

Week 1: Say Goodbye to Reduce, Reuse, Recycle



Have you heard of the Seven R's of Sustainability?

Reduce, Reuse, Recycle has been the go-to sustainability phrase for as long as I can remember. While it's still an important rule for acting sustainably, the beloved 3 R's have added 4 more to their family:

1. **Rethink** - Is this plastic necessary?
2. **Refuse** - Say no to plastics you don't need.
3. **Reduce** - Avoid plastics when you can at home, at the store, at school, at your office, ... everywhere!
4. **Repurpose** - Can this plastic be used as something else before I recycle it?
5. **Reuse** - Single-use plastics, such as plastic bags, can be used multiple times.
6. **Recycle** - Once you're finished with your plastic item, be sure you recycle it properly.
7. **Rot** - Compost organic scraps instead of throwing them away!

How can I earn positive points this week?

Follow the Seven R's of Sustainability

- Refuse plastic such as cutlery or straws when ordering take-out. Most restaurants now have options to specify 'no plastic, please!' even when ordering online
- Invest in non-plastic items such as a metal coffee tumbler or glass Tupperware, and keep them with you to be prepared
- Buy used products
- Repurpose old plastic items laying around your house, like turning an empty shampoo bottle into a vase
- Estimate your plastic footprint. Hopefully, it will decrease by the end of the month!
- Learn how to recycle in your area



Thank you again for joining the Plastic Reduction Challenge. We hope Week 1 is going well and that you have already learned a lot about your waste habits and plastic in the world around us.

Contact iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your Week 1 Form by 10/9.