

# SUSTAINABLE SEPTEMBER 30 DAY CHALLENGE

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