Plastic Waste Challenge

'Be the solution not the pollution'

For ONE week….

- ☐ **Record** (count) all the pieces of single use plastic that you throw away or put out for recycling.
- ☐ List what all these pieces were from i.e. film from meal/plastic bag from fruit/veg, wrapping from sweets.
- ☐ use our handy chart or make your own (on an old piece of cardboard)
- ☐ review any trends and **rethink** how you could change what you could buy i.e. individual packets of tissues…box of tissues with no plastic….invest in cotton hankies.
- ☐ visit One Planet Abingdon (on social media or pop in to the Climate Emergency Centre) to share ideas/learn more about how to reduce plastic waste.

At the END of the week…..
Set your own GOALS to reduce the amount of plastic you buy.
Examples:

- ☐ *I will **reduce** the amount of plastic pieces by half.*
- ☐ *I will **refuse** to buy any gift cards with plastic wrapping.*
- ☐ *I will **refuse** to buy fruit and veg in plastic packets*
- ☐ *I will write to my local supermarket to provide feedback about unwanted plastic waste.*
- ☐ *I will **refill** all cleaning products or make my own.*

At the end of a month, **review** your progress and check you are on track to achieve your goals. You may want to repeat the plastic count to see how you are doing or to make some new goals for the coming months. It may help to do this as a family or set a challenge with your friends to see who can reduce the most!