

# JOIN THE LENT PLASTIC CHALLENGE

GIVE UP BAGS,  
BOTTLES AND AS  
MUCH SINGLE USE  
PLASTIC AS YOU  
CAN FOR  
**40 DAYS**

## 12 Tips for a Reduced Plastic Lent

1. Take paper bags with you when purchasing fruit & vegetables OR buy or make mesh bags (eg recycle mesh curtains)
2. Avoid purchasing fruit & vegetables with excess plastic packaging (eg cucumbers / bananas in a plastic sleeve, apples in plastic cylinders etc)
3. Avoid buying bottled water or drinks & take a refillable bottle
4. Takeaway coffee – take your own reusable cup
5. Use your own bags when purchasing clothes & other items
6. Aim to reduce the amount of plastic coming into the house – hence less recycling required
7. Speak to/email managers of your local supermarkets to request less plastic packaging for fruit & vegetables (eg cucumbers, bananas, apples in plastic cylinders)
8. Reduce usage of disposable cutlery
9. Reduce usage of products with micro beads – ‘polyethylene’ as an ingredient
10. Use beeswax or reusable covers instead of cling wrap
11. Try to influence catering policy for events – eg no polystyrene/foam, composting coffee cups, paper water cups, ability to recycle straws
12. Set up a recycling system at home

