ACTIONS YOU CAN TAKE

**Personal Actions**

1. Pledge to stop using balloons and single use plastic – take out containers, utensils, straws, Styrofoam, cups.

2. Take reusable bags and containers to the store. Buy in bulk. Use compostable bags and containers instead of plastic. Buy personal care products in refillable containers.

3. Buy food in glass instead of plastic.

4. Avoid personal care products that have polypropylene and polyethylene.

5. Buy products with sustainable materials such as 100% cotton clothing, not polyester.

6. Buy a cora ball or filter (https://filtrol.net/) for your washing machine to catch polyester fibers.

7. Recycle plastic bags, bubble wrap, film packaging, etc. in the Trex recycling bin at grocery stores. Visit <https://recycle.trex.com/> to see what is recyclable.

8. Buy air filters for your home (small particle size) and water filters for your faucet.

9. Dust and vacuum frequently – Kitchens and bathrooms have the most microplastics.

10. Sign up to use the organics recycling dumpsters on www.mankatozerowaste.com

11. Avoid these Chemicals in cosmetics: triclosan,, dibutyl, phthalate, , EDC,DBP, parabens such as methyl, ethyl, propyl, isopropyl, butyl and isobutyl parabens, benzophenone-3, polyethylene glycol, formaldehyde, sodium lauryl sulfate, BHA, BHT, MEA, DEA, TEA, ethanolamine, hydroquinone, methylisothiazolinone, methylchloroisothiazolinone, toluene, octinoxate, benzalkonium chloride, oxybenzone and avobenzone

WEBSITES:

[www.mankatozerowaste](http://www.mankatozerowaste/)

[www.breakfreefromplastic.org](http://www.breakfreefromplastic.org/)

[www.beyondplastics.org](http://www.beyondplastics.org/)

<https://www.breakfreefromplastic.org/toolkits/brand-audit/>

[www.blueearthproject.org](http://www.blueearthproject.org/)

<https://balloonsblow.org/environmentally-friendly-alternatives/>

**Legislative Actions**

When the people lead, the leaders will follow.

Toxins don’t know political boundaries. Don’t let fossil fuel industries ruin the planet.

Write your federal legislators and tell them microplastics should be labelled as a toxic chemical and throw away plastics should be banned from being produced.

* Introduce a city ordinance banning single use plastic or work with legislators to introduce a state bill. (Refer to [www.beyondplastics.org](http://www.beyondplastics.org))
* Sign the resolution to support reducing plastic in Mankato, North Mankato and St. Peter at [www.mankatozerowaste.com](http://www.mankatozerowaste.com)

* To find out who represents you, go to https://www.gis.lcc.mn.gov/iMaps/districts/
* Email or call your state representative to support the state EPR bill HF 4132 authored by Sydney Jordan to hold producers responsible for recycling their products and redesigning them to be sustainable in packaging and ban toxic chemicals from products. Letter is available on www.mankatozerowaste.com
* Sign the Break Free from Plastic Pollution Act: <http://bit.ly/3lp31sR>
* Sign the petition President Biden: Be a #PlasticFreePresident https://actionnetwork.org/petitions/president-biden-be-a-plasticfreepresident
* Send letter or call your legislator in support of the bill for standard Labeling of compostable food service products and other packaging. Compostable product labeling bill - House file 1165 - Senate file 2243 <http://www.mncompostingcouncil.org/uploads/1/5/6/0/15602762/resident_-_mncc_compostable_products_language_support_request.docx>
* Send a letter or call your legislator in support of (HF3075 / SF3326): Would require manufacturers to disclose the amount of PFAS they use, the products it’s used in, and how.

#### **Send a letter or call your legislator in support of banning the use of PFAS in:**

1. Ski wax (HF2952 / SF3441): PFAS in ski wax deposits directly into the environment and into our waterways as snow melts. It’s not an essential use for PFAS and is purely recreational.

2. Cookware (HF2907 / SF3327): Cookware can be a direct and significant exposure to PFAS in our homes and bodies.

3. Cosmetics (HF2906 / SF3403): Products that we put on our skin should not contain hazardous chemicals.

4. Juvenile Projects (HF3571 / SF3669): Children are especially at risk from PFAS because smaller amounts are toxic during crucial stages of development.

5. Carpet, furnishings, aftermarket treatments (HF3076 / SF3307): Stain resistance is convenient, but it means we are regularly exposed to PFAS in our homes.

6. Outdoor wear, uniforms and other textiles (HF3076 / SF3345): PFAS is often used in weather-resistant clothing or as a stain-resistant additive. In some cases, just a couple of PFAS-coated jackets can cause unsafe contamination.

7. Firefighting Foam Loophole Closure (HF3686): In 2019, Minnesota banned the use of PFAS firefighting foam for training purposes. We can do more by banning all uses of PFAS in firefighting foams that aren’t required by federal law.

[**Tell the Senate: Pass the PFAS Prevention Package**](https://click.emails.sierraclub.org/?qs=a555e5287d7485d4be1d8fb558d10cb9e19a81d18e3302366569959314568d230b268365b6e3fc71d33f11e05676c40ce8020b1ea97ffb4c)

* Send a letter or call your legislator in support of S.3743 Recycling and Composting Accountability Act that would designate funding to improve our nation’s recycling and composting systems.

And S.3742 Accessibility Act which would establish a pilot program to promote recycling in underserved communities.

* Email or call your state representative to support the bill [HF2661](https://www.revisor.mn.gov/bills/bill.php?b=House&f=HF2661&ssn=0&y=2021) Zero-Waste Grant Program authored by Rep. Athena Hollins. This bill would create a competitive grant program for nonprofits and governments to pursue zero-waste projects. The bill would encourage solutions to some of our most pressing waste issues: electronics reuse and recycling, organics recycling, waste reduction market development, and consumer education.
* Sign a letter telling the President to stop pipeline #3https://interfaithpowerandlight.salsalabs.org/line3bidenemail/index.html