

Take the Plastic Free July Challenge ~ 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Here's a suggestion of how to complete the Challenge: Novice: Pick 1-2 ACTIVITIES/WEEK. Continue throughout July (forever?) Experienced: Pick 3-5 ACTIVITIES a week ~ continue forever (any order.) Expert: Do ALL, and get 2 friends to join you in the Challenge.			1 Sign up for the Plastic Free July Challenge; invite others to join you. (PlasticFreeJuly.org)	2 Watch the documentary by PBS Newshour (54 min.) "The Plastic Problem."	3 Get a reusable water bottle--use it. Bonus Wisdom: there is twice the microplastic in bottled as in tap water!	4 Get reusable shopping bags. During quarantine, you may have to load outside if reusable bags aren't allowed.
5 At the grocery store, put loose fruits/veggies in cloth bags or directly into cart. Refuse produce in plastic packaging.	6 Pack lunch in a cloth bag, glass jar, or other reusable container.	7 Buy soap, shampoo, face wash, lotion in bar form. Bonus Wisdom: pumps have straws inside to draw up liquid.	8 Watch the documentary by Frontline (53 min.) "Plastic Wars." Learn the TRUTH about recycling.	9 Put reusable cutlery in your car, purse or daypack for when you get take-out food. Remember: USE it.	10 Request NO PLASTIC with takeout, and use reusable cutlery. Bonus Wisdom: keep cloth napkins in car.	11 Opt for individual drinks in cans or glass bottles (infinitely recyclable.) Plastic bottles have limited recyclability.
12 NEVER grab "free" plastic pens at businesses. Use pencils or pens you already own.	13 Refuse plastic drinking straws, plastic lids. Realize paper coffee cups have a plastic lining. NONE are recyclable.	14 Women--consider using menstrual cups.	15 Cigarette butts contain plastic-- toss in trash. 2/3 of the 1 Trillion cigarettes sold annually end up in environment.	16 Stop chewing gum--it is made of a synthetic rubber, which is plastic.	17 Choose wine with <i>cork stoppers</i> , not <i>synthetic stoppers</i> .	18 Save cereal liners and frozen food bags, for pet waste, car trash bag, hiking trash, etc.
19 When you hike or recreate pick up and dispose of plastic trash.	20 Line trash bin with old paper bags or newspaper instead of plastic bags.	21 Baby in the family? Use cloth diapers.	22 <i>STOP</i> using <i>balloons</i> and <i>Mylar balloons</i> . They're mistaken as sea jellies by sea turtles who eat and suffer a horrible death.	23 Use bamboo toothbrushes (\$1 each) and baking soda, or DIY toothpaste with Bentonite clay.	24 Avoid plastic pet toys -- get catnip for cats; large ropes for dogs.	25 Light candles (or campfires, cigarettes, etc.) with matches, NOT a plastic lighter.
26 Buy condiments in glass jars. Bonus Wisdom: save jars for food leftovers.	27 Store leftovers in glass jars; reusable containers. Buy/prepare less food at a time, for less food waste!	28 Give children wooden toys; swap our plastic toys and; <i>buy used</i> . Teach them to refuse plastic.	29 Not all plastic can be recycle--learn what does in your area. Bonus Wisdom: if you skipped watching Plastic Wars, watch it!	30 Get/make woolen dryer balls.	31 Wear clothes of natural fibers--cotton, silk, tencel, bamboo, hemp. Acrylics and sythetics are made of plastic -- microfibers break off in laundry and find their way into the ocean. Bonus Wisdom: Google it--learn more! This is a SIGNIFICANT cause of marine microfiber plastic pollution.	

I created this calendar after I watched [The Plastic Problem](#) (PBS Newshour Special) and learned about www.PlasticFreeJuly.org. I was inspired to learn more about plastic. I believe humans want to do the right thing; that if they realized the DANGER of plastic they would REFUSE ALL SINGLE-USE PLASTIC. I hope I inspired you and increased your awareness of the Plastic Problem. I hope you take action. Please share this freely on social media and with others! This is my attempt to: Be The Change I Want To See.

~Den, a Hiker, a Climber, a Parent, a Grandparent, an Advocate for Mother Earth!

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly." --Anne-Marie Bonneau, Zero Waste Chef