

# 3 COMMIT



30 FOR 30 ✓



# 30 DAYS OF WAYS TO REDUCE WASTE



<p>1</p> <input type="checkbox"/> USE REUSABLE SHOPPING BAGS	<p>2</p> <input type="checkbox"/> USE UP FOOD IN YOUR PANTRY AND FREEZER	<p>3</p> <input type="checkbox"/> BRING YOUR REUSABLE BOTTLE WITH YOU EVERYWHERE!	<p>4</p> <input type="checkbox"/> DITCH THE PLASTIC H2O BOTTLES FOR GOOD	<p>5</p> <input type="checkbox"/> AVOID PLASTIC CONTAINERS WHEN GROCERY SHOPPING	<p>6</p> <input type="checkbox"/> SHOP LOCAL	<p>7</p> <input type="checkbox"/> GET A METAL OR GLASS STRAW
<p>8</p> <input type="checkbox"/> USE A REUSABLE COFFEE MUG	<p>9</p> <input type="checkbox"/> BUY LESS. CONSIDER A NO SPEND DAY	<p>10</p> <input type="checkbox"/> MAKE YOUR OWN DRY SHAMPOO	<p>11</p> <input type="checkbox"/> MEAL PLAN AND MAKE A PLAN TO USE UP WHAT YOU HAVE	<p>12</p> <input type="checkbox"/> PACK YOUR LUNCH	<p>13</p> <input type="checkbox"/> DONATE CLOTHES AND ITEMS TO A SHELTER	<p>14</p> <input type="checkbox"/> GO THROUGH YOUR CLOSET
<p>15</p> <input type="checkbox"/> CANCEL JUNK MAIL & CATALOGS	<p>16</p> <input type="checkbox"/> REPAIR OR MEND SOMETHING	<p>17</p> <input type="checkbox"/> DITCH THE PAPER TOWELS	<p>18</p> <input type="checkbox"/> LOOK FOR A BULK STORE	<p>19</p> <input type="checkbox"/> BUY SOMETHING SECONDHAND	<p>20</p> <input type="checkbox"/> TAKE A TOUR OF YOUR RECYCLING & WASTE MANAGEMENT CENTER	<p>21</p> <input type="checkbox"/> RECYCLE ELECTRONIC ITEMS
<p>22</p> <input type="checkbox"/> GET A LIBRARY CARD	<p>23</p> <input type="checkbox"/> HAVE ANOTHER NO SPEND DAY	<p>24</p> <input type="checkbox"/> PICK UP TRASH	<p>25</p> <input type="checkbox"/> RECYCLE FOOD JARS	<p>26</p> <input type="checkbox"/> CONSERVE WATER AND ENERGY	<p>27</p> <input type="checkbox"/> TAKE PUBLIC TRANSPORTATION OR RIDE/WALK	<p>28</p> <input type="checkbox"/> CONSIDER USING BEESWAX WRAP INSTEAD OF PLASTIC WRAP
<p>29</p> <input type="checkbox"/> HAVE A FEW MEATLESS MEALS THIS WEEK	<p>30</p> <input type="checkbox"/> GO OUTSIDE AND ENJOY THIS BEAUTIFUL EARTH					

#30daystolesswaste #gogreenchallenge

# 3 COMMIT 30 DAYS OF WAYS TO REDUCE WASTE

## 1 USE REUSABLE SHOPPING BAGS.

Put them in your cars. Put them in your purse. Say no to plastic bags. \*Our country uses and discards nearly 1 TRILLION plastic bags a year.

## 2 USE UP FOOD IN YOUR PANTRY

and freezer by making a meal plan. According to the EPA, the U.S. wastes 37.6 million tons of food each year. That's nearly 1 BILLION bags (\$25 billion) of groceries – 3 bags per person every year. Ouch.

## 3 BRING YOUR REUSABLE BOTTLE

with you everywhere!

## 4 DITCH THE PLASTIC H2O BOTTLES

for good. Don't buy them at stores or gas stations.

## 5 AVOID PLASTIC CONTAINERS

when grocery shopping this week.

## 6 SHOP LOCAL.

Look at upcoming gift needs and purchase from local shops.

## 7 GET A METAL OR GLASS STRAW

and carry it with you.

## 8 USE A REUSABLE COFFEE MUG.

I keep one in my car to make sure I always have one.

## 9 BUY LESS.

Consider a no spend day or no spend month.

## 10 MAKE YOUR OWN DRY SHAMPOO.

4 TBS corn starch + 4 TBS cocoa powder via @sustainable.collective

## 11 MEAL PLAN

and make a plan to use up what you have on hand. (Frittatas are a great way to use up leftover veggies. Bananas and spinach can be frozen for later use in smoothie).

## 12 PACK YOUR LUNCH

instead of picking something up in plastic to go containers.

## 13 GO THROUGH YOUR CLOSET

and reduce the amount of clothing you have. Consider curating a capsule wardrobe

## 14 DONATE CLOTHES

and items to a shelter.

## 15 CANCEL JUNK MAIL & CATALOGS.

Opt for paperless notifications from your insurance companies, etc.

## 16 REPAIR OR MEND SOMETHING

you have in your home instead of throwing it away.

## 17 DITCH THE PAPER TOWELS.

Use cloth. Fabric scraps make great reusable cloth towels.

## 18 LOOK FOR A BULK STORE

in your town or neighborhood where you can refill laundry bottles, dish soap, etc. instead of buying new plastic bottles each time.

## 19 BUY SOMETHING SECONDHAND

instead of new.

## 20 TAKE A TOUR

of your local recycling and waste management center. It will be eye opening!

## 21 RECYCLE ELECTRONIC ITEMS

in your county.

## 22 GET A LIBRARY CARD

and borrow books, games, videos when you can.

## 23 HAVE ANOTHER NO SPEND DAY.

Reduce consumption.

## 24 PICK UP TRASH

along your street or at a local park.

## 25 RECYCLE FOOD JARS FOR STORAGE

and meal prepping.

## 26 CONSERVE WATER & ENERGY

Commit to taking shorter showers and turning down the heat and AC. Turn off the lights when you leave the room.

## 27 TAKE PUBLIC TRANSPORTATION

today or ride or walk to work/school (if possible).

## 28 CONSIDER USING BEESWAX WRAP

instead of plastic wrap.

## 29 HAVE A FEW MEATLESS MEALS

per week.

## 30 GO OUTSIDE

and enjoy this beautiful earth. Let's all do our small part to care for it!