

WEEK 2: PLASTIC WHEN YOU ARE OUT AND ABOUT



**IT MAY NOT BE
EASY TO AVOID
SINGLE-USE
PLASTICS WHEN
YOU'RE ON THE
GO...
PLAN AHEAD!**

We compiled a few tips for cutting out those pesky to-go plastics!

- 1.** Just Ask! Whether you're at the grocery store or out to eat, ask if you're allowed to use your own bag, cup, etc. While most places did not allow for reusable items due to COVID-19, many have lifted that restriction.
- 2.** Avoid eating out when possible. Or, make sure you order as much as you'll eat to reduce take-out containers. Instead, buy in bulk and make some yummy meals at home. You'll save money and reduce plastic waste.
- 3.** Refuse single-use plastics when they are presented. You don't always need a bag at the store or a straw in your drink.

HOW CAN I EARN NEGATIVE POINTS THIS WEEK?

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- Buy in bulk at the grocery store - Harvest Market in Champaign and the Urbana Co-Op are two close options!
- Refuse single-use plastics when possible. Plastic bags, cups, utensils, containers, all of it!
- Swap to an alternative; invest in your own reusables like cups and straws
- Have a conversation with a friend about plastic use in your area
- Encourage a peer or coworker to rethink their plastic use

**We loved hearing from you during Week 1.
How is Week 2 going?**

**Please reach out to Meredith Moore and
Emily Dickett at
iseesustainabilitychallenge@gmail.com
with questions, stories, and feedback!**

**Submit your Week 2 Form and Grid by
3/15.**

