

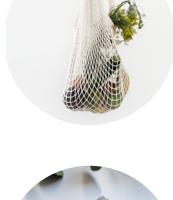


31-DAY CHALLENGE PLANET OVER PLASTIC

Our favorite personal weird little avoid-plastic tips: take one a day for feelings of empowerment & eco-warrior awesomeness.

WITH A LITTLE HELP FROM OUR FRIENDS AT @treehugger

01



MONDAY JULY 1

REMEMBER THE DANG BAG!

Pack 'em and stash 'em—in your carboot, bike basket, handbag, anywhere and everywhere. And, for goodness sake, remember to take 'em with you when you shop, every time, this month...and beyond. Shopping bags, produce bags, bread bags and bulk food bags—you can get 'em all at Onya Life.

02



TUESDAY JULY 2

BRING EVERYTHING BUT THE KITCHEN SINK.

Avoid plastic utensils by getting a bamboo set or spork, or wrap a set of silverware in a handkerchief. And don't forget your reusable cups, mugs, or bottles. Grab everything you need at Eco Products.

03



WEDNESDAY JULY 3

MAKE YOUR OWN CONDIMENTS.

Make your own cucumber or zucchini relish. Chocolate sauce, mustard, and mayonnaise are quick and simple to make once you get the hang. Everything can be kept in glass jars.

04



THURSDAY JULY 4

LIGHT YOUR FIRE, PLASTIC-FREE.

Use matches instead of disposable plastic lighters or invest in a refillable metal lighter to light your barbecue or bonfire today. Avoid the fireworks though, because: four-legged friends and pollution.

05



FRIDAY JULY 5

DITCH PLASTIC BIN LINERS.

When it comes to cleanup, say no to the bag. Recycle whatever you can (using responsible options like TerraCycle), compost food waste, and just rinse your landfill bin every so often. Or use newspapers, jute bags, or compostable bin liners.

06

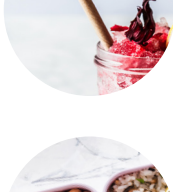


SATURDAY JULY 6

BOYCOTT BATHROOM PRODUCTS BOTTLED IN PLASTIC.

Use up what you have, use responsible recycling options, and commit to caring, eco brands in future: think shampoo bars, shower-proof paper bottles like the ones our friends at Seed Phytonutrients make. Use refillable dispensers. Get back to the basics and use a big ol' jar of coconut oil, jojoba, or almond oil.

07



SUNDAY JULY 7

LET THIS BE THE FINAL STRAW.

There are so many awesome reusable straw options—from funky copper, aluminium, and glass, to bamboo—even you can afford to have a few stashes going on. You can even get a retractable metal straw for your keychain holder from The Final Straw!

08



MONDAY JULY 8

BRING YOUR OWN TO TAKE OUT.

Bring your own container for take-out or your restaurant doggy-bag since many restaurants use styrofoam. Even the cardboard take-out containers are usually lined with plastic. You could also chat to your favorite places about getting 100% biodegradable to-go containers. Green Paper Products stock 'em all.

09



TUESDAY JULY 9

GO ECO ON THE LOO.

Either invest in a bidet-type set up and cut your use of TP entirely, or become a toilet-seat activist just by changing the brand of TP you use. We love Who Gives a Crap—they're eco and help build toilets for those who need 'em. 'Cause you shouldn't have to wipe out forests to wipe your bottom!

10

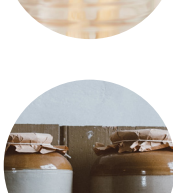


WEDNESDAY JULY 10

STOP CHEWING PLASTIC, GO NATURAL.

Chewing gum is made from synthetic plastic, but it wasn't always that way. The original idea came from indigenous people who chewed tree resin. Chicle (or tree sap) is biodegradable, plastic-free, and chemical-free. Treehugger have a list of companies who make natural gum with it.

11



THURSDAY JULY 11

FISH DON'T NEED TO BRUSH THEIR TEETH.

So, keep plastic toothbrushes outta the ocean by quitting 'em already! While you're at it, ditch those little floss on a plastic stick things. Go for bamboo and silk floss. We love WooBamboo and Radius for this!

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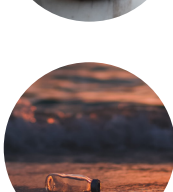


FRIDAY JULY 12

GET RETRO.

Go back to old-fashioned goodies like wooden cotton buds, beeswax or reusable paper wraps for lunch or leftovers, glass containers for dry food storage, and let's hear it for tupperware parties! Get some glass jar grocery shopping inspiration on Treehugger.

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SATURDAY JULY 13

TO-GO CUPS ARE WORSE THAN NARCISSISTS.

Plastic-lined to-go cups are bad for the planet and your body—probably your chakras too. Reusable is the way to go, but at least skip the lid and sleeve and stirrer. Better yet, drink coffee like an Italian: have it for here and sip mindfully. Or, if you really gotta run, get centered while you sip on the go, with Elephant's own Mindful Manifesto Klean Kanteen Eco Mug.

14



SUNDAY JULY 14

PICK IT THE F*&# UP!

Don't just walk past litter; pick up that plastic bag blowing in the street, help those plastic wrappers straws find their way to the trash. You might just save some local wildlife along the way. Or volunteer to help Keep America Beautiful!

15



MONDAY JULY 15

ECOBRIK IT.

Maybe the most fun you can have with plastic. Collect plastic drinks bottles (ones you didn't use in the first place, of course!) and stuff 'em full of clingfilm, straws, wrappers, plastic bags, whatever fits. Google "ecobricks" for more info on how to make and use 'em. Pack 'em in there real tight, until you have something you can build a wall, bench, or even a house with...seriously!

