

## “Are We Addicted to Plastic?”

Dear Adam and Eve:

**Why do we use plastic wrap, plastic bottles, plastic snack bags, etc. even when so few are recycled, take so many centuries to break down in the landfills and release so many contaminants into the soil? We still can't give them up!**

Signed, Addicted

Dear Addicted,

Yep, that's what it feels like, “addiction”! We've tried to go for a week and not use any plastics in our kitchen, using glass containers and paper instead. Can't do it. That plastic wrap just jumps out of the drawer and into my hand before I know what's happened.

And we're going to get something horrible from wrapping our dinner plates in plastic wrap and popping them in the microwave. I mean, food, hot plastic wrap, “can't even see under the microscope” microwaves! A real recipe for destroying our bodies from all I've read.

We have done pretty well regarding plastic water bottles; we just don't buy them. Maybe that's the way we're going to be able to leave the other plastics alone - just not have them in the house.

We've got the re-use thing down pretty good. I've “collected the whole set” in butter tubs; one small size set is different colors, another larger set is all the same color - but still can't quit the wrap and baggies! Anybody out there got any ideas on quitting plastics? Did you go cold turkey! A little at a time?

And Remember!

**RETHINK! REDUCE! REUSE! RECYCLE!**

Please email questions/comments to [DearAdamandEve@timemphis.org](mailto:DearAdamandEve@timemphis.org) or write “Dear Adam and Eve”, c/o Temple Israel, 1376 E. Massey Rd., Memphis, TN 38120

