



**Catholic
Earthcare**
AUSTRALIA

A PROGRAM OF  **Caritas** AUSTRALIA

"These problems are closely linked to a throwaway culture which affects the excluded just as it quickly reduces things to rubbish."

- Laudato Si' n 22



1. Refuse

- To laminate notices at school, church or work
- Single-use plastic bags
- Styrofoam cups
- Individually-wrapped food products



2. Reduce

- Cling-wrap use: try air-tight containers
- Single-item plastic food containers
- Plastic fruit and vegetable packaging
- Single-use plastic household cleaning bottles: try refillable containers



3. Reuse

- Don't purchase more food containers! Take stock of what you already own
- Existing take-away and other food-safe containers for storing or freezing food
- Glass and strong plastic jars to store bulk-buy dry goods
- Smaller plastic and glass containers are great for storing home-made dressings
- Vinnies and other op-shops are fantastic for second-hand, food safe and hygienic Tupperware - and at a fraction of the cost of new



4. Repurpose

- Small gum containers as first-aid or sewing kits
- Water bottles as self-watering containers for pot plants
- Plastic bottles as pen holders, and pots for plants



5. Recycle

- Find out what is recyclable through household collections
- Choose soft-plastic recycling through RedCycle drop-off points
- Almost everything can be recycled! From reading glasses, to mobiles and IT equipment

Plastic, the modern miracle that has made modern life possible. But this non-renewable resource is polluting our waterways, our food, our environment and our way of life. Take the *challenge* and go plastic free this July.