**ECO-ACTION FOR THE WEEK**

March 5, 2021 – Actions for Our Own Dear Planet



**Plastics come from fossil fuels. Continue to reduce production and use of plastic.** Both the production of plastic (and styrofoam) and the pollution from this production and use are a major contribution to climate change, pollution, and deaths of fish and birds. Although some plastic can be used to make other things, few places accept it because there is such an abundant supply. Stop plastic at its source and diminish its market.

* Avoid products from Coca-Cola, PepsiCo and Nestlé. *These three were named the top plastic polluters in 2020, the third year in a row.*And they contribute to other problems.
* Contact at least one federal legislator and ask her/him to support the **BREAK FREE FROM PLASTIC POLLUTION ACT** (H.R. 5845 and S. 3263):

<https://www.plasticpollutioncoalition.org/letter-of-support-plastic-pollution-act>

* Food delivery services like DoorDash, Grubhub, and Seamless (plus other food delivery services and group residences) provide plastic items with their deliveries. Ask the first three listed not to include plastic cutlery and straws unless requested: [this link](https://default.salsalabs.org/Tab9b89d8-d247-49ce-9afb-4c4ee41ef4bc/1127291c-dfe0-4ac6-8c28-6f2445a6624f)[.](https://default.salsalabs.org/Tc0b0ecca-b943-40b5-a91c-6333baf5ba34/1127291c-dfe0-4ac6-8c28-6f2445a6624f)
* This International Women’s Day, learn about the microplastics in cosmetics and toiletries: [https://www.beatthemicrobead.org/get-to-know-microplastics-in-your-cosmetics-2](https://www.beatthemicrobead.org/get-to-know-microplastics-in-your-cosmetics-2/).

**Delving Deeper**

Use your creativity to remind people to reduce their use of plastic. In no more than seven words, think of a catchphrase for this. Even trying to do this will help Earth! Send your contribution(s) to [kdullea@shcj.org](mailto:kdullea@shcj.org).