

# Plastic free July

## 31 Day Challenge



### Day 1

Get ready to try the Plastic free July challenge!



### Day 2

Photograph your current eco products & share online



### Day 3

Assess your recycling habits & read about recycling in your area



### Day 4

Sign a petition to end single-use plastic



### Day 5

Invest in a plastic free long life shopping bag



### Day 6

Research plastic free businesses



### Day 7

Give a plastic free business a shout out on social media



### Day 8

List products you own that you could replace as plastic-free



### Day 9

Recycle all your old technology and batteries etc



### Day 10

Listen to a zero waste podcast



### Day 11

Try the plastic free shop challenge



### Day 12

Buy a bamboo toothbrush



### Day 13

Refuse plastic straws and plastic cutlery



### Day 14

Watch a zero-waste documentary



### Day 15

Swap liquid soap for a bar of soap



### Day 16

Research and/or invest in eco cleaning products



### Day 17

Use biodegradable bin bags



### Day 18

Sign the global petition to end plastic pollution



### Day 19

Pick up and recycle litter that you see in the street



### Day 20

Donate items you don't use anymore



### Day 21

Avoid plastic containers at all costs!



### Day 22

Research and/or invest in plastic free beauty



### Day 23

Buy clothes second-hand



### Day 24

BYO bag and shop at independent food stores



### Day 25

Make a plastic free lunch pack-up



### Day 26

Research a plastic pollution fact and share with others



### Day 27

Plan to buy someone an eco birthday gift



### Day 28

Drink 2L of water from a reusable bottle



### Day 29

Email a business to ask them to go plastic free



### Day 30

Invest in the plastic free product you've really needed



### Day 31

Photograph all your new eco products & share online



### Bonus!

Share your plastic free July experience with us and others