

# 31 Day Challenge

Tick off each activity as you complete it. You can do one a day, or knock a few of them out in the same day.  
See if you can do all of these things in October!



	Do a waste audit at your home.
	Watch The True Cost documentary about fast fashion (available to watch for free on <a href="#">Youtube</a> ).
	Use a reusable water bottle instead of a single-use bottle.
	Instead of buying a pre-packaged snack, try to make a waste-free snack yourself (e.g. pop popcorn on the stove, make homemade scroggin, apple slices with peanut butter).
	Choose two ways to reduce your water usage (e.g. turn the shower off when you're not actively rinsing your hair/body, turn the tap off when brushing teeth).

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	<p>Be conscious of your power use. Turn things off at the wall when not in use, and remember to turn the lights off when you leave a room.</p>
	<p>Get outside into nature! Enjoy the beauty that the natural world has to offer. This is what we're trying to protect.</p>
	<p>Join your school/university's green team (or if there isn't one already, start one!).</p>
	<p>Clean up 10 (or more!) pieces of rubbish from a nearby beach/stream/park. You may be surprised at how many microplastics you find once you start looking!</p>
	<p>Check your <u>local council's website</u> to see what they do and do not accept for recycling in your area.</p>
	<p>Check your household's recycling before it gets put in the bin for collection - has it all been rinsed and cleaned?</p>
	<p>Switch your internet search engine to <u>Ecosia</u>.</p>
	<p>Walk, cycle or take public transport to a place that you otherwise would have driven/been driven to.</p>
	<p>Eat your leftovers instead of putting them in the rubbish. Check out <u>Love Food Hate Waste</u> for information and inspiration!</p>
	<p>Put your food scraps into a compost bin, worm farm or bokashi bin. If you don't have one in your household, check out <u>ShareWaste</u> to find one in your area.</p>
	<p>Watch a sustainability-themed documentary - the Our Planet series on Netflix is excellent! See some other suggestions <u>here</u>.</p>
	<p>Try making a product yourself, e.g. lip balm.</p>

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	<b>Refuse to use disposable products. See if you can go without them for a day. Is there a reusable alternative that you could use?</b>
	<b>Repair/mend something that has broken. Instead of throwing away clothing that has a hole in it, try mending the hole or putting a patch over it. Get creative!</b>
	<b>Host a movie night with your friends or family - eat waste-free snacks, and watch a sustainability-themed documentary. Talk about it after - did you learn anything?</b>
	<b>Find a community recycling centre near you.</b>
	<b>Play a sustainability-themed game - some options can be found at <a href="#">Sustainable Earth</a> or <a href="#">Chaos Theory</a>.</b>
	<b>Plant a tree, shrub, herb, or other plant. Bonus points if it is a native variety!</b>
	<b>Replace meat with a vegetarian or vegan option for a day.</b>
	<b>Collect your old e-waste and take it to be recycled at a local e-waste recycler.</b>
	<b>Check out the <a href="#">GEO-6 for Youth</a>.</b>
	<b>Learn about the <a href="#">UN Sustainable Development Goals</a>.</b>
	<b>Look at the materials that your clothes are made out of. Synthetic fibres like polyester and nylon will shed microplastics into the water system when washed so try to avoid those where possible in future - try opt for natural fibres instead!</b>

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	<p><b>When you want to buy something check out your local thrift store/op shop first, or check Facebook Marketplace and TradeMe. You might be surprised to find the things you want still in great condition, and at a cheaper price than what you would have otherwise paid!</b></p>
	<p><b>Add a reusable bag to your car or your parents' car, containing common reusable items (i.e. Keep Cup, cutlery, straws, container for leftovers).</b></p>
	<p><b>Declutter. Do you have items that you no longer use, want or need? Are they still in good condition? Is there someone else (e.g. friend, relative, or stranger) that could get use out of that item?</b></p>

**How did you do?**

**Are there any activities that you're going to keep doing?**

