

31 DAY PLASTIC FREE CHALLENGE

Get started on living plastic free by completing these challenges.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1  Use a reusable water bottle	Day 2  Keep a green bag handy	Day 3  Use aluminium foil instead of cling film	Day 4  Decline plastic straws	Day 5  Bring your reusable cup	Day 6  Compost food waste	Day 7  Refuse plastic cutlery
Day 8  Use a handkerchief instead of disposable tissues	Day 9  Switch to e-bills	Day 10  Reuse jars and containers for leftovers	Day 11  Only choose snacks without plastic packaging	Day 12  Bring your own bags for fresh produce at the supermarket	Day 13  Try a solid bar soap instead of plastic bottles	Day 14  Buy natural fabrics, not synthetic
Day 15  Drink your coffee in the cafe if you forget your cup	Day 16  Invest in beeswax wraps for food	Day 17  Opt for drinks in glass bottles or cans instead of plastic	Day 18  Buy from an op-shop instead of new	Day 19  Buy items wrapped in paper or cardboard instead of plastic	Day 20  Upcycle for gifts and art projects	Day 21  Use a water fountain if you don't have a reusable bottle
Day 22  Choose a takeaway item that doesn't come in plastic containers	Day 23  Make your own cleaning products	Day 24  Bring your own containers to buy loose nuts and grains	Day 25  Say no to a coffee if you don't have your reusable cup	Day 26  Use cloths instead of disposable paper towel	Day 27  Use newspaper and a pooper-scooper for pets	Day 28  Only buy from ethical businesses
Day 29  Bring your own containers to the takeaway shop	Day 30  Buy a recycled or non-plastic phone cover	Day 31  Join a 'Buy nothing' group and commit for August				

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