

# WEEK 4: WHERE DO WE GO FROM HERE?



Now, it's time to reflect on the challenge:

- How have your habits changed from the beginning of the challenge until now?
- What steps have you taken to develop permanent sustainable habits?
- What do you still need to work on?

You've worked so hard and learned so much this month - don't stop now! Use your knowledge and pass it on.



## NEGATIVE POINTS FOR THE WEEK

- Purchase energy efficient goods: lightbulbs, heating/cooling systems, kitchen appliances
- Invest in sustainable products: bamboo toothbrush, reusable sandwich bags, cloth makeup removing wipes, metal water bottle, reusable produce bags
- Walk, bike, carpool, or use public transportation
- Sign the "Use the Bin" pledge
- Read articles about sustainable living
- Try eating less meat, like going meatless just one day a week
- Continue having meaningful conversations about waste with others and being conscious of your own actions
- [Click here to learn more!](#)

## DID YOU KNOW?

The Illinois Climate Action Plan (iCAP) is a strategic framework for U of I to meet our Climate Leadership Commitments to be carbon-neutral by 2050 and build resilience among our local community? The iCAP has seven themes to keep track of these goals, and each theme needs devoted community members, faculty, staff, and students like you in order to work to make a true difference within our campus. Learn more about the iCAP and how to get involved with sustainability [HERE](#).

**YOU ARE A SUSTAINABILITY  
ROCKSTAR.**

Thank you for participating in the Waste Reduction Challenge for the past four weeks!

Reach out to [isesustainabilitychallenge@gmail.com](mailto:isesustainabilitychallenge@gmail.com) with questions, stories, or feedback!

You should be so proud of yourself! Please submit your Week 4 Grid and Form [here](#) by 11/1 at 9 AM