? Helpful links...

Waste reduction: <http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html>

Find tips on Zero Waste – look for groups and pages in your communities on Facebook for tips and tricks to reduce our waste. For example: <https://www.facebook.com/zerowasteinsights/> provides general tips and specific information about sources in the Kitchener/Waterloo region.

Forgo plastic wrap and make your own bees wax wraps: https://ocean.org/stories/plastic-wise-heres-food-wrap/?gclid=EAAlQobChMIOLymkpj75AIVCovlCh3byAEjEAAAYASAAEgKinFD_BwE#cover

Identify and support local businesses who provide alternatives to single-use plastic.

Consider using the Season of #Creation program: <http://stpaulstrinity.org/wp-content/uploads/2019/08/SeasonofCreationStudyProgram.pdf>