



# JULY SUSTAINABILITY CHALLENGE

Reducing the Top 5 Single-Use Plastics

WEEK 1

## UNDERSTAND

To consciously reduce your single-use plastics, it's helpful to understand why you should reduce your use. Remember, every choice you make is an opportunity to further your sustainability journey.

- **ABOUT PLASTIC** – Review the "Discover" section
- **WHY RECYCLING ISN'T THE ANSWER**
- **ENVIRONMENTAL CONCERNS**
- **HUMAN HEALTH CONCERNS**

## PREPARE

Plastic is everywhere, and reducing single-use plastics requires preparation and effort. Once you make it a habit in one area, you'll find that it gets easier to try new ways to reduce your plastic use in other ways.

- **MULTIPLY** – Have reusable items in multiple places. For example, keep a set of reusable straws or cutlery in your car, at work, and in your bag. This way you have it with you when you need it.
- **INVEST** – While we encourage to use items you already have, you may want to invest in a reusable item. Choose something that will last and that you'll enjoy using.
- **PREPARE THOSE YOU LIVE WITH** – You will be more successful if those you live with join you in making these changes.

## COMMIT

Working towards these changes requires thought and intentional action. Reducing single-use plastic often goes against the norm, so make a commitment to your goals and get accountability.

- **ENLIST A PARTNER** – Find a friend or family member to join you.
- **SET A REMINDER** – It may be helpful to set a reminder on your phone each day to keep this challenge at the forefront of your mind.
- **SIGN UP FOR THE PLASTIC FREE ECOCHALLENGE** – Get even more ideas and join others around the world.