

Conservation Krewe
NEWSLETTER
Volume #1



WELCOME

This is the first edition of the Conservation Krewe monthly newsletter.

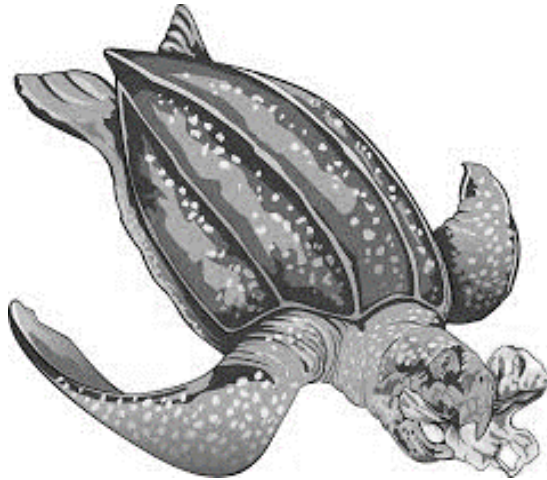
Within these pages you will find articles written by team members about conservation topics. We hope you enjoy these articles as much as we enjoyed writing them.

Thank you

PLASTIC, IT'S YOUR PROBLEM TOO

Sick and tired of cabinets full of plastic bags? We have a green solution that will save you time.

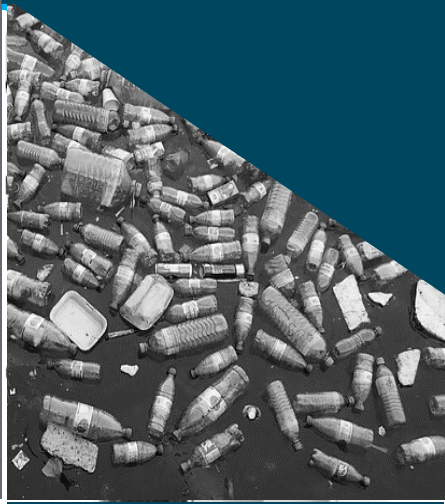
FINISH READING ON PG. 2



KITCHEN NIGHTMARES: OCEAN EDITION

Find out ways to reduce the amount of plastic storage you use in your kitchen everyday.

FINISH READING ON PG. 3



Convenience vs. Conservation

The choices we make matter. Find out how one of our everyday routines can make a major impact on our environment.

FINISH READING ON PG. 4



SAVE BY SWITCHING

Learn about the simplest way to save money while reducing the amount of plastic put into the environment.

FINISH READING ON PG. 4



PLASTIC

It's your problem too

By Jessica Witherly

Imagine all those years ago if on the first Thanksgiving, the Pilgrims and Native Americans carried home all their food for the feast in plastic bags. Those bags would still be scattered around the world today. Some would end up being eaten by sea turtles that mistook them for sea jellies, others would be floating in the ocean breaking into little pieces that fish would eat or end up in one of the world's five garbage patches floating in the ocean.

Plastic bags have only existed for less than fifty years, but their impact is already monstrous. Plastic bags and other plastic products are responsible for the pollution of the world's beaches, over 100 million marine animal deaths a year, and toxic effects on our food supply. Is this the legacy we want to leave for future generations?

We must learn from our mistakes or we are doomed to repeat them. The overuse of plastic is one of the world's biggest mistakes. Instead of leaving this issue for future generations, let us do something first! Reducing the use of plastic is one of the simplest things you can do to help. Reusable shopping bags are easily purchased online or in thousands of stores for reasonable prices and are easier to use than plastic bags. Who knew consciousness and convenience could be one in the same?

REUSABLE SHOPPING

BAGS

-You can always find reusable shopping bags anywhere you buy groceries.

PLACES TO RECYCLE

If your neighborhood or apt. building does not have recycling check out these local resources:

-Bossier City Recycling Center

<http://www.bossiercity.org/228/Recycling>

-Target/Lowe's/JC Penney's/ Walmart

<https://www.plasticfilmrecycling.org/>

-Caddo Parish Recycling

<http://www.caddo.org/DocumentCenter/View/253/Compactor-Sites?bidId=>

“Those of us who love the sea wish everyone would be aware of the need to protect the sea.”

