



31 DAY CHALLENGE PLANET OVER PLASTIC

Join us throughout July to empower yourself to put our planet first.

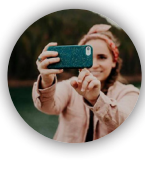
01



SUNDAY JULY 1 GO WITHOUT PLASTIC SHOPPING BAGS

Opt for reusable shopping bags or boxes.

02



MONDAY JULY 2 CHOOSE PLASTIC FREE PHONE CASES

Choose compostable display cases with plastic free packaging.

03



TUESDAY JULY 3 FILL A REUSABLE BOTTLE FROM THE TAP

Fill a reusable bottle from the tap.

04



WEDNESDAY JULY 4 DETOX FROM TAKEAWAY COFFEE CUPS

Bring your own reusable takeaway cup or drink in.

05



THURSDAY JULY 5 NIX PLASTIC STRAWS

Drink without a straw or get one of them funky copper, aluminium or bamboo reusables.

06



FRIDAY JULY 6 DON'T USE LIQUID SOAP

Switch to bar soap. It's cheaper too!

07



SATURDAY JULY 7 REMEMBER YOUR REUSABLE BAGS

Keep shopping bags in the car, remember to take 'em in with you.

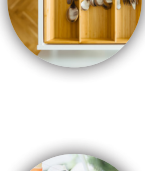
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SUNDAY JULY 7 ADD SOME REUSABLE UTENSILS TO THE MIX

Pick up a bamboo cutlery set or spork instead, put reusable cups and bottles into work or school bags.

09



MONDAY JULY 9 CUT OUT PLASTIC UTENSILS

Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy "dine-in."

10



TUESDAY JULY 10 LOOK FOR LOCAL STORES WITH PLASTIC FREE ALTERNATIVES

Shop at your local farmers market.

11



MONDAY JULY 2 CHOOSE LOOSE PRODUCTS, NOT PACKAGED ONES

Fill a reusable bottle from the tap.

12



THURSDAY JULY 12 MAKE ONE MORE SWAP TO PLASTIC FREE AT HOME

Use a bamboo toothbrush, and for goodness sake, please quit those little floss on a plastic stick things.

13



FRIDAY JULY 13 GO BACK TO OLD-FASHIONED GOODIES

Choose paper or wooden cotton buds.

14



SATURDAY JULY 14 DON'T LET PLASTIC CLINGFILM STICK AROUND

Store food in reusable containers instead. Let's hear it for tupperware parties.

15



SUNDAY JULY 15 TRY MORE OLD-FASHIONED WAYS WITH FOOD THIS TIME

Use beeswax wraps or reusable paper lunchwraps.

16



MONDAY JULY 16 SHARE YOUR CHALLENGE IN YOUR COMMUNITY

Put up an Elephant Planet over Plastic Challenge poster at work or ask your local local café or store if they can display one.

17



TUESDAY JULY 17 SHARE THE CHALLENGE ON SOCIAL MEDIA

Hit up your feeds with plastic free. Invite friends, family or colleagues to a plastic-free morning tea.

18



WEDNESDAY JULY 18 KEEP SAYING NO TO PLASTIC PACKAGING

Opt for refills and bulk store products.

19



THURSDAY JULY 19 PICK UP LITTER

Pick up that plastic bag blowing in the street, plastic wrappers, straws etc.

20



FRIDAY JULY 20 AVOID PRE-PACKAGED CHEESE, FISH OR MEAT

Shop at the deli counter or fish market for paper wrapped cuts or BYO reusable container.

21



SATURDAY JULY 21 DON'T CHUCK YOUR BUTTS

Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment). Talk to your local authority about installing designated butt bins or banning smoking on beaches.

22



SUNDAY JULY 22 AVOID BOTTLED CLEANING PRODUCTS

Opt for refills, bulk store products, or make your own alternatives. Choose glass or cardboard packaging.

23



MONDAY JULY 23 EDUCATE YOURSELF, AND OTHERS TOO IF YOU CAN - IN A FUN WAY

Start here: elephantjournal.com/planet18

24



TUESDAY JULY 24 DITCH PLASTIC BIN LINERS

Have a sealed container for wet scraps and compost or freeze until bin day. Line the kitchen bin with paper. Or go for compostable.

25



WEDNESDAY JULY 25 ONE MORE REASON TO AVOID THAT CHOCOLATE BAR: SAY NO TO SINGLE-USE SNACK PACKAGING (EG MINTS, GRANOLA BARS)

Make your own or buy bulk snacks e.g. nuts or choose cardboard.

26



THURSDAY JULY 26 IF YOU REALLY GOTTA DRINK IT, DON'T DRINK IT OUTTA PLASTIC BOTTLES

Make your own nutmilk or buy cow's milk in reusable glass bottles.

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FRIDAY JULY 27 ORGANISE OR PARTICIPATE IN A CLEANUP

Record what you find e.g. use Litterati App to make a difference.

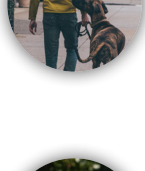
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SATURDAY JULY 28 PARTY ALL YOU LIKE, BUT DON'T RELEASE BALLOONS

Balloons and strings harm wildlife. Choose alternatives like reusable bunting.

29



SUNDAY JULY 29 SWITCH TO REUSABLE MENSTRUAL PRODUCTS

Seriously, a menstrual cup will change your life. Or a reusable pad works too.

30



MONDAY JULY 30 MOMS & DOG MOMS: SWITCH TO REUSABLE OR COMPOSTABLE

Ditch disposable diapers that'll never ever go away, and go for compostable poop bags when walking your four-legged kiddos.

31



TUESDAY JULY 31 ADD UP HOW MUCH PLASTIC YOU AVOIDED (NOT HOW MUCH YOU COULDN'T AVOID)

Celebrate with a plastic free treat!