16



TUESDAY JULY 16

CLEAN UP YOUR LAUNDRY ACT.

Use soap flakes, soap strips, or soap nuts instead of conventional laundry detergents that come in plastic-lined cardboard with plastic scoops or thick plastic jugs. They are truly awful for the planet. Look for a recyclable, repulpable, and compostable box for detergent packaging. Drops are an awesome option, and they ship direct to your door.

17



WEDNESDAY JULY 17

BEAUTY CAN BE A BEAST.

Pick your makeup wisely. Look for a certified organic brand which is vegan, cruelty free, and uses sustainable packaging. Antonym fits the bill and uses beautiful (and responsibly sourced) bamboo!

18



THURSDAY JULY 18

DE-PLASTICIZE YOUR WORKOUT.

Make your own sustainable exercise gear by cutting up old tees to make funky workout tank tops. Buy leggings without plastic, always remember your reusable water bottle, and if buying weights, yoga mat, or other equipment, go plastic-free.

19



FRIDAY JULY 19

BULK UP!

No, not in the gym this time. Purchase food, like cereal, pasta, and rice from bulk bins and fill a reusable bag or container. And go ahead and use your raw pasta for hot (or cold) drink stirrers!

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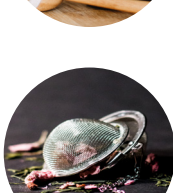


SATURDAY JULY 20

PARENTS & PAWRENTS: UNITE AGAINST DISPOSABLES.

Ditch disposable diapers that'll never go away and use cloth diapers (they're better for babies' butts, too) to reduce your cutie's carbon footprint and save money. Go for compostable poop bags when walking your four-legged loves.

21



SUNDAY JULY 21

BECOME A DOMESTIC GOD/GODDESS.

Make your own cleaning products that will be less toxic and eliminate the need for multiple plastic bottles. Let baking soda, vinegar, water, and essential oils become your new best friends to clean, scour, and disinfect. You can also make your own personal care products, like DIY salt and sugar scrubs.

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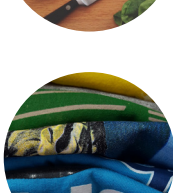


MONDAY JULY 22

SIP PLASTIC-FREE TEA (OR COFFEE).

Swap away from tea bags whenever possible because most have plastic packaging. Buy bulk or teabags without packaging. Pukka is one great brand that's 100% plastic free. When shopping for coffee, look for bulk-buy, refillable options. Find recipes on Treehugger.

23

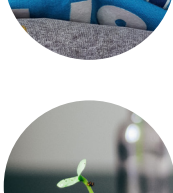


TUESDAY JULY 23

COOK MORE, TAKE-OUT LESS.

The more we cook, the less packaging we end up with. Avoiding convenience food items produces less plastic and other waste, is healthier, and pretty fun to do once you get going. Cooking is a great mindfulness practice, too!

24



WEDNESDAY JULY 24

REPURPOSE OVER DONATION.

The reality of clothing donations is not as simple and romantic as most of us think. Make dog toys/tug o' war ropes, or tote bags out of old t-shirts. Turn stretchy clothing into hair ties, head bands, or bandeaus. Make sunglass cases, pen, straw, or silverware holders, or handkerchiefs out of soft fabrics. You can also never have enough rags.

25



THURSDAY JULY 25

GROW YOUR OWN.

Grow seedlings for food or flowers instead of buying the ones in plastic pots from gardening centers. Get cuttings or source heirloom seeds, avoiding those in nurseries that are often GMO and come in plastic. Organize local barbers or swap with friends who grow their own, too.

26



FRIDAY JULY 26

REUSE AND REPURPOSE YOUR OWN PLASTICS.

90% of plastics never get recycled. If you are still using Ziploc bags, wash and reuse, ecobrick it (see 15), or get crafty with the kiddos. Read up on how recycling works or, actually, doesn't. Seek out companies like TerraCycle, who do things the right way, albeit a bit more expensively.

27



SATURDAY JULY 27

AVOID THE WORST OFFENDERS.

Cheek the bottom of any plastic container and you'll see a number (1 through 7) inside a triangle made of arrows. The worst, most toxic (to you and the environment) plastics are: #3 #6 and #7.

28



SUNDAY JULY 28

HAVE A CLEAN CONSCIENCE.

Use natural cloths instead of plastic scrubbers. If you need something with scrubbing power, go for copper instead of plastic. Use a cotton dishcloth or a coconut coir brush for dishes, instead of a plastic scrub brush. Use cotton facecloths instead of disposable wipes. Don't underestimate the versatility of old rags!

29



MONDAY JULY 29

DON'T CHUCK YOUR BUTTS.

Dispose of cigarette butts in the bin (they are plastic and wash into the ocean or could get eaten by wildlife). Learn to field strip. Talk to your local authority about installing designated butt bins or banning smoking on beaches. Better yet (for you and the planet): give up, or switch to lower impact vaping options (not single use e-cigarettes) for the good of the planet.

30



TUESDAY JULY 30

HAVE A PLASTIC-FREE PERIOD.

Go get yourself that menstrual cup! They're not as scary as they seem. Easy to use, easy to clean, totally hassle-free for 12 hours at a time: win! Diva Cup have a range of sizes and offer a lot of support for the cup-phobic.

31



WEDNESDAY JULY 31

EAT REAL FOOD.

Frozen, convenience, and junk foods are mega culprits for excessive packaging waste. Curb your plastic addiction without even trying by eating more real food, mostly plants: think fruits, veggies (don't forget your mesh veg bags), legumes, nuts (buy in bulk)...This is one shopping habit that'll slim down your waste and your waist!

