



CUTTING PLASTIC ONE BOTTLE AT A TIME

PAIGE PARSONS-ROACHE IS KNOWN AS THE VEGANRAMAMAMA : "VEGAN FOR THE FOOD, RAMA FOR CONSCIOUSNESS AND SPIRITUALITY AND MAMA FOR THE PLANET." *Photo courtesy of Paige Parsons-Roache*

BY PAMELA MESAROS

Paige Parsons-Roache's passion is to cut the plastic pollution by one single-use plastic bottle at a time.

She became involved in saving the planet and chose to go plant-based after watching the movie, *Cowspiracy*. Being raised by her vegan 13-year-old daughter, Katelyn, the choice was collective: going vegan to help reduce water usage on the planet, partnering with her daughter in her journey and eventually aligning with ending the suffering of innocent animals. Parsons-Roache encourages people to eat more fruits and veggies and use more green products.

Parsons-Roache participated as a parent in an organization called "Move the World Dance" (movetheworldnow.com), a local non-profit teen dance troupe that dances for cause-related issues. Working on a campaign for Ocean Preservation, her own commitment to the environment and planet was reignited.

For years, she promoted Earth Day events in Manhattan Beach, organized multiple beach clean-ups, then became an Ambassador for the 5Gyres Foundation, where she advocated for a plastic-free environment and made people aware that there is a solution to the global health crisis of plastic pollution. 5Gyres is a non-profit institute dedicated to researching the issues of plastic in the world's oceans and engages communities for systemic change. (5gyres.org)

Parsons-Roache takes her "Go-Green Basket" with its easy-to-do DIY solution for all ages wherever she goes. The baskets include bamboo utensils, metal straws, mason jars for smoothies, metal containers for leftovers and reusable bags. The bamboo set, metal straws and cleaner can be purchased at the Canyon Gourmet and other local markets.

People can abolish "single use" plastics by bringing their own containers for water, and containers for buying bulk purchases. "Go topless (no plastic lids) and drop the straws," Parsons-Roache advises. Cutting back on these single-use items can reduce the impact on our eco-system.

According to Ocean Conservancy's International Coastal Cleanup data, each day, more than 500 million plastic straws are used and discarded in the U.S. alone. Plastic straws consistently make the top ten list of items found, but in the last three years plastic straws have climbed the list to the Number 5 spot. (oceanconservancy.org)

"We can change this plastic pollution crisis by educating through art, science and adventure and enjoy the world we live in, free of the toxins we ourselves create," Parsons-Roache says.

DO YOUR PART: GO GREEN!

Plastic waste threatens our wildlife and poses risks to human health as toxic chemicals from plastic enter the food chain we depend on. We can encourage the general public to reduce plastic pollution by improving product designs, recovery systems and individual responsibility for public waste. Parsons-Roache suggests the following:

- Recycling one aluminum can saves enough energy to run a TV for three hours or a 100-watt bulb for four hours. Rethink waste and recycle those cans.
- Americans use 85,000,000 tons of paper a year, about 680 pounds per person. Go paperless by paying bills online. Think before printing: Set your printer to default to double-sided copies.
- Only one percent of the water supply in the world is available for human and animal use; 97 percent of the world's water supply is salt water; the remaining two percent is ice caps. Conserve water by reducing your water heater temperature to 120 degrees. There are dual-flush toilets that use less water, composting toilets that require no water or go the old-fashioned way: place a brick in your toilet for a 1.3 gallon flush rather than five to six gallons and save on that water bill.
- Manufacturing recycled paper instead of new paper uses 64 percent less energy and 58 percent less water. Use products with high recycle content and recycle your own paper waste.
- A 15-year-old tree makes 700 grocery bags that a grocery store goes through in less than an hour. Bring your own bags.
- When you throw something away, it does not go away. Trash is either burned, buried, recycled or dumped into rivers and oceans. Rethink waste and recycle what you used to send to the trash. Green is clean!
- Thousands of computers, TVs, and electronics are left on overnight and generate tons of carbon dioxide per year. Turn them off, or better yet, unplug them.
- Tons of carbon dioxide are generated every year by the transportation of finished goods mostly from overseas. Whenever possible, buy local.

Paige Parsons Roache lives happily with her husband of 21 years and her children in Westlake, CA. She is raising funds to complete her website, veganramamama.com, where customizable baskets will be available for purchase. ■

For more information: 818-203-4736 and on [Facebook.com/Paige Parsons Roache](https://www.facebook.com/PaigeParsonsRoache).