

## REDUCE YOUR USE

# A 30-DAY PLASTICS CHALLENGE

By one estimate, there are five trillion pieces of plastic bobbing along the surface of our oceans. All that garbage is a serious problem for wildlife. Since a lot of the waste originates on land, we can all do something about it. Take the 30-day Reduce Your Use Challenge and help keep marine animals safe.

**The challenge is simple.** Over the next 30 days, count on the card below how many times you:



**Choose reusable shopping bags.**




**Fill up and reuse your water bottle.**



**Pass on a plastic straw for your drink and drink directly from the cup.**

### Are you already on top of these? Here are some other things you can do to reduce your use.

- Pack your lunch in a reusable container.
- Don't take a lid for your drink.
- Use a reusable coffee mug and/or water bottle.
- Make sure household products are microbead-free.
- Keep reusable utensils on hand.
- Bring a garment bag to the dry cleaners.
- Skip disposable razors.
- Rethink food storage at home.



<b>REDUCE YOUR USE</b> A 30-DAY PLASTICS CHALLENGE	Use this card to track your progress. We'll tally our collective results at the end.			
	week 1	week 2	week 3	week 4
