

I Wore my Plastic for a Week... and it Changed my Life

Wednesdays @ 7

March 6, 2024

The Event...

- ▶ Eleven total attended
- ▶ Viewed the video, “**We Wore our Plastic Waste IN PUBLIC for 7 Days - It Changed Our Lives**”
- ▶ The < 14-minute video can be viewed on YouTube here:
<https://youtu.be/TxpjebYBQuk?si=5XunAjuYcWApFv2u>

REDUCE

REUSE

RETHINK

REPAIR

REFUSE

RECYCLE

REDUCE

Shorter showers	Turn off faucet while showering or brushing teeth	Washing cycles by re-wearing your clothes more than once before washing	Wrap sandwiches & snacks in cloth Sandwich bags	Food scraps by vermi-composting
Gas consumption by driving hybrid or electric car	Using plastic bags for produce by using mesh bags	Grow your own produce	Harvest your produce & fruit at pick-your-own local farms using baskets or bags	

REUSE

Wearing clothes made out of recyclable plastic	Cut-up T-shirts for cleaning	Wash, reuse bamboo paper towels for napkins or cleaning	Sink rinse water: collect, use in more rinsing or pour on garden	Cloth napkins instead of paper napkins or towels
Containers @ grocery stores to refill from bulk	Cut-up T-shirts for tissues	Take out containers to freeze things in	Plastic sandwich bags	

RETHINK

Wearing clothes made out of 100% cotton or bamboo	Wash AND Dry Clothes in only cool settings	Shifting electric use from carbon fuels to wind or solar power	If it's yellow... not flushing after each use	Retro dressing by shopping at used clothing stores
Dietary choices to reduce pollution from animal farming raised for meat, fiber, milk, or other products	Using eco-sheets or soaps for laundry Use bar soap for body and hair washing	Using eco-detergents for dishwasher and sink washing	Shopping online that increases packing material	Toilet paper - use bamboo wrapped in paper (Caboo) or that which is made out of recycle paper

REPAIR

Patch torn clothing for reuse	Tailor for Zippers on otherwise perfectly good clothing, purses	Environment by taking trash bag on hikes for litter pickup		

REFUSE

STRAWS unless organic, e.g., guava, paper (Make it Matter)	Plastic and foam cups, plates, utensils	Buying cases of plastic water bottles	Plastic bags @ the grocer	Plastic trash bags, using plant-based bags (Hippo, Make it Matter @ Walmart)

RECYCLE

Everything MOCO Allows	Leaf Gro Bags for Leaf mulching	Compost food scraps thru MOCO or @ home or at RUC	Yard sale that which you no longer need (Upcoming @ RUC)	Donate clothes & household goods to nonprofits
TP & paper towel rolls in compost or recycle bins	Yard waste through MOCO (It becomes Leaf Gro!)			

A few who dared to do the 7-Day Challenge...



Resulting in all this:

