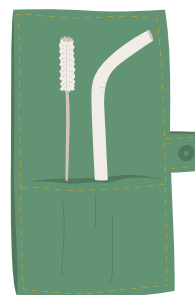
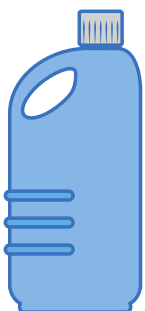
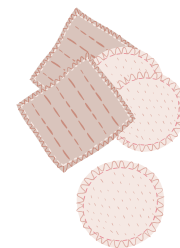
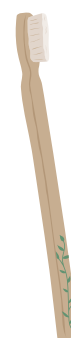
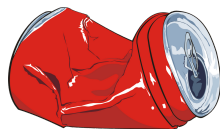
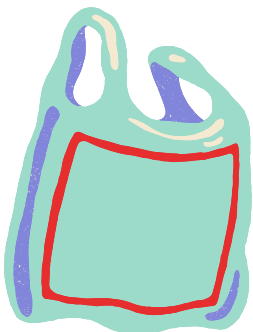
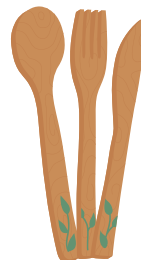
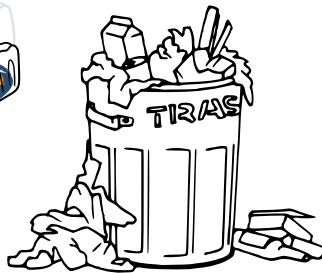
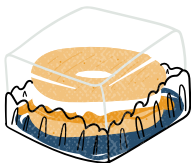
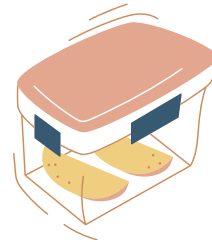
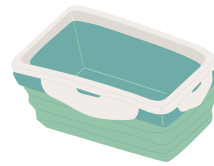
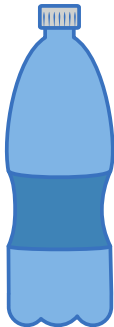
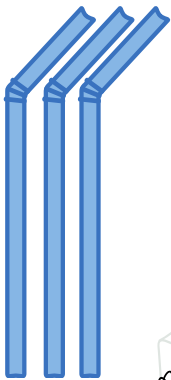
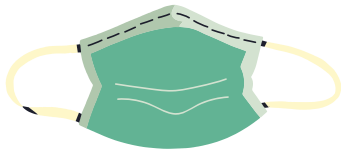
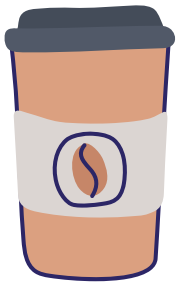


Disposable



Reusable



Green Up Your Life Challenge

walk/bike instead of driving	use reusable coffee cup	buy local, sustainable food	replace plastic with cloth grocery bags	create an intentional shopping list
change light bulbs	recycle glass	turn off lights when you leave the room	replace plastic water bottle with a reusable stainless steel bottle	buy second-hand
buy food in bulk to minimize packaging	turn the water off when brushing your teeth	search for sustainable fashion brands	eat leftovers	unplug your electronics if you don't use them
be creative & reuse instead of throwing away	DIY non toxic cleaning products	take shorter showers	take stairs	borrow don't buy
grow your own herbs	use natural & organic skincare products	make a weekly menu	reduce your plastic use	use both sides of paper

Plastic Purge Challenge

replace plastic with cloth grocery bags	use reusable coffee cup	replace plastic water bottle with a reusable stainless steel bottle	use stainless steel razor	try a solid shampoo bar
choose snacks without plastic packaging	choose natural fabrics over synthetic	use plastic-free natural deodorant	bring your own container for take-out	brush with bamboo
buy food in bulk to minimize packaging	avoid disposable plastic pens	store leftovers in jars	learn strategies for green gift giving	use plastic-free feminine hygiene products
make your own non-toxic cleaning products	don't use plasticware at home	use natural cleaning cloths and scrubbers	choose plastic-free chewing gum	use honey wraps
drink loose leaf tea	use natural & organic skincare products	choose toilet paper that's not wrapped in plastic	shop eco-friendly	segregate plastic waste

Less Waste Challenge

check out zero waste resources	take shorter showers	shop second-hand	replace plastic with cloth grocery bags	unplug appliances if you don't use them
visit a local farmers market	recycle glass	say no to junk mail	DIY natural cleaning products	plan your meals in advance
buy food in bulk to minimize packaging	plant a small garden	cook a meal with leftovers	DIY gifts	buy a water filter
repair things	DIY non toxic cleaning products	swap your plastic toothbrush for a bamboo toothbrush	switch to e-billing	donate unused items in good condition
wash only full loads of laundry	use rechargeable batteries	celebrate with plastic-free decorations	buy a bidet	gift an experience

My 30-Day Eco-Friendly Challenge

Not-To Buy List

[illegible]

NOTES