

Take the **Plastics Crisis** Challenge

12 weeks to a lot less plastic in your home
and in your life!

Make your kitchen more earth friendly!

From purchasing food and being conscious of its packaging, through meal preparation and clean up, we can all take steps to reduce our impact on the environment and eat healthy!



Shop plastic-free

- Bring your own reusable shopping bags.
- Avoid plastic completely by buying loose veggies.
- Buy in bulk, or buy foods packaged in paper, metal or glass.
- Buy milk in reusable glass bottles.

Choose healthy cookware and containers

- Avoid Teflon cookware and black plastic cooking tools.
- Consider cast iron pans or tempered steel frying pans.
- Use wooden bowls, spoons and spatulas.
- Choose long-lasting Pyrex bowls, which withstand boiling water.
- Store leftovers in glass bowls, or re-usable plastic containers.
- Use silicone or beeswax bowl covers (or simply a plate) instead of plastic wrap.

Scrap the plastic garbage bags

- More than 20% of garbage is food scraps!
- Skip the plastic trash bags; collect food waste in a bucket and compost in your yard, or take it to a yard waste site where it will be turned into compost.



We make our own pickles and yummy yogurt!

Plastics Crisis Challenge
is an initiative of
the Act for the Earth team,
a ministry of Unity Church-Unitarian



Online Resources

Milk in reusable bottles

Autumn Wood Farms

autumnwoodfarmllc.com/find-our-products

Food preservation

extension.umn.edu/food-safety/preserving-and-preparing

teflon and black plastic cookware

webmd.com/food-recipes/is-teflon-coating-safe

Cast iron pans and tempered steel frying pans

madeincookware.com/products/blue-carbon-steel-frying-pan

Composting sites

litterless.com/where-to-compost/minnesota