

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?

- Replace disposable items like plastic bags, straws, cutlery, and bottles with reusable alternatives.
- Choose clothing made from natural fibers like cotton and wool.
- To cut down on plastic waste in the bathroom, use bar soap, bamboo toothbrushes, plastic-free floss, plastic-free deodorant, a shampoo bar and a washcloth rather than a plastic loofah.

I didn't know that!

- About 9 % of microplastics in the ocean come from synthetic fibers— nylon, acrylic, polyester, and fleece. They shed when laundering, making their way to wastewater plants, before spreading throughout the environment.
- We ingest 2,000 microplastic particles per week, equivalent to one credit card every seven days.
- There could be more plastic than fish in the ocean by 2050.

Resources

YouTube:

- [The Story of Plastic](#)
- [How can we keep plastics out of our oceans](#)
- [Integral Ecology: What Pope Frances Means | CAPP-USA](#)

Websites:

- [2025 World Environment Day](#)
- [Greenpeace](#)
- [Plastic Footprint Network](#)

Books:

- Kids vs. Plastic: Ditch the straw and find the pollution solution to bottles, bags, and other single-use plastics by [Julie Beer](#)
- HUMANITY'S ELEVENTH HOUR: Planetary Stewardship and the Race to Safeguard Our Future Paperback – by [Fernando Acosta](#)

More from our Integral Ecology Committee very soon!