



KANATA
ENVIRONMENTAL
NETWORK

Earth Week Plastic Challenge

Saturday April 16th to Friday April 22nd



Kanata Environmental Network is issuing the "Earth Week Plastic Challenge!" For one week, we are encouraging you to make a special effort to reduce the use of plastic, especially single-use disposable plastic. If you are really serious, challenge yourself to go plastic-free for the week—no plastic bakery shells, no Timmies coffee cup lids, no plastic bags. Join us and tell your friends!

Share your stories, tips, and adventures on Facebook Earth Week Plastic Challenge.

Why the Earth Week Plastic Challenge? The plastic we do use is eventually thrown out and fills our garbage dumps. Over time the plastic breaks down into microscopic bits that wind their way into the water ways, soils, and food chains. Some of the plastic we use doesn't make it into the dump, but is dropped by the side of a road, where it collects in storm water drains, streams, and eventually in the ocean.

We all know we need to use our resources wisely, and reduce the waste we leave behind. On April 22nd, Earth Day, we invite you celebrate our relationship with home by participating in KEN's Earth Week Plastic Challenge.

Some things to help you get started:

For a list of tips on how to reduce plastic in your home, visit [The No Plastic Project](#).

For more information about Earth Day events in Ottawa, visit [Earth Day Ottawa Events](#).

KEN's "Plastic Planet Presentation" by Michelle Lambert is available as a podcast at [Steppin off the Edge](#).

A list of local and web resources is mentioned in the "[Plastic Planet Presentation](#)."