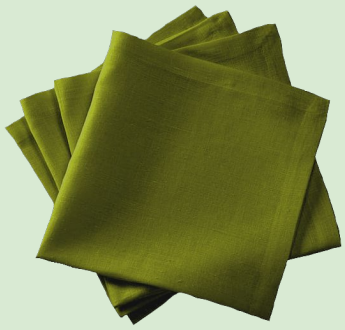
Girl Scouts Troop 61810

THINK REUSABLE

By Hailey La Monte

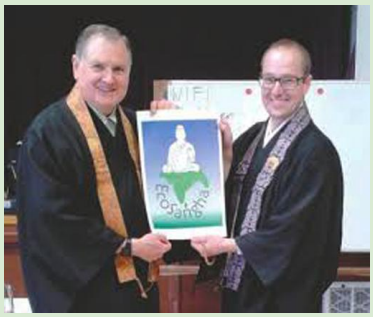
Single use paper products are a major contributor to greenhouse gases. Cutting down trees, transporting the wood, and manufacturing the paper takes great amounts of greenhouse gases and contributes to deforestation globally. Let's try to get the most out of every product before throwing them away in the landfill and buying another. It's time to **Think Reusable!**

Reusable Tip #5: Napkins and Paper Towels



Paper napkins can be wasteful and expensive. An alternative is reusable cloth napkins that can be washed. Choosing 100% cotton napkins is the most environmentally friendly because they contain no tree material. Try your best not to buy any polyester blends, as they are made from plastic. This goes for all polyester items, including clothes and other products.

You can buy inexpensive white cotton napkins or face towels at Costco and roll them around a paper towel holder rod, overlapping them to form a roll of reusable towels. Using a certain color can help avoid getting them mixed up with your other towels. Or, you can fold face towels neatly on the counter in a basket. For very messy or greasy clean ups, try cutting your old clothes into squares as rags that can be disposed of, repurposing something you already have at home.



EcoSangha is an organization founded by Reverend Don Castro of Seattle Betsuin and promotes ecology in the Buddhist sanghas. On Feb 9, 2019, Rev. Don Castro gave a seminar at SMBT called *EcoSangha: Jodo Shinshu Buddhism and Ecology*. He spoke about that "to be a Buddhist is automatically to be both an ecologist and a conservationist." To read the full article, please visit SMBT's website.

Think Reusable newsletters are now on SMBT website under menu Get Involved
If you have any questions or Tip Ideas, please email to Hailey La Monte at haileylamonte.aki@gmail.com