

## Plastic-Free Lifestyle Ministry

**Eugene Friends Meeting Plastics-free Challenge:** As one way to address our approved Minute to Reduce Plastics in the World the EFM Earthcare Support Group offers this Plastic-Free calendar. We will focus on single-use plastics, those things that are designed to be used once, then tossed. We will not give much attention to recycling and re-use in this calendar, though these are good steps. Research estimates that only 10% of our plastic waste is actually recycled, and, while re-using a single-use plastic item will stretch its usefulness, it is still another piece of plastic that will eventually go to the landfill.

**Week 1:** [Prepare and begin to fast.](#)

**Week 2:** [Food shopping.](#)

**Week 3:** [Your kitchen.](#)

**Week 4:** [Clothing and laundry.](#)

**Week 5:** [Your bathroom.](#)

**Week 6:** [Celebrations, travel, and eating out.](#)

**Week 7:** [The garden](#)

Earthcare newsletters often include articles about plastics.

## Eugene Friends Meeting Minute on Reducing Plastics in the World



Click Picture to View the minute that was approved on 1/22/2023. Photo by Nick Fewings on Unsplash.

You might want to join the Eugene Friends Meeting Earthcare Support Group the first Monday of each month at 7 p.m. We spend a bit of time discussing plastics and alternatives we've found. Just drop us an [email](#) and we'll send the zoom link. Let us know if you have any questions, and happy plastic fasting!