### *Take the Challenge, Ascension!*

#### Say “NO” to Single-Use Plastics

These are ideas that you and your family can pledge to do in response to Pope Francis’ call for us to “counteract the throwaway culture which affects the entire planet.”

* **Refuse/say NO** to disposable plastic whenever and wherever possible. Choose items that are not packaged in plastic, and carry your own bags, containers and utensils. Say, “no straw, please.”
* **Reuse** durable, non-toxic straws, utensils, to-go containers, bottles, bags, and other everyday items. Choose glass, paper, stainless steel, wood, ceramic and bamboo over plastic.



* **Reduce** your plastic footprint. Cut down on your consumption of goods that contain excessive plastic packaging and parts. **If it will leave behind plastic trash, don’t buy it.**
* **Recycle** what you can’t refuse, reduce or reuse. Pay attention to the entire life cycle of items you bring into your life, from source to manufacturing to distribution to disposal.
* **Participate** in a beach, stream, river, park, road cleanup.
* **Support** local bans on single-use plastic bags and Styrofoam.
* **Avoid microbeads**: Tiny plastic particles, called “microbeads,” are a growing source of ocean plastic pollution. Microbeads are found in some face scrubs, toothpastes, and body washes, and they readily enter our oceans and waterways through our sewer systems. Avoid products containing plastic microbeads by looking for “polythelene” and “polypropylene” on the ingredient labels of your cosmetic products.

**YOU CAN HELP COUNTERACT A THROW AWAY CULTURE!**

Watch the 5 minute video featuring Pope Francis by either visiting the YouTube link below:

<https://www.youtube.com/watch?v=-zYE36pcbXs&feature=youtu.be>

OR

Going to kcascension.org/Get Involved/Service Opportunities/Give Drink to the Thirsty/Our Common Home

*“Our industrial system, at the end of its cycle of production and consumption, has not yet developed the capacity to absorb and reuse waste and by-products. We have not yet managed to adopt a circular model of production capable of preserving resources for present and future generations, while limiting as much as possible the use of non-renewable resources, moderating their consumption, maximizing their efficient use, reusing and recycling them. A serious consideration of this issue would be one way of counteracting the throwaway culture which affects the entire planet.” Pope Francis, Laudato Sí 22*