



JULY SUSTAINABILITY CHALLENGE

Reducing the Top 5 Single-Use Plastics

WEEK 4

POST-SURVEY

Thank you for participating in the July Sustainability Challenge on reducing the top 5 single-use plastics! We focused on using reusables such as water bottles, bags, cutlery, ziplocs, and straws. Continue pursuing a life with less plastic both for your health and the health of our planet.

Take the post-survey by August 3rd to be entered in the drawing for a reusable cutlery set (3 sets will be given out): [SURVEY LINK](#)

AUGUST CHALLENGE

Sign up for the August Sustainability Challenge on cleaning our air. Poor air quality can have detrimental health effects particularly those with asthma, respiratory issues, and children. We'll again be doing a drawing for prizes.

[AUGUST SUSTAINABILITY CHALLENGE SIGN UP LINK](#)

VIDEOS & MOVIES

Here are some interesting short videos and films to motivate and help you continue your journey towards a lifestyle with less plastic.

- **PLASTIC IN THE OCEAN** – A video that offers a great overview of plastic and ways we can be part of the solution (~4 minutes).
- **11 ECO-FRIENDLY SOLUTIONS IN THE KITCHEN** – An honest video review of several products (~ 10 minutes).
- **THE PLASTIC PROBLEM** – A PBS NewsHour Documentary (~54 min.)

RESOURCES

Interested in going further? Here are some resources to help you fully understand the issues of plastic and what you can do to help.

- **SMART PLASTIC GUIDE** – A concise guide for understanding different types of plastic and health concerns with each one.
- **HEALTH IMPACTS OF PLASTIC** – A new review is being published in next month about the health implications of chemicals in plastics and pesticides. It further encourages us to find alternatives to plastic.
- **PLASTIC FREE JULY** – This site is a great resource to motivate you as well as provide practical tips.
- **REDUCING PLASTIC IN A PANDEMIC** – A helpful article to help to help you be safe and sustainable during this COVID-19 pandemic.