

Eco-Tip for February— A challenge!

Challenge yourself—a month without Clingfilm!

For February—we are asking you to try and live without clingfilm for the whole month.

Whilst useful in the kitchen, and even the garage and first aid cabinet, cling film is a single-use plastic.

Cling film is mostly made from PE, PVC or PVDC polymers which are derived from hydrocarbons produced from petroleum and natural gas. If that is not enough to make you want to stop using it then maybe the fact that it is heated to very high temperatures in the manufacturing process thereby using vast amounts of energy and it doesn't break down once its been used. It can take hundreds of years to degrade, creating microplastics in our oceans and ground water. These microplastics leach harmful chemicals which endangers wildlife. It is not easy to recycle clingfilm, even though we can put it in our blue bin – Remember—REDUCE is the first word in REDUCE, RE-USE, RECYCLE. Meaning we should just be using less plastic.

Suggestions on what to do instead:

- Instead of using clingfilm put your lunch sandwiches straight into an airtight Tupperware or similar lunch box
- Consider buying some silicone lids in various sizes
https://www.peacewiththewild.co.uk/product/silicone-stretch-lids-set-of-6/?gad_source=1&gclid=EAlaIQobChMIInlCc55figwMVVJFQBh1dxwvZEAQYBiABEgK3kPD_BwE
- Put a plate/saucer over food to cover it before putting it in the fridge OR, put the plate of food in a washed re-used polythene bag—afterwards wash the bag out again and re-use it
- Use a jam jar with a screw top lid to store things in the fridge
- Re-use yoghurt pots for freezing food
- Yoghurt pot lids might just fit one of your bowls...
- If you need to leave food out on the countertop use a clean tea towel to cover it instead

Clingfilm can be useful in a medical emergency for burns and scalds so it is handy to have some nearby but, put it to the back of the cupboard!

Oh, and don't be tempted to cheat and use foil instead - that's just moving the problem elsewhere!

Please spread the word. Talk with your friends and family and challenge them to join you.

We'd love to hear how you are getting on with it so please do come and have a chat with Ali Fisher, Sue Free, Ruth Chamberlain or anyone from the Eco Church team.

<https://blog.themodernmilkman.co.uk/eco-friendly-clingfilm-alternatives/#:~:text=Clingy%20by%20name%20and%20by,and%20endangers%20the%20world%27s%20wildlife.>