



# Earth Keepers

## Plastics Awareness Challenge



This challenge is designed to help increase our awareness of plastics in our daily life. Please use this log and have fun with your family or just educate yourself on how to help our planet by reducing the impact of the plastic products we use and the waste we generate.

Visit the Trinity website [EarthKeepers Page](#) for additional information, ideas to help you with the challenge and links that will take you to other resources.

### 1: Begin with a plastics inventory – what's already in your house?

In the Bathroom – how many pieces of plastic can you find? \_\_\_\_\_

In the Kitchen – don't forget to look under the sink! \_\_\_\_\_

In the other rooms \_\_\_\_\_

Even the basement and garage \_\_\_\_\_

Your grand total (Yikes!) \_\_\_\_\_

And one more thing...how much plastic came home from the grocery or other shopping trips?

*Not so fun fact - The average life expectancy of a single-use bottle is 500 years, most of it spent in a landfill or the ocean as trash.*

### 2: Recycling – how are we doing?

How many plastic items are in your weekly recycling bin? \_\_\_\_\_

How many were thrown away? (Best guess) \_\_\_\_\_

### 3. Now for some changes

Check out the [EarthKeepers Page](#) at [www.trinitybranford.org/ministries/earthkeepers.html](http://www.trinitybranford.org/ministries/earthkeepers.html) to see if there are alternatives that you can try to reduce the amount of plastic that is coming into your home. Remember, what you don't bring home doesn't create a problem somewhere else!

Let us hear from you about what you have found in your home; send pictures or a short video or an email with your experience to [earthkeepers@trinitybranford.org](mailto:earthkeepers@trinitybranford.org).

Let's see how much Trinity can do together. Let's challenge and cheer each other on!