

WEEK 1: THE THREE R'S... PLUS A FEW



**"REDUCE, REUSE,
RECYCLE"
IS OUTDATED.**

**Introducing:
the Seven R's of
Sustainability!**

Following the seven R's is effective in decreasing plastic use in our everyday lives. Like the three R's we all know, these seven can be pretty catchy, too.

- 1. Rethink** - is this plastic necessary?
- 2. Refuse** - Say no to plastics you don't absolutely need!
- 3. Reduce** - Avoid plastic when you can.
- 4. Repurpose** - Can the item be used as something else?
- 5. Reuse** - Single-use plastics can often be used multiple times.
- 6. Recycle** - Be sure your plastic ends up in the recycling bin.
- 7. Rot** - If possible, try composting before throwing anything away.

HOW CAN I EARN NEGATIVE POINTS THIS WEEK?

FOLLOW
THE SEVEN R'S OF
SUSTAINABILITY!

iSEE



- Refuse plastics like cutlery or straws when you are ordering take-out
- Shop used products
- Invest in non-plastic items such as a bamboo toothbrush, jars of hair product, or glass Tupperware - keep these on hand so you are prepared
- Learn how to recycle in your area and make sure you are up-to-date on the items
- Repurpose old plastic items laying around your house (ex: turn an empty shampoo bottle into a flower vase!)
- Estimate your plastic footprint. Hopefully, it will decrease by the end of the month!

We hope Week 1 of the Plastic Free Challenge is going well!

**Contact Meredith Moore
and Emily Dickett at**

**iseesustainabilitychallenge@gmail.com
with questions, stories, and feedback!**

Submit your Week 1 Form and Grid by 3/8.

