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# Plastic Free July

## 30 day challenge calendar

***"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."***

- Anne-Marie Bonneau, Zero Waste Chef

- 1 Watch the PBS Newshour documentary "The Plastic Problem." (54 minutes)
- 2 Use a reusable water bottle. There is twice the microplastic in bottled water as in tap water.
- 3 Use reusable shopping bags. If not allowed, reload shopping cart and put items into your bags outside of the store.
- 4 At the grocery store, put loose fruits/veggies in cloth bags or directly into cart. Avoid food packed in plastic.
- 5 Pack lunch in a cloth bag, glass jar, or other reusable container.
- 6 Buy soap, shampoo, body wash, lotion in bar form. Realize pumps have straws inside to draw up the liquid.
- 7 Watch the documentary by Frontline (53 min.) "Plastic Wars." Learn the TRUTH about recycling.
- 8 Have reusable cutlery handy (in car, purse, daypack, at desk) for take-out food. Have cloth napkins, too.
- 9 Request NO PLASTIC when ordering takeout food; only support places that don't use plastic.
- 10 Opt for individual drinks in cans or glass bottles (infinitely recyclable). Plastic bottles have limited recyclability.
- 11 NEVER grab "free" plastic pens (or other freebies) at businesses. Use pens and pencils
- 12 Refuse plastic drinking straws, plastic lids. Paper coffee cups have a plastic lining. NONE are recyclable.
- 13 Women--consider using menstrual cups and/or reuseable cloth panty liners or period panties.
- 14 Avoid/cut back on meat meals one or more times a week. (Meatless Monday, anyone?)
- 15 Most gum is made of a synthetic rubber, which is plastic. Choose an alternative gum which is plastic-free.
- 16 Recycle #2 and #4 film plastic (grocery sacks, bread bags, cereal liners, plastic overwrap) in the bin at your local grocery store.
- 17 Use unrecyclable plastic bags (snack bags, coffee bags, etc.) to collect household trash, pet waste, hiking trash, as car trash bag, etc.
- 18 When you hike or go outdoors, pick up and dispose of discarded trash you see.
- 19 Buy only what you really need; buy used; swap with others on the FB group: Buy Nothing Project
- 20 Baby in the family? Use cloth diapers; cut up t-shirts for wipes. Swap clothing and toys with others.
- 21 Stop using regular and Mylar balloons. Sea turtles eat them thinking they're jellyfish & die a horrible death.
- 22 Use bamboo toothbrushes and baking soda, or toothpaste tablets. Use bamboo floss.
- 23 Avoid plastic pet toys. Get catnip for cats; large ropes for dogs.
- 24 Light candles, campfires, cigarettes, etc. with matches. Avoid plastic lighters; get a metal refillable lighter.
- 25 Buy condiments in glass jars. Save jars for food left-overs.
- 26 Buy/prepare less food at a time. Food waste creates more Greenhouse Gases than the entire transportation industry.
- 27 Give children wooden toys; swap plastic toys with others; buy used. Teach kids to refuse plastic.
- 28 Not all plastic can be recycled. Know what your area recycles. Avoid contaminating recycling bin by "Wish-cycling."
- 29 Avoid dryer sheets. Buy or make woolen dryer balls.
- 30 Wear clothes of natural fibers -- cotton, silk, wool, Tencel, bamboo, hemp.

**Novice: 1-2 activities/week**

**Experienced: 3-5 activities/week**

**Expert: ALL activities, and get 2 friends to join you in the challenge!**