



## Take a Stake in the Lake!

Take a Stake in Our Great Lake Erie by doing simple, every day actions to reduce your use of plastics and microplastics. These actions and your commitment will join you with a growing community of people who care about Lake Erie, our environment, and its future.

### Here's How – Select at least 3 actions to reduce your choice of single use plastics:

- Commit to cloth grocery bags – stop using plastic grocery bags.
- Use produce nets instead of the single use plastic bags for produce.
- Join a beach cleanup or organize a beach cleanup in your local neighborhood. To get a list of beach cleanups, go to <https://adopt.greatlakes.org/s/find-a-cleanup> to find one near you.
- Skip the straw. Don't use straws for your beverages or plastic stir straws at coffee shops, bars, and restaurants. Encourage businesses to switch to paper straws and stirrers and only provide straws to customers on request.
- Get your morning coffee to go in a reusable coffee mug.
- Start recycling at home – use the **LEF recycle guide**.
- Ditch the single use water bottles – get a refillable water bottle or drink container.
- Don't buy products that contain microbeads, often identified on labels as polyethylene, polypropylene, polylactic acid (PLA), polystyrene or polyethylene terephthalate. This includes many detergents and cosmetics.
- Ask for compostable takeout containers and utensils and support restaurants that use them.
- Choose local and seasonal foods and avoid prepackaged foods. Support farmers markets - join a CSA.
- Break away from laundry soap jugs. Find alternative laundry products that don't use plastic jugs.

I pledge to reduce, reuse, and recycle plastics by committing to the following 3 actions for 3 months:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

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Signature of participant or legal guardian: \_\_\_\_\_

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Send completed form to [kburke@lakeeriefoundation.org](mailto:kburke@lakeeriefoundation.org) or mail to LEF, 236 Walnut Ave, Lakeside OH 43440