

The Plastics in all of us and our families.

****Treats from Hiker Leaders and Co-Leaders are optional and totally voluntary.****

AI generated report, Google Search on 08/04/2025

“Plastics are detrimental to both human health and the environment due to their persistence, the release of harmful chemicals, and their contribution to climate change. They persist in the environment for hundreds of years, breaking down into [micro plastics](#) that contaminate ecosystems and enter the food chain. Furthermore, the production and incineration of plastics release pollutants into the air and water, impacting human health and contributing to global warming”.

Stopping the use of plastics seems daunting and impossible. And yet, the CCHC Conservation Committee is advocating that we, as individuals and as a club that cares for the environment take whatever small steps we can and must to limit the use of plastics. To start with, the beloved tradition of treats offered by Hike Leaders (2 hikes per week) if distributed in individually plastic wrapped portions will generate plastics that end up in the landfill.

The CCHC Conservation Committee is highly recommending that if hike leaders choose to provide treats to be preferably packaged in recyclable or compostable bags.

Here are Ideas for packaging:

- Paper Napkins, wax paper or aluminum foil.
- If willing, the hike leader can have treats in a container and distribute them at lunch - thus no need for wrappings.
- Possibility – Paper COOKIE BAGS (Compostable paper bags available too.)

Readymade Paper cookie bags can be used for baked goods, trail mix, or nuts. These can be purchased online (Target, EBay, etc). The least expensive ones tend to be bulk purchase from restaurant supply stores (e.g. a box of 2000 bags starting from 3cts each plus tax and shipping). If interested, please contact Sue Lai (laipet736@gmail.com) for sharing (at cost) this bulk purchase for the amount that you need. Nuts, trail mixes etc purchased in bulk is more cost and time effective than individually pre-packed plastic ones too.

**** In the United States, only about 6% of plastics used are recycled. *****
Just think of us on a weekly basis, cutting up a credit card and eating it as that is the equivalent amount of micro plastics we are ingesting from food, water and the air we breathe. Micro plastics have been found in patients' lungs, hearts, even poops of newborns.
Join us to reduce the use of this forever poison! We can do it!