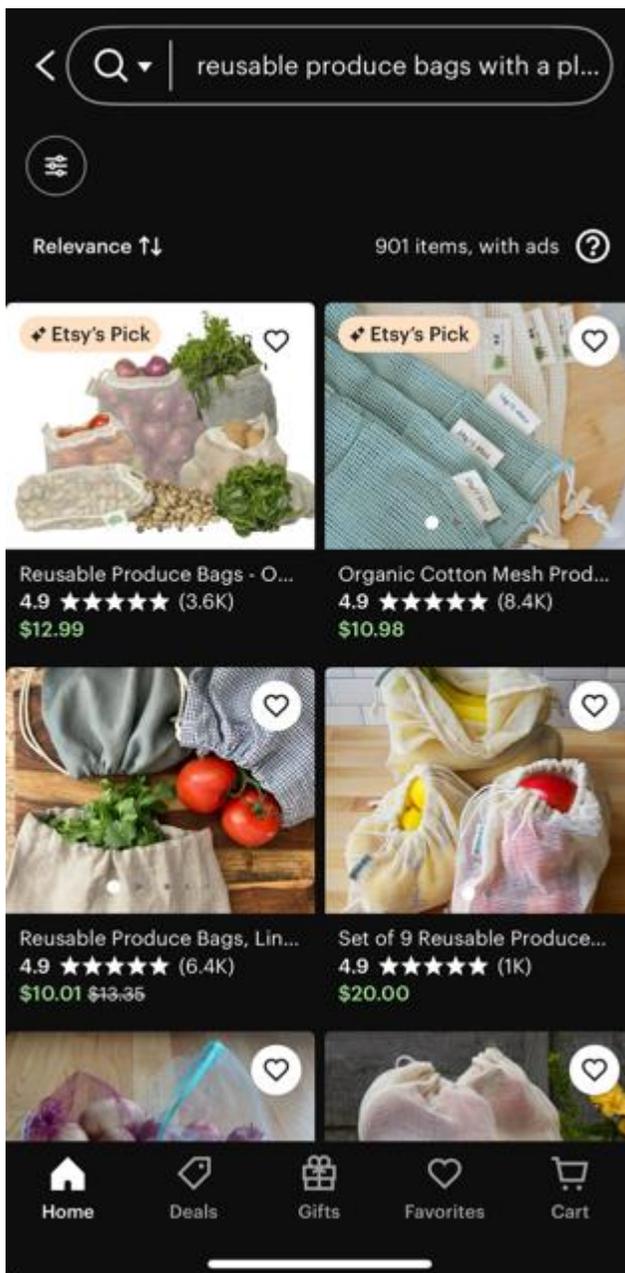


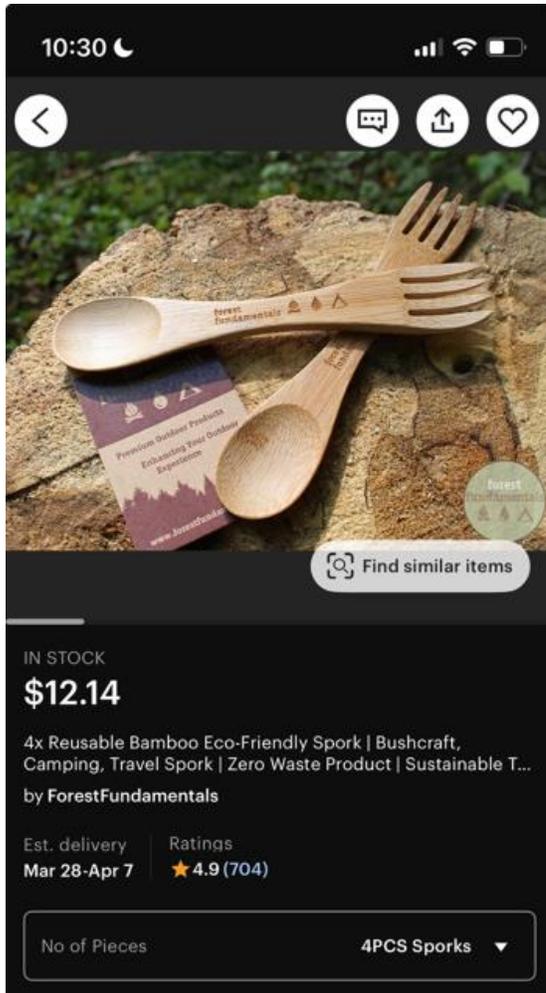
Reducing plastic and other tips:

