

Plastic Less Living

Following the [Lent Plastic Campaign](#) we challenge you to continue to reduce the single-use plastics in your life – to reduce the actions which damage God’s Creation.

Did you know thatby 2050 we could have **more plastic than fish** (by weight) in the sea.

Over **8.3 billion tonnes** of plastic have been produced since the 1950s. That’s enough plastic to cover every inch of the UK ankle-deep more than ten times over. Just **9%** was recycled.

‘To strive to safeguard the integrity of creation and sustain and renew the life of the earth’
Anglican Communion’s Fifth Mark of Mission.

Here are **5 easy steps** to help you consider and reduce the single-use plastics in your life.

- 1. Give up disposable cups - 7 million** plastic lined disposable cups are used in the UK every day. A reusable cup not only saves waste but saves money too with many coffee shops offering discounts.
- 2. Bring your own reusable bags** Plastic bags and produce bags in particular are often used for minutes before being discarded. Most plastic bags are not recycled, ending up in landfills.
- 3. Avoid overpackaged foods**
Stay clear of the three tomatoes sitting on a Styrofoam tray and covered in plastic cellophane. Where you can buy in bulk. Re-use plastic containers – for example take your own for buying meat, fish or cheese.
- 4. Look around your bathroom and see what plastics you can replace**
Do you have plastic bottles sitting around your shower? Find a brand you like and try and get it in bulk. If it's not available in bulk – ask the manufacturer to offer it. Check your toiletries don’t contain microbeads (avoid anything that lists polyethylene as an ingredient). Try using bar soap instead of liquid soap.
- 5. Buy once and buy well. Choose natural fibres**
By investing in quality you are minimising the demand for cheap items that end up in landfill. When buying new clothes look for organic cotton, wool, and other natural fibres. Synthetic fabrics create microfibre pollution when washed.

Make your voice heard: Share what you are doing with friends, family and community. Ask your MP what they are doing to tackle single use plastics. Join the UN’s Clean Seas campaign and Greenpeace’s Plastic Pledge. Call on supermarkets for a Plastic Free Aisle.

We hope these tips have made you more aware of your plastic use and helped you create some lasting changes.

You can also share your journey with others or get further tips on the [Plastic-Less Living Facebook Group](#)

Don’t forget to sign up for the quarterly environmental newsletter at www.shrinkingthefootprint.org