

## Footprints...

The Integral Ecology Committee is tasked to focus on threats to Our Common Home and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation

### **In this issue:**

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

## **Our Plastics Footprint**

*As convenient as we first thought they were, plastics are deadly to the environment and us.*

### **What Can I Do?**

- Instead of wrapping lunches in plastic wrap, use bento boxes, metal picnic tins or beeswax covers.
- Buy items for laundry & kitchen in earth friendly packaging. An example is to purchase dishwashing capsules without plastic wrappers that melt, choosing instead those with corn starch wrapping.
- Buy in bulk: opting for larger quantities of products with less packaging can minimize waste.

### **I didn't know that!**

- Microbeads: these little plastic scrubbers are found in many beauty products—facial scrubs, toothpaste, body washes. Their tiny size allows them to slip through water-treatment plants. They also look just like food to some marine animals. Opt instead for products with natural exfoliants, like oatmeal or salt.
- One surprising fact about plastic containers is that many contain chemical additives, like endocrine disruptors, that can have negative health effects.

### **Resources**

#### **YouTube:**

- [Does Plastics Contribute to Carbon Footprint?](#)
- [Making Shirts out of Recycled Water Bottles](#)

#### **Websites:**

- [World Permaculture Association](#)
- [Catholic Climate Covenant](#)

#### **Books:**

- Our Plastic Footprint: The Facts about Plastic Pollution and What You can Do to Reduce Your Footprint, by Rachel Salt
- Integral Ecology, Environment, and Spirituality: “Sacred Ecology: Nurturing Our Planet through Spirituality and Sustainability” by Francis Verye

More from our Integral Ecology Committee very soon!