



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MARCH 2 ASH WEDNESDAY #PlasticFast Starts	3 Commit to using your own glass or re-useable water bottle.	4 Refuse plastic lids.	5 Community Action: Encourage others to join you in a Plastic Fast this Lent.
6 Isaiah 24:4-5 Pray for the Earth.	7 No foam takeaways. Bring your own container.	8 Ask for no straw or a paper straw.	9 Bring your own grocery bags.	10 Say no to one-use plastic cutlery.	11 Avoid buying produce in plastic packaging.	12 Community Action: Ask your favorite restaurant/supermarket to stop using straws \single-use plastic bags.
13 Psalm 104:25-30 Pray for the ocean.	14 Switch to bar soap or tablets.	15 Hunt for non-plastic products and share your finds on social media.	16 Avoid soap, body wash and toothpaste that contains microbeads.	17 Buy larger packaged items instead of travel sizes.	18 Look for products in boxed packages instead of plastic.	19 Community Action: Advocate for a no plastic/ no foam catering policy for big events.
20 Colossians 1:16-17 Pray for all creation.	21 Use natural cleaning cloths.	22 Use biodegradable trash can liners.	23 Buy glass or stainless steel containers for food storage.	24 Swap plastic bags/wrap for beeswax cloth.	25 Look around your kitchen and see what plastics you can replace.	26 Community Action: Adopt a no water bottle policy at home and at work.
27 Jeremiah 2:7 Pray for the Earth.	28 When buying clothing, choose natural fibers.	29 Buy second-hand clothes.	30 Avoid bargain plastic items.	31 When buying clothing online, request zero plastic packaging.	APRIL 1 Have clothes altered if they don't fit or aren't in style, don't throw them away.	2 Community Action: Volunteer to help clean up a local park.
3 Revelation 22:1-2 Pray for our rivers.	4 Give an experience instead of a toy.	5 Ban balloons from your celebrations!	6 Organize a toy swap.	7 Use reusable cloths instead of wet wipes.	8 Recycle junk mail.	9 Community Action: Share the changes you have made to eliminate single-use plastics with others.
10 PALM SUNDAY Follow your new practices into Holy Week and Easter and beyond!						

# PLASTIC FAST 2022

## ELIMINATE SINGLE-USE PLASTICS



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Post your Plastic Fast actions  
to social media using the hashtag  
#PlasticFast2022

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