

## AMSSND **GREEN Habits** Challenge

**“Act as if your house is on fire because it is!”** These words of the young environmental activist Greta Thunberg is a rallying call for all of us to **DO SOMETHING to radically reduce the greenhouse gases that are warming the planet at a threatening rate** and compromising the sustainability of Earth and the lives of all of us who call this beautiful planet, “home.” There’s no denying it. Climate change and global warming are real.

**Did You Know:** The production and use of plastics, filled with petrochemicals, doubled in the last 20 years? Since plastic is made from petroleum based chemicals plastics contaminate the atmosphere, poison the soil, and are increasingly contaminating oceans, rivers and wildlife. While we might only use a plastic bag for less than an hour, they last more than 500 years in our waterways and landfills.

**What you can do: Join the AMSSND Green Habits Campaign!** Every month we will publish a **“Green Habit”** that you can take on that will contribute to the global effort to help curb the rise in global temperatures and catastrophic climate events. Act as if our house is on **fire** because it is!

### Challenge 1: # **Change the Bag**



Carrying a cloth bag to the grocery store, instead of accepting a plastic bag from a cashier is a GREEN HABIT that School Sisters of Notre Dame want to encourage everyone to adopt. Send us a picture of yourself using a cloth bag and we will post it! [am-communication@amssnd.com](mailto:am-communication@amssnd.com)

Three reasons to eliminate plastic bags from your life and our world:

1. **Plastic Bags are significant contributors to global warming and climate change.** They are produced from carbon based petroleum and emit greenhouses gases when they are exposed to sunlight or begin to degrade.
2. **Plastic bags can take as long as 1,000 years to break down;** they are composed of very resistant fibers that break into smaller and smaller pieces , but do not completely degrade in natural environments.
3. **Plastic Bags are contaminating the world’s oceans and the human food chain.** According to the Ocean Conservancy 8 million metric tons of toxic plastic enters the Earth’s oceans every year. Marine animals eat the plastic and then it enters the human food chain.