1. Buy “conscious“ eggs, such as those at natural grocers, which are raised in an environment that is healthy for the animals and produces good eggs. Some are \$3.99/dozen.
2. Use reusable produce bags for grocery shopping and reusable shopping bag bags. If you have to use plastic produce bags, put them back in your shopping bags to use again. Share with others as in #14. I've had people tell me that they forget to take the bags to the store, and I explain I just put them back in my car or on the doorknob, so I remember them as I go out.



UPC PRESBYTERIAN WOMEN'S STEWARDSHIP OF THE EARTH IDEAS

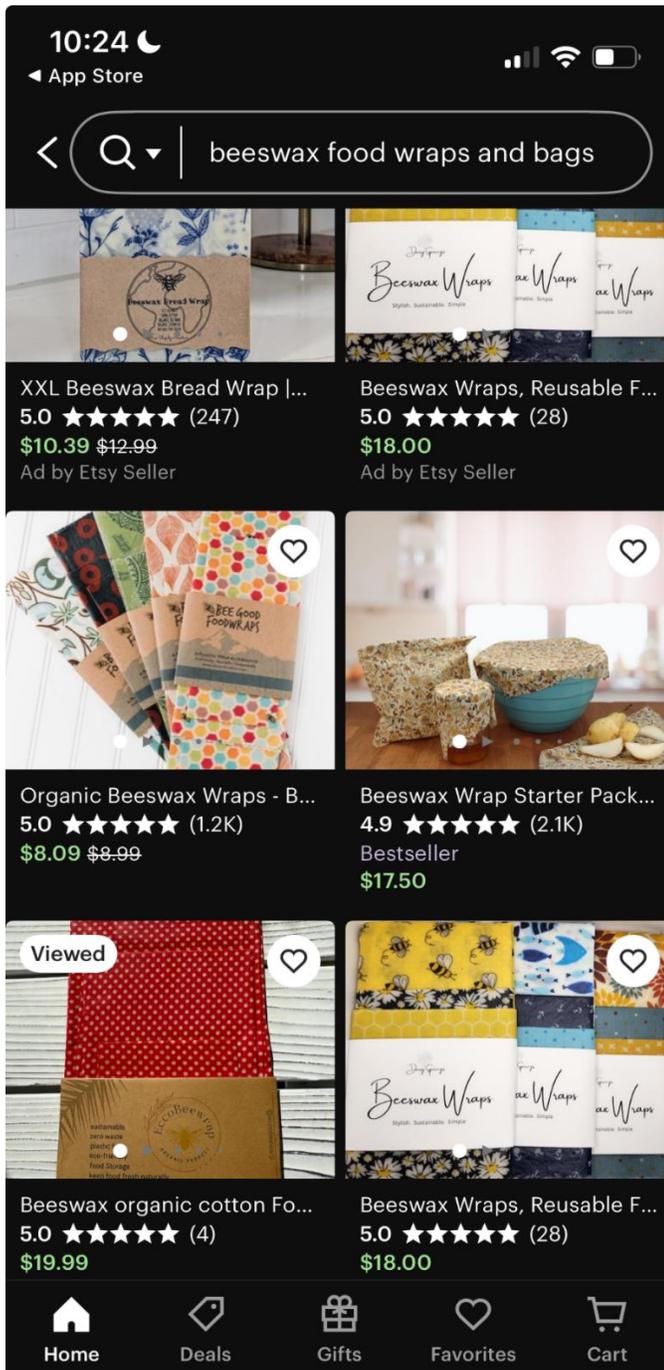
3. Request no plastic utensils when ordering takeout food.
4. Consider buying a “spork” or other flatware/bamboo, you can keep in your glove compartment for takeout. Nice stocking stuffer too.



