



Detailed Checklist

- **Pick up and dispose of litter:** Whether you're walking the dog, heading to your car in a parking lot, or enjoying a city park, there are ample opportunities to spot trash and put it in a waste bin. Where will you pick up trash today?
- **Use your own reusable mug in public:** Many coffee shops will allow customers to bring in their own clean, personal cup for ordering in-house. Some shops even sell reusable travel mugs. What does your personal mug look like?
- **Take reusable bags to the grocery store:** Keep reusable bags in your car after the last shopping trip so you don't forget to use them! Many stores sell reusable bags at checkout. Take a pic of your sustainable shopping bags!
- **Bring your own to-go container:** Keep a clean to-go container in your car so leftovers aren't placed in a single-use container. Don't forget to take it into the restaurant, in case you don't finish your food! Snap a pic of your waste-saving to-go box!
- **Show off your reusable water bottle:** Single-use plastic bottles are a waste of money and resources. Especially in this summer heat, take a reusable bottle when you leave the house. Insulated steel bottles are ideal to keep you cool, hydrated and acting sustainably.
- **Use a reusable straw:** If you need a straw, bring your own reusable metal or bamboo straw. Keep it in your bag, purse, or car for easy access on the go. Hashtag your action shot!
- **Go second-hand shopping:** Visit a thrift or consignment store. Go yard or estate sale browsing. There are so many fun and more sustainable alternatives to avoid wasteful spending on new items. This should make for a fun photo!
- **Purchase a PF item at grocery store:** Challenge yourself to buy food only packaged in metal, glass, or paper. Butchers can wrap meat in paper, rather than styrofoam and plastic; condiments often come in glass, too. Look for the alternatives and post a pic of what you came up with!
- **Refuse a straw, lid, or single-use item:** Give the paper-wrapped straw back to the waiter, ask for your drink to come without a straw, bring your own

straw. Ordering fast food? Skip the drink (bring your own) so you're not buying a single-use cup, lid, and straw. How will you choose to photograph this refusal?

- **Recycle something at the Green Station:** Located at 2000 S. Thayer St., open Monday-Thursday from 7am-5pm, and the last Saturday each month from 7am-1pm, the Little Rock Green Station is available for residents to recycle electronic waste, batteries, plastic bags, glass, and household hazardous chemicals like pesticides, used motor oil or gasoline, and empty aerosol cans. These are items you should never place in your curbside recycling cart. Take a photo of your Green Station visit!
- **Visit the Green Corner Store at 1423 Main Street:** Open your mind to a world of plastic-free products! Learn about beeswax wraps, wool dryer balls, soap nuts, velcro zip bags, bamboo toothbrush and toothpaste tablets, refillable items such as dental floss, shampoo & conditioner bottles, household cleaners, and so much more. Post an in-store pic!
- **Follow the Little Rock Sustainability Office, Little Rock Zoo, and Green Corner Store** on social media: we're all on Instagram and Facebook.
- **Show us your PF alternative to a plastic zip bag:** One example is a reusable velcro zip bag, like the ones at the Green Corner Store.
- **Watch a documentary about plastic pollution:** Or, listen to a podcast about plastic pollution. Scroll below for examples! Which one did you watch?
- **Read a book or magazine article about plastic pollution.** We have some suggestions below. What did you choose to read?
- **Share our PF posts on social media:** Tag us! @sustainLR @sustainlittlerock
- **Learn how you can help the Little Rock Zoo's conservation programs:** such as [Gorillas on the Line](#) What did you find out?
- **Shop produce without plastic:** Use paper, mesh, cloth, or nothing - anything is better than using the provided plastic bags. Some produce doesn't need a bag, such as bananas, cantaloupe, or anything not purchased in bulk. The Green Corner Store has reusable produce bags you can keep with your reusable shopping bags for each trip to the store. Let's see those reusable bags in action!
- **Clean up litter at a City Park:** When you spot litter, pick it up and throw it in the nearest trash can. Help keep the environment clean for future visitors and for the animals that call the park home. Which park did you choose?
- **Mend or repair something:** With a little effort, many things that break, unravel, or tear can be mended or repaired. Need a tool? Borrow from a friend



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or neighbor, or post the need on a social media group platform such as Community Gifting Little Rock. The Central Arkansas Library System's Dee Brown branch has a free Tool Library for card-carrying patrons. The library stocks various tools, from power and electrical tools to car, lawn, and garden tools, along with a bicycle repair station. These community tools make it easy to complete projects around your home without investing in a costly tool.

What did you fix?

- **Pack a PF lunch:** Think zero-waste! Challenge yourself to not pack single-use containers or beverages (no chip bags, squeeze/tube foods, plastic zip bags, disposable wrappers). Show us your PF result in a photo!
- **Share your plastic free experience with someone:** read a PF related book to a child, gift a PF item to a friend, thrift shop with a buddy, picnic without plastic. There are many ways to express a PF lifestyle.
- **Choose a can over a plastic bottle:** Are you about to purchase a single-use beverage? Make sure to buy the aluminum or glass version! Show us what you decided.
- **Say no to condiments and plastic utensils:** Are you heading home or back to work with your to-go order? Do you really need the condiments or the eating utensils? Give those items back before you leave the restaurant! Get your camera ready to document the PF moment!
- **Share your own Plastic Free (PF) hack:** Have you thought of an alternative to plastic in your daily life that we haven't considered? Take a photo, #plasticfreejulyLR and let us know!

Further Reading

- [Green Corner Store](#) website
- [Little Rock Zoo conservation page](#)
- [PlasticFreeJuly.org](#) - the original!
- Documentaries
 - [The Story of Plastic](#)
 - [A Plastic Ocean](#)
 - [Plastic Earth](#)
 - [The Plastic Problem: A PBS NewsHour Documentary](#)
- Podcasts
 - [NPR's Throughline: The Litter Myth](#)
 - [Anja Kriger's Plastisphere](#)
- Books
 - Heather Rogers, *Gone Tomorrow: The Hidden Life of Garbage*
 - Melanie Mannarino, *The (Almost) Zero Waste Guide*
- Articles
 - [5 inspiring reuse and refill projects from the Global South](#)
 - [Plastic Pollution is an environmental injustice to vulnerable communities](#)
 - [The Titans of Plastic](#)
 - [Babies vs. Plastics Report](#)
- The Plastic Pollution Coalition's FREE [webinar series](#)