-Eugenie Clark

Kitchen Nightmares: Ocean Edition

By Erin Oostenburg

When attempting to make your lifestyle more environmentally friendly it can seem overwhelming and it might be difficult to know where to start. Many everyday kitchen convenience items can have a long lasting impact on the environment. With a few simple choices, it's easy to make your kitchen more conservation conscience! Kitchen storage items can be wasteful and they all have green alternatives. How many plastic bags do you go through when packing your lunch, 2, 3 or more? Reusable snack pouches are environmentally friendly and will save you money. Skip the plastic storage containers and go for the more durable stainless steel or glass storage containers. Beeswax wraps or regular cloth covers are a less frustrating substitute for plastic cling wrap. Steering clear of food that uses plastic packaging can be a great way to significantly reduce the amount of plastic used in the kitchen. Instead of putting your fruits and vegetables in plastic bags at the grocery store try some reusable cotton produce bags. Every choice we make matters, with a few small changes we can all reduce our footprint.

Better food storage options:

Food containers

There are some inexpensive Tupperware, glass and silicone containers that are more environmentally friendly and can reduce the amount you spend on Ziploc bags and Saran wrap!



CONSERVATION vs. CONVENIENCE

By Anne Lutz

As we go about our daily lives we decide whether to choose convenience or conservation, plastic or planet and our day to day decisions make an impact on our planet. Everyone understands the detriment of disposable plastic bottles, but next to plastic bottles, single-serve coffee capsules are high up on the list of single-use items to purge from our lives. The rise in the popularity of capsule style machines has seen our usage of capsules both at home and at work skyrocket. Last year alone Keurig sold 9 billion K-Cups, the majority of which likely ended up in landfills.

How to make it better?

1. Recycle them... easier said than done. First you must separate the pod components. K-Cup® pods consist of a combination of plastic, aluminum, organic material (coffee grounds) and a paper filter. Most of these items cannot be recycled due to printing on the foil label and not being the type of plastic that is even recyclable. The paper and coffee grounds however could be placed in a composting bin.
2. Purchase a reusable K-Cup pod. You can find reusable K-Cup pods anywhere you can buy a single serve coffee maker.
3. Finally, please always use a good old-fashioned glass coffee cup to drink your coffee! Not only will your coffee taste better, but you will be doing your part in helping reduce, reuse, recycle and refuse!

Expectation



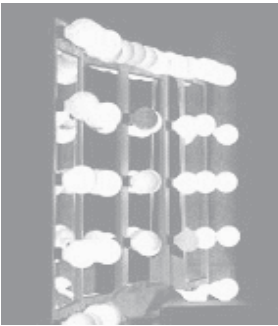
Reality



SAVE BY SWITCHING

By Jessica Witherly

Who among us doesn't want to save some do-re-mi? Want in on a little secret? You can save money every day by making the switch. Switch from buying plastic water bottles to using a reusable water bottle. This little change may not seem like much, but you can save big! The plastic bottle industry will be worth 280 billion dollars by 2020. Americans spend over \$11.8 billion dollars on bottled water a year. You could save hundreds of dollars a year by making the switch! Did you know that when purchasing plastic water bottles you are spending up to 200x more on convenience? You are paying for the convenience of having water in a plastic bottle for on the go convenience. Instead of spending ghastly amounts of money on plastic bottles invest in a water filter and reusable water bottles. Making the switch is the best choice for the environment and your wallet!



Eco-friendly Hygiene

By Sarah Eden

From the time you wake up to the time you go to bed, your life is consumed with plastic. Today we'll look into one of the integral parts of your morning routine: your bathroom. The toothbrush you use to keep your breath fresh...plastic. The razor to get rid of that 5 o'clock shadow...also plastic. That tube of your favorite fire engine red lipstick...you guessed it, plastic.

In 2016, the average American spent upward of \$170 on bath preparation products per year. This statistic doesn't include hair products, cosmetics, or even the bath tissue (If the cost of women's makeup is included, the cost is around \$3,090 annually!). But more important than cost is the amount of non-recyclable plastics included in all of this.

Most bathroom goods are not recyclable because either the product packaging is too small for a recycling plant to handle or the container itself is simply not made from recyclable plastics. However, there are a few alternatives to help minimize your plastic use. The first step is really considering if you need the newest body lotion or gel for your hair. Eliminating the urge to splurge excessively on products will help minimize the amount of plastics you own. Another option is considering making the switch to eco-friendly alternatives such as shampoo bars (instead of the standard bottles). They can be purchased for as low as \$12, use substantially less plastic than an entire bottle and last much longer than traditional bottled products. Finally, using homemade face wash or shaving cream will help reduce the use of flexible plastic container, those pesky non recyclables. With these few manageable steps, you can help reduce your plastic consumption and save the oceans.



Look into alternatives for bathroom products for your household to save money & the environment or recycle the items you do use.

- Shampoo bars save you \$\$\$ because they last longer than regular shampoo.
- Reuse containers you get products in to eliminate waste.

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