



## Join the PlasticFreeDMV Challenge!



We've all heard about the devastating impact that plastic pollution is having on our oceans and other waterways. A plastic material often used for just minutes and then thrown away can take centuries to decompose, leaching harmful chemicals into the soil and groundwater.

Now is your chance to help curb the use of single-use plastics by taking the PlasticFreeDMV Challenge. This initiative is being organized by EcoAction Arlington and its partners—the Sierra Club's Mount Vernon Group, the Alice Ferguson Foundation, CleanFairfax, 350Fairfax, and the Trash Action Work Force--to focus a spotlight on this problem and encourage residents throughout the region to take meaningful action.

EcoAction Arlington and its partners will offer lots of tips and resources on how to reduce plastic use and will bring participants together to share ideas and experiences through emails and social media (#plasticfreeDMV). Visit the EcoAction Arlington webpage <https://www.ecoactionarlington.org/community-programs/campaigns-against-plastic/> to enroll and check out the resources available to help you reduce your plastic footprint. You can also recruit family, friends, work colleagues, neighbors, and faith-based community members to sign up and form a team for some friendly competition with like-minded groups in the DMV.

The challenge runs throughout the fall and you can win prizes in weekly challenges. So skip the straw, ban the bag, carry the (reusable) cup, and go the extra step to reduce your trash. You'll be the pride of your friends, family, and neighbors and the planet will thank you.

*This content originally appeared in the September 2018 issue of the Mount Vernon Sierran, the Mount Vernon Group's quarterly newsletter. Opinions expressed in this article are the author's and do not necessarily reflect official positions of the Mount Vernon Group or the Sierra Club. For more information about the Mount Vernon Group, please visit [virginia.sierraclub.org/mvg/](http://virginia.sierraclub.org/mvg/).*