

## Miscellaneous:

- Use cloths or sponges instead of paper towels
- Use reusable containers for leftovers
- Bring your own bags to the grocery and other stores
- Reuse cardboard boxes
- Return junk mail back to the sender and ask to be removed from the mailing list
- Use both sides of a sheet of paper
- Donate unwanted items to charitable organizations instead of throwing them away

*Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, using public transport or car-pooling, planting trees, turning off unnecessary lights, or any number of other practices.*

*All of these reflect a generous and worthy creativity which brings out the best in human beings.*

**Pope Francis, Laudato Si #211**

## Useful Websites:

*Care for Our Common Home*

**Pope Francis' Laudato Si encyclical**

*Living Consciously within the Integrity of Creation*

**The La Vista Learning Center** exists to educate Oblates and the general public on ecological awareness, grounded in the sacred story of creation

*Reducing Carbon Footprint Action*

**Catholic Climate Covenant** is grounded in the Church's deep history of teaching on creation, ecology, and the poor

*More ideas, less waste*

**[www.earth911.org](http://www.earth911.org)** -

*Achieving a Cool Congregation*

**Interfaith Power and Light** (IPL) & EPA's ENERGY STAR resource

*Ending Plastic Pollution*

Ending plastic toolkit created by the **Earth Day Network** has practical suggestions. Videos and TEDx Talk available

*Because Simple Things Can Make a Difference*

"50 Ways to Save the Planet"

**[www.50waystohelp.com](http://www.50waystohelp.com)**



# REDUCE REUSE RECYCLE



Justice, Peace and Integrity of Creation  
Missionary Oblates of Mary  
Immaculate - U.S. Province

391 Michigan Avenue, NE  
Washington, DC 20017  
Phone: 202-529-4505

Website: <http://omiusajpic.org/>

For a printable version visit:  
[www.omiusajpic.org/resources](http://www.omiusajpic.org/resources)

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Reducing consumption, reusing items and recycling whenever possible reduces air and water pollution, keeps landfills from filling up so quickly and saves energy and money for both consumers and governments that have to deal with trash. This is a great way to deal with climate change.

Through a variety of short films, the website [www.storystuff.com](http://www.storystuff.com) presents honest conversations on what we do with our stuff and encourages civic engagement on these issues. Some of their award-winning films include: *The Story of Plastics*; *The Story of Water*; *The Story of Electronics*.

Helping to make a cleaner environment in our homes and places of work makes a genuine contribution to the betterment of society. Every little bit adds up!

### WAYS TO REDUCE, REUSE, RECYCLE

**Garden:** Yard cuttings used to make compost and mulch enrich the soil and help retain moisture, reducing the need for watering. **Result:** a better garden, less water and reduced stuff to the landfill. In addition to backyard gardens, for urban dwellers containers and garden beds are doable options, compact enough for balconies and small plots.

For e.g. "**Project Grace**," is an urban vegetable garden and animal sanctuary at the Shrine of Our Lady of Grace, an Oblate parish in the Philippines. They have employed a creative, from the ground up response for addressing local hunger during the Covid-19 pandemic.



**Paper:** Many areas now offer curbside collection and recycling centers where paper can be taken. Regulations on what is acceptable vary, so contact your local Department of Public Works for information.

**Single-use Plastic:** These are things like plastic bags, straws, coffee stirrers, soda & water bottles and most food packaging. As plastics are difficult to recycle, minimize their use. Many grocery stores now also allow customers to bring their own bags and impose a small fee on store-provided paper or plastic bags.

**La Vista Ecological Learning Center,** a ministry of the Missionary Oblates of Mary Immaculate, was born out of the Congregation's ongoing effort to respond to justice and ecological awareness.



**Running Shoes & Sneakers:** All brands can be recycled. See: <http://www.nikerouseashoe.com>. **Clothing:** Donate clean usable items to charity. Some areas have recycling programs for other textiles. **Another idea:** gradually move away from synthetic fabrics and fill your wardrobe with clothes made of natural fiber.

### WHAT CAN I COMPOST

**Household Food Scraps:** Compost for the garden can be made from items like fruit and vegetable scraps, eggshells, teabags, coffee grounds and filters and even junk mail.

### Purchasing Items:

- Whenever possible, buy items made from or packaged in recycled and recyclable materials. Ask companies making the products you buy to use recycled and recyclable materials.
- Avoid disposable products such as razors or plastic silverware. For take-out food and drink, carry a mug or plastic container with you
- Buy products with little or no packaging. Buy large, economy size products to save on packaging.
- Avoid buying plastic whenever possible, especially those used to package food.
- Buy energy-efficient appliances.

**Eating:** Consider being a vegetarian or at least reduce your consumption of meat and seafood. Animal food production uses far more resources and promotes climate change way more than growing fruits and vegetables.

Food for thought: "Have you explored switching to cleaner forms of energy, for e.g. solar panels?" Learn more: [nrdc.org/stories/renewable-energy-clean-facts](http://nrdc.org/stories/renewable-energy-clean-facts)

**Transportation:** Use public transportation when possible. Join a carpool. Walk more often or ride a bike

**For a list of 100 things you can compost, visit:** [www.smallfootprintfamily.com/100-things-you-can-compost](http://www.smallfootprintfamily.com/100-things-you-can-compost)