

SUSTAINABLE SEPTEMBER // 30 DAY CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Repurpose old jars	2 DIY lip balm (see our insta)	3 Purchase fabrics that don't release micro plastics (cotton, flax, linen)	4 Switch your search engine to ecosia.org  CLICK HERE	5 Re-usable containers instead of plastic wrap
6 Say no to plastic lids 	7 Learn about what can & can't be recycled	8 BYO reusable bag	9 Pack your lunch in a reusable container	10 Switch to a bamboo toothbrush	11 REDcycle soft plastics	12 Make your own produce bags
13 Visit a bulk food store	14 Dine-in instead of takeaway	15 Say no to plastic straws	16 Choose a reusable drink bottle 	17 Pick up 10 pieces of rubbish on your way to uni	18 Go to a thrift store	19 Sign the WWF plastic-free petition
20 Use what you have	21 Switch to bar soap instead of liquid soap	22 BYO coffee cup	23 Make your own zero-waste snacks	24 Spend some time in the garden	25 DIY beeswax food wraps 	26 Start a compost bin
27 Try plastic-free grocery shopping	28 Walk, ride or take the bus 	29 Talk to your friends about easy plastic-free swaps	30 You did it! Keep up your new habits			

