

Peace Church
Chiemgastr. 7
81549 München

PLASTIC FREE LIVING

Shopping:

- Skip the plastic bag
- Buy fruits & vegetables not wrapped in plastic & use organic veggie bags
- Shop at farmers markets and local produce shops
- Bring your own container to your local butcher



Personal Care:

- Use a bar shampoo, available at Mueller, DM & Lush
- Buy bamboo toothbrushes
- Check out all sorts of plastic free items for the bathroom on Amazon or at Basic Bio, like q-tips, razors, floss...



General:

- Plan your meals to avoid ingredients only available in plastic
- Avoid take-out meals
- Bring your own reusable bags every time you shop
- Shop at stores that sell in bulk



Drinks:

- Bring water in a water bottle from home
- Buy your milk and other drinks in glass bottles
- Say no to bottled water
- Bring your own to-go coffee mug (most places will fill it up instead)
- Bring your own straw



Lunch:

- Bring your own containers & utensils that can be used for years
- Consider bamboo or metal containers as non plastic options
- Invest in some reusable wax paper wraps instead of plastic bags (superbee.me)



Being a Green Church

Why should we care for the Earth?

Caring for the earth is a good thing to do, the right thing to do and, more and more, something we are legally obliged to do. But these aren't the reasons we, as Christians, do it. As a Christian community, we recognise the importance of being stewards of creation and our responsibility to pro-actively take care of the earth.

We care for the earth because we are called to do so by the Creator Himself.

REDUCE = create as little waste as possible

What can we do?

- Drink tap water not bottled water. Munich tap water is safe and delicious!
- Buy and use products with little or no packaging
- Avoid single serve containers / buy in big packages
- If you buy bottled drinks make sure they are PET, those with a 'Pfand'; avoid cans, thinner types of plastic, Capri Sun bags, etc.
- Refuse plastic or paper bags from stores; bring your own bags and containers
- Make sure to switch off lights in unused rooms
- In cold months keep the heaters running at a low level
- Only start the dishwasher when it's completely full
- Partially fill the sink with water and dish soap when washing dishes and don't keep the water running
- Use disposable dishes (plastic, paper) only if really necessary
- Eat your leftovers and avoid throwing away food
- Try to keep the church inventory intact as long as possible
- Repair what can be repaired

REUSE = use things again

What can we do?

- Reuse plastic and paper bags instead of throwing them away
- Use washable dishes and silverware
- Use old paper / sheets for notes; use both sides
- Use cloth towels instead of paper towels
- Donate unneeded items to others instead of throwing them away

RECYCLE = make use of used or waste materials

What can we do?

- - Buy products that are labeled as recycled
- - Buy products made from reusable material (wood, paper, cardboard, etc.)
- - Avoid plastic products
- - Divide trash and waste using the bins / trashcans labeled accordingly
- - Make sure the trash stays divided / Don't throw everything in the same bag in the end
- - Make sure to clean the trash (e.g. packaging) from other waste before throwing it away