



## PARISH PLEDGE APRIL 2025- MARCH 2026: REDUCE & REUSE

### What I can do this year:

Check one or more (but not too many 😊!) and keep this page in a visible place:

#### **REDUCE!**

\_\_\_ Reduce my use of plastic bags, single use plastic water bottles, Styrofoam and other non-sustainable products. *Start with "I don't need a bag" when purchasing just a few items and remember to use your reuseable bag- especially for the produce section, available online at Grove Collaborative or in your local Stop & Shop or Shaw's*

\_\_\_ Unless I need it for record-keeping, don't ask for a receipt or have them email it *(and tell them before they print it!)*

\_\_\_ Use more sustainable options for paper products: tissues, paper towels, toilet paper (bamboo, recycled paper). <https://greenpaperproducts.com/> or <https://www.grove.co/>

\_\_\_ Use fewer K-cups or find ones that are refillable or made from recycled products

\_\_\_ Choose food and beverages in metal, glass or cardboard containers instead of plastic when possible: i.e. *salad dressing, soda, olive oil etc.*

#### **REUSE!**

\_\_\_ Reuse non-recyclable items at least **3 or more times** before throwing out.

\_\_\_ Start a compost bin/pile for your food waste.

\_\_\_ Get creative with old food containers, use to store items or turn into a craft project at home, at church or another group you belong to, before recycling them.



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### COMMUNITY EFFORTS: What I/we would like to help with this year\*

- A. \_\_\_ Join a beach or neighborhood clean-up during April or any time of the year- *let us know if you'd like a "Good & Green Team" vest to wear while doing it!*
- B. \_\_\_ Advocate in your town for increased use alternative energy sources like solar, wind, geo-thermal.
- C. \_\_\_ Encourage our local restaurants to use sustainable take-out/take home containers and automatically including plastic utensils and cut down use of plastic straws (*asking customers if they want one before including in every drink or every take-out order- "Skip the Stuff!"*)
- D. \_\_\_ Help our local restaurants and grocery stores explore more efficient use of their food waste (donation, compost).
- E. \_\_\_ Join our group advocating for a plastic bag ban/reduction bylaw in place for the October Wareham Town Meeting.

***\*LET US KNOW WHAT YOU CHOOSE TO WORK ON AND WE WILL LET YOU KNOW WHO ELSE IS INTERESTED IN THE SAME COMMUNITY EFFORTS. Fill out the short form below and give it to Deacon Hilary.***





## PARISH PLEDGE APRIL 2025- MARCH 2026

### HERE'S HOW I/WE CHOOSE TO HELP OUR COMMUNITY!

**Individual or Family Name:**

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**Community Efforts Selected (A, B, C, etc.):**

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**Contact info: Phone and/or email:**

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### TEAM US UP!

*Return to Deacon Hilary, either in her mailbox in the church office or email it to [hgreene78@comcast.net](mailto:hgreene78@comcast.net) or mail it to her at 50 Deseret Drive, Buzzards Bay, MA 02532  
And we'll match you up with other folks who want to work on the same areas of our community.*