

# SEPTEMBER SUSTAINABILITY CHALLENGE

## A Partner Challenge

### Getting to Know You...

Even if you know your partner well, there are always things we can learn about each other. This week, share with your partner something in nature that you enjoy. Include your personal response below (please note, this form is just for you).

*In nature, I enjoy:* \_\_\_\_\_

### Sustainability Plastic Reduction Tips:

Let's face it - plastic is awesome! Because it is inexpensive to produce, can be molded in many shapes, and can replace natural materials, it is extremely useful in many settings such as in healthcare and keeping our food safe. However, the unintended consequences to environmental and human health should prompt us to reduce our use of it as much as possible ([learn specifics by reviewing June's Sustainability Challenge here](#)). **Try at least one action below and talk about it with your partner this week.**

#### At Home

- **Start in the kitchen.** Look around your kitchen, and you'll see a lot of plastic. Start by choosing one area to focus on. For example, use reusable ziplocs (found anywhere from Amazon to discount stores like HomeGoods) or reusable food wrap such as [Beeswax wraps](#). The cheaper option would be to buy some of your products in glass. Rather than recycling after use, reuse them to store food and other items.
- **Next, consider the bathroom.** From hand soap to shampoo to toothbrushes, there are ways to reduce your plastic in this area of your home. Pick an item and try a plastic free alternative next time you go to buy it. For example, try shampoo bars or bamboo toothbrushes. You could also look for low waste refill options such as [Clearcut](#) or [Blueland](#).

#### Out and About

- **Be prepared.** When you leave your home, be prepared to use less plastic. This means carrying your own water or beverage with you, using reusable cutlery instead of disposable plastic, or declining a disposable straw (or using a reusable one).
- **Strength in numbers.** Whether you want to use reusable bags, your own water bottle, or a reusable fork, it is helpful to have these items in multiple places.
- **Be a conscious consumer.** When you go to purchase things, be mindful about how you can reduce your plastic. This may mean buying in bulk when possible, making your own snacks, buying secondhand clothing (a lot of clothes are made from plastic), or supporting businesses that are eco-conscious (such as a restaurant that uses bio-plastics instead of styrofoam. Companies pay attention to what consumers are buying!

*Action Taken:* \_\_\_\_\_

*Issue or Challenge:* \_\_\_\_\_