

Changing Habits - Josephites Focus on Soft Plastics

Coinciding with [Earth Day](#) (22 April), the Sisters of Saint Joseph of the Sacred Heart and Sisters of St Joseph Lochinvar present the next stage of their [Explore-Embrace-Embody Laudato Si' Action Plan](#). The 2023 campaign focuses on the impact of Soft Plastics – raising awareness and inspiring action to reduce the use of soft plastics and advocate for better recycling at an individual, local, state and national level.

“Our campaign and the Earth Day theme of *Invest in our Planet* point in the same direction; responding to the cries of those made poor and to the cries of Earth,” says Sr Mary-Ann Casanova who is leading the campaign.

The Soft Plastics campaign is a shared Josephite endeavour and will be promoted through a series of eight topics every month from May to December 2023. The topics are:

- P – Plastics Paralysis
- L – Lightbulb Moments
- A – Asking for Change
- S – Shopping Tips
- T – Taking Action
- I – I Can, I Will
- C – Changing Habits
- S – Showing Off

“Each topic will include a threefold invitation to action – *Contemplative Action*, *Community Action*, and a *Call to Advocacy*, plus links to inspirational Eco-Hero stories from the Josephite community; sample advocacy letters, spiritual support, and online resources and ideas for change,” continues Sr Mary-Ann.

“We acknowledge that the problem of soft plastics is complex and universal. It engulfs Earth – every waterway, every habitat, every species and ultimately every food chain. It is a crisis of human-making, one which disproportionately affects the lives of those who are made poor.

“By the end of this campaign, the Josephite community hopes to have reached as many people as possible – to educate, inspire and support everyone on their journey to personal and communal conversion. All Josephite supporters are invited to be involved in this first step of the *Explore-Embrace-Embody Laudato Si' Action Plan*. Each of us has the capacity to be that one person to restore hope. While we can't do everything, we can do something.”

Look out for a focus on PLASTICS PARALYSIS in May 2023!

Youtube Link: <https://www.sosj.org.au/laudato-si-action-plan/>



Sr Mary-Ann Casanova with her Soft Plastics installation.



Laudato Si' Action Plan



Sisters of Saint Joseph
of the Sacred Heart

EXPLORE  **EMBRACE**  **EMBODY**

SoftPlasticsFactSheet

- Australians want to do the right thing to deal with soft plastics pollution. But the recycling schemes that have been on offer have barely touched the surface.
- With the failure of REDcycle, tonnes of thousands of soft plastics have gone to landfill. Landfill is the very destination that millions of Australians, by their actions, were hoping to avoid. This leaves many people in the community disappointed, angry and deflated about their efforts to be more environmentally conscious.
- This crisis has also highlighted some facts about our national use of soft plastics.
- According to the Australian Bureau of Statistics in 2018-2019, 2.5 million tonnes of plastic waste was generated but only 9% was sent for recycling.
- Households were the largest contributor, generating 1.2 million tonnes of plastic waste - that is 50 kilograms for every Australian.
- Central to the thinking of recycling schemes is that you, personally, are responsible for pollution and global warming. Yes, it's all your fault. The same with being worried about your individual 'carbon footprint' or being guilt-tripped for taking holidays.
- Although this situation ultimately requires the involvement of governments and manufacturers, there is still much we, as individuals, can do to lessen our dependence on plastics.
- Options for individuals to take their hard plastics and paper for recycling have been around for many years. Yet these 'acts of consumer power' haven't stopped masses of plastics forming in our oceans; a crisis so bad that the World Economic Forum in 2016 warned that plastics could outweigh fish in our oceans by 2050.
- When single-use plastics were removed in Australia, supermarkets adopted 'environmentally conscious' multi-use bags at 15¢ a pop. Many of these bags - worse for the environment than the bags they replaced - are used once and end up in landfill.
- One positive step is that Woolworths will discontinue the sale of reusable plastic bags by July 2023, phasing out the 15 cent plastic bags. It will see more than 9,000 tonnes of plastic removed from circulation every year.
- But, it is not the packing bags that are the main problem. It is the prepacked food bags eg bread, pasta, potato, nut, seed, dried fruit, legume, tea, coffee and the plastic around products, newspapers, magazines, mail, anything you order online etc - the list goes on.
- Follow the Sisters of Saint Joseph on this journey to reduce the use soft plastics, advocate for change and identify ways to recycle better.



Laudato Si' Action Plan

SoftPlastics include:

Biscuit packaging (not including trays)

Bread bags

Bubble wrap

Cereal box liners

Confectionary packets and bags

Fresh produce bags, incl. string bags

Frozen food bags

Plastic film

Plastic sachets

Shopping/grocery bags

Silver lined chip bags

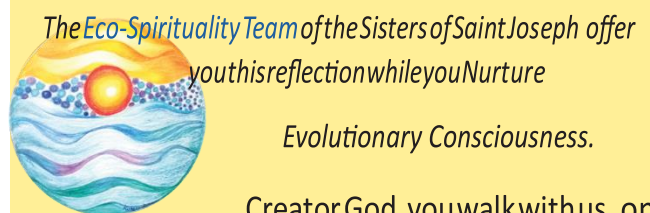
Snaplock bags

Squeeze pouches

Sturdy pet food bag



Spiritual Inspiration



The Eco-Spirituality Team of the Sisters of Saint Joseph offer you this reflection while you Nurture

Evolutionary Consciousness.

Creator God, you walk with us on our journey. Open us to see the revelation of your presence in

all of creation that we may safeguard and protect the beauty of Earth. We ask this in the name of your Son, who taught us about the sacredness and interconnectedness of all of life,

Jesus Christ. Amen.

EXPLORE ~ EMBRACE ~ EMBODY



Laudato Si' Action Plan

EXPLORE  EMBRACE  EMBODY

170386 - 22 April 20