

Week 2: Life is Busy! How to Avoid Plastic on the Go

It's not always easy to avoid plastics when you're out and about. In fact, plastic is integrated in almost everything that is "to-go" by nature. Therefore, it's important to plan ahead!



Here are a few tips for cutting out pesky to-go plastics:

1. **Just ask!** Whether at the grocery store or out to eat, ask if you're allowed to use your own bag, cup, etc.
2. **Avoid eating out when possible.** Or, make sure to order as much as you'll eat to reduce take-out containers. Instead, try buying in bulk and make some yummy, new recipes at home. You'll save money and reduce plastic waste, too!
3. **Refuse single-use plastics when they are presented.** You don't always need a bag at the store, a straw in your drink, or a lid to a cup.

How can I earn positive points this week?

- **Buy in bulk** at the grocery store. Harvest Market in Champaign and the Urbana Co-Op are two close options!
- **Refuse single-use plastics when possible**: plastic bags, cups, utensils, containers, all of it!
- **Switch to an alternative**: invest in your own reusable goods like cups, containers, and bags.
- **Have a conversation** with a friend about plastic use in your area. Brainstorm how you can help the problem.
- **Encourage a peer or coworker** to rethink their plastic use.



PLEASE SUBMIT YOUR WEEK 2 GOOGLE FORM BY 10/17.

**WE LOVED HEARING FROM YOU ABOUT YOUR WEEK 1 EXPERIENCES. AS ALWAYS, PLEASE CONTINUE TO REACH OUT TO
ISEESUSTAINABILITYCHALLENGE@GMAIL.COM
WITH QUESTIONS, CONCERNS, STORIES, OR FEEDBACK!**