

Week 4: Where Do We Go From Here?

Congratulations for completing the plastic reduction challenge! You should be proud of your dedication to tracking and reducing your waste this month. Keep up your new habits!



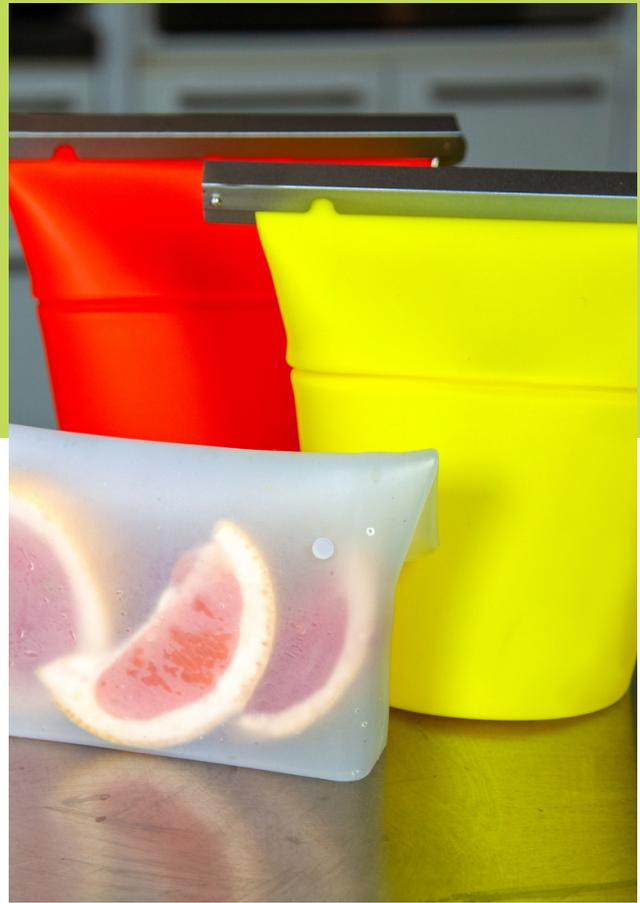
Reflect on your progress this month. What did you learn? What new habits did you implement? What do you still need to work on?

Share what you have learned. Teaching your friends and family about waste reduction can have a huge impact. They can develop sustainable habits and continue to share the knowledge!

Continue to learn more. Research additional sustainable practices that you can implement into your daily life and look into sustainable swaps for high-waste products.

How can I earn positive points this week?

- Make a new sustainable swap. We've given tips for some ways to reduce your plastic footprint, but there's countless more. Use a bamboo toothbrush, reusable produce bags, cloth makeup wipes, silicone sandwich bags, or find another swap!
- Learn more by watching a documentary or reading an article about plastic waste or another environmental issue.
- Purchase meatless or local foods to reduce your environmental footprint.
- Get involved with environmental organizations in your community.



PLEASE SUBMIT YOUR WEEK 4 GOOGLE FORM BY 10/31.

**WE LOVED HEARING ABOUT YOUR EXPERIENCE
THROUGHOUT THE CHALLENGE. AS ALWAYS, PLEASE
CONTINUE TO REACH OUT TO
ISEESUSTAINABILITYCHALLENGE@GMAIL.COM
WITH QUESTIONS, CONCERNS, STORIES, OR FEEDBACK!**