5. Get glass containers for your home food storage
6. Take your own containers to restaurants for your leftovers.
7. At the meat or deli market, ask the butcher to wrap your food just in butcher paper, no plastic. Take a cold bag with ice packs, especially in our summer heat to put your food in and avoid having a plastic bag of ice.
8. Use clean glass jars and other containers. you don't need returned to take food to friends or family in need.

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- Use parchment paper in the bottom of your casserole dishes when preparing food to give away then wrap it again in more parchment paper or wax paper and put it in a small cardboard box if possible.
- Get paraffin coated cloth in place of plastic wrap to cover food:



UPC PRESBYTERIAN WOMEN'S STEWARDSHIP OF THE EARTH IDEAS

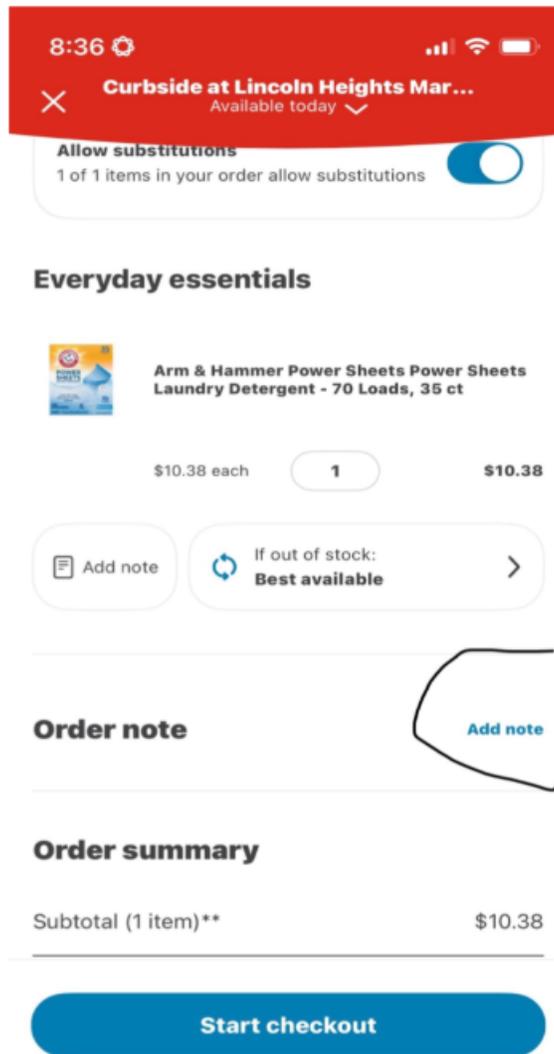
11. Use cloths instead of paper towels. [General Cleaning – E-Cloth Inc](#)
12. Use laundry detergent sheets sold in cardboard boxes instead of plastic jugs.



13. Encourage people who are sitting in the car, running their engines to please turn off their engines. I get the person's attention and let them know I would like to talk with them, telling them that I have something I want to ask them, and that they can tell me to go away if they want to. I tell them that San Antonio's air quality is most badly degraded by tailpipe exhaust from vehicles, & it has the most detrimental effects on old people and children. I often see lines of people sitting with engines running as they wait to pick up their children from school. I close by asking, "Will you please consider turning off your engine while you wait?"
14. Reusable feminine pads from Natissy: <https://shop.natissy.eu/collections/reusable-menstrual-pads?>
15. Use wool dryer balls instead of dryer sheets: https://www.amazon.com/Budieggs-Chemical-Softener-Hypoallergenic-Naturally/dp/B06ZYN7LLK/ref=sr_1_8



16. If ordering groceries for curbside pick-up, H-E-B has a place where you can put a note that you have your own reusable shopping bags and you want no plastic, please.



17. If you see folks returning to their cars with many plastic bags of groceries, consider offering them a couple of your reusable bags, and perhaps explain that we all have about a teaspoon of micro plastics in our bodies already from what's in the water, soil and food we eat.

18. Use electric lawnmowers and leaf blowers rather than gas

19. Seek out maintenance companies that use electric equipment.

20. Use natural fertilizers.