

WEEK 4: CONGRATULATIONS! WHERE DO WE GO FROM HERE?



YOU HAVE LEARNED SO MUCH THIS MONTH.

The best thing to do with all of your new knowledge is to continue working toward waste minimalism to solidify your sustainable habits — learning to be plastic-free is a long, imperfect process, and that's okay!

1. Share what you have learned with others.
2. Research strategies to further your knowledge and actions of sustainable living.
3. Invest in quality products with longevity to reduce your personal waste footprint as much as possible.

HOW CAN I EARN NEGATIVE POINTS THIS WEEK?

Remember, the road to living a plastic-free lifestyle is long, but becoming conscious of your own waste is the first step.

**Congrats on finishing
the Plastic Free
Challenge! We are
proud of you!**



- Share your experience with the [Waste Reduction @ Illinois Facebook Group](#) - what tips could others benefit from?
- Buy reusable products (face masks, Q-tips, rags, you name it!)
- Learn about environmental injustices in your area
- Watch a documentary
- [Estimate your plastic footprint](#) - hopefully it has decreased since Week 1!
- Give an 'experience' as a gift instead of a tangible item
- Participate in [Plastic Free July](#) - a global movement against plastic use!
- Keep up the momentum! Tell a friend. Keep learning!

THANK YOU for your participation in this challenge. Please reach out to Meredith Moore and Emily Dickett at [**iseesustainabilitychallenge@gmail.com**](mailto:iseesustainabilitychallenge@gmail.com) with questions, stories, or feedback! We'd love to hear from you! Submit your [Week 4 Form and Grid](#) by 3/29.