

JULY CHALLENGE: PASS ON PLASTIC



This month we challenge you to reduce your use of plastic.

THE CHALLENGE

Each year 8.8 million tons of plastic is released into the ocean. This plastic then pollutes waterways and endangers wildlife. We all know plastic is bad for the environment but many of us still use it. While it's hard to get rid of it completely, this month we challenge you to choose one or two ways you can use less plastic. Here are some suggestions.

- Always bring your reusable bags to the store with you. You can keep them in your backpack, purse or car to help remember them.
- Say no to one time use plastic straws. If you need to use one, choose a sustainable option or invest in a reusable one. There are stainless steel options, colorful silicone ones for kids, and even some with their own case.
- Pick a reusable water bottle that you will love using and take it with you everywhere. There are even [apps](#) to help find [places](#) to refill it.
- When ordering food online, opt out of plastic utensils.
- Use real tableware or sustainable party goods for get-togethers.
- Choose personal care products devoid of microplastics, such as polypropylene or polyethylene.

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