

PLASTIC FREE

July's Mantra:
WASTE NOT, WANT NOT.

JULY CHALLENGE

Wednesday

1 Start collecting single-use plastics to build an ecobrick **

Thursday

2 Download the Rubbish App and use it on your next walk! **

Friday

3 Ask a restaurant to go plastic free

Saturday

4 Refuse any plastic packaging

Sunday

5 Invest in beeswax wraps

Monday

6 Invest in reusable produce bags

Tuesday

7 Invest in a reusable coffee mug

8 **BUY NOTHING**

9 Ask a cafe to go plastic-free

10 Learn about the DIY uses of baking soda **

11 Shop at your local farmer's market

12 Watch "The Story of Plastic" **

13 Pick up trash from your local park

14 Invest in a reusable utensil kit

15 Pick up trash from your local park

16 Send a postcard to a friend and promote a plastic-free life

17 Ask a cafe to go plastic-free

18 Visit a Rethink Disposables partner restaurant **

19 Invest in a bidet

20 Refuse any plastic packaging

21 Watch "Plastic Paradise: The Great Pacific Garbage Patch" **

22 **BUY NOTHING**

23 Visit a Rethink Disposables partner restaurant **

24 Refuse any plastic packaging

25 Ask a cafe to go plastic-free

26 Watch "A Plastic Ocean" **

27 Learn to forage locally

28 Learn to preserve produce

29 Refuse any plastic packaging

30 Pick up trash from your local park

31 Build something with your ecobricks! **

Click on squares with ** to access the resources associated with each activity!



CHECK OUT THESE AWESOME REUSABLE ORGANIZATIONS:

Dispatch Goods: <https://dispatchgoods.com/home>

Go Box: <http://goboxpdx.com/>

SudBusters: <https://sudbusters.com/>

