

Less Plastic for a Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Use your own water bottle. An estimated 1 million plastic bottles are bought around the world every minute. Commit to using your own glass or reusable bottle.	Refuse plastic lids. Ask for take-out drinks without a plastic lid, or bring your own cup. These lids are unlikely to get recycled and in fact will likely outlive you by 1-3 hundred years.	Community Action: Are you recycling at home? Set up a recycling bin system. Does your church recycle? Write to them and ask how you can help.	No Foam takeaways. Ask for alternatives or bring your own to-go containers.	Reuse Straws. Ask for no straw or a paper straw. It is estimated that by 2050, there will be more plastics than fish (by weight) in our oceans.	Don't use single use plastic bags. Save money and the environment - bring your own!
7	8	9	10	11	12	13
FOR KIDS Help them notice plastic. Look at the plastic in/on products and help them choose more wisely.	Plastic Cutlery. Buy a set of affordable cutlery for catering events, and share with others. Carry a spoon or spork with you to avoid using disposables.	Avoid buying produce in plastic packaging. Buy from plastic free stores, local traders or bulk stores. Alternatively, bring your own boxes/bags for veggies & fruit.	Community Action: Catering policy for big events: ban polystyrene/foam at your school or community group. Discuss reusable alternatives that can also save money.	Plastic liquid soap dispensers. Use soap in a bar form or refill plastic and glass dispensers instead of throwing away each use.	Hunt for non-plastic products. Look for wooden toothbrushes and other cleaning and grooming aids. Share ideas on social media!	Avoid products with micro beads. Often used as an exfoliant in soaps, body wash and toothpastes. Avoid anything with "polyethylene" listed as an ingredient.
14	15	16	17	18	19	20
FOR KIDS Don't use wet wipes. try using reusable cloths instead, or make your own wipes you can wash after each use.	Look for boxed packaging alternatives. Often, products like laundry soap come in cardboard which is more easily recycled than plastic.	Choose large sizes of shampoo, conditioner, etc. Avoid or refill travel and small sized containers. You can even buy shampoos and other soaps in bar and dissolvable sheets in some stores!	Community Action: Water policy at home, church and work. No more single-use bottled water; advocate for reusable bottles and filling stations.	Use natural cleaning cloths. Avoid using single-use wipes. Instead choose long-last cloths made from cotton, or make your own from scraps.	Buy glass and/or stainless steel containers for food storage. Glass also works well for freezing- just leave room at the top. Reuse jam, coffee, pasta sauce jars.	Look around your kitchen. See what plastics you can replace when they wear out. Replace with wooden, glass or stainless steel.
21	22	23	24	25	26	27
FOR KIDS Bake goods with your children for their lunch boxes instead of buying plastic-packaged snacks.	Reduce or stop using cling form and ziplock bags. Keep food in lidded containers and explore other options such as beeswax covers.	Avoid bargain plastic items. These often break easily or leak.	Community Action: Make your voice heard: Share what you are doing with friends, family and community. Ask your elected officials what they are doing to tackle single use plastics.	Choose natural fiber clothing. Synthetic fabrics create micro-fiber pollution when washed. Look for organic cotton, wool and other natural fibers.	Old shoes & clothing into new. Have clothes altered for repair, refitting and restyling rather than throwing out. Support local Tailors and Cobblers!	Buy second-hand clothes. This not only saves you money, but ensures that the clothes you purchase have an extra long lease of life.
28	29	30				
FOR KIDS Organize a clothing & toy swap for kids at school or church.	Request zero-plastic packaging. When buying online, look for options for minimal and non plastic packaging. Ask retailers to reduce or remove plastic packing and packaging.	Give an experience rather than a gift. Plan an outing, enjoy time together with family and friends. Make memories rather than just accumulating more stuff!				