



PLASTIC FREE JULY CHALLENGE 2024 CALENDAR



SUN



MON

TUE

WED

THURS

FRI

SAT

1 PICK UP TRASH ON YOUR WALK

2 WALK / RIDE BIKE INSTEAD OF DRIVE

3 UNPLUG AND GO OUTSIDE!

4 USE ALTERNATIVES TO BALLOONS FOR CELEBRATION DECOR (LIKE FLOWERS, SPARKLERS, LEAF CONFETTI, POPCORN STRINGS, ETC.)

5 USE REEF SAFE SUNSCREEN

6 WATCH "SMOG OF THE SEA"

7 ATTEND OUR BEACH CLEANUP

8 USE THE MARINE DEBRIS TRACKER APP TO BE A CITIZEN SCIENTIST

9 RECYCLE PAPER, GLASS, ALUMINUM

10 USE REUSABLE BEVERAGE CONTAINERS

11 BRING REUSABLE BAGS TO THE STORE

12 BUY IN BULK

13 SKIP PRODUCE BAGS (OR USE REUSABLE ONES) AT THE GROCERY STORE

14 BUY NOTHING DAY!

15 SHOP SECOND HAND

16 SHOP FROM LOCAL BUSINESSES

17 GO MEATLESS MONDAYS

18 SHOP AT FARMER'S MARKETS

19 MAKE A HOME COOKED MEAL

20 USE CLOTH NAPKINS

21 PLANT AN HERB, VEGGIE, OR FRUIT

22 COMPOST FOOD SCRAPS AND YARD WASTE

23 USE REUSABLE SANDWICH BAGS

24 USE BEESWAX WRAPS INSTEAD OF PLASTIC WRAP

25 SKIP THE STRAW WITH TO-GO BEVERAGES

26 USE REUSABLE UTENSILS WHEN EATING OUT (KITS AVAILABLE ON OUR SITE!)

27 HOST A CLOTHING (OR ANYTHING!) SWAP WITH FRIENDS

28 WEAR NATURAL FIBER CLOTHING (COTTON, BAMBOO, SILK, ETC.)

29 BRING YOUR OWN TO-GO BOX WHEN EATING OUT

30 SWITCH TO SHAMPOO AND CONDITIONER BARS (AVAILABLE ON OUR WEBSITE!)

31 MAKE YOUR OWN PERSONAL PRODUCTS (CLEANING SOLUTIONS, LOTIONS, DEODORANT, TOOTHPASTE, ETC.)

CLEAN OCEANS



GREEN MIND

GREEN LIFE

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