

# WEEK ONE CHALLENGE: PLASTIC FREE SHOPPING

## Sunday March 22 – Saturday March 28

- Avoid using single use plastic bags. Remember to bring your reusable shopping bags or bins.
- Avoid fruits and vegetables wrapped or contained in plastic packaging. Bring your own mesh bags instead.
- Avoid all styrofoam (it's not recyclable) including meat and vegetable trays. If possible, buy meat, poultry and fish from the meat counter and have it wrapped in paper, or bring your own container in which to take it home.
- Buy in bulk and bring your own containers to fill. Stores like Bulk Barn or Nu Grocery are all set up for you to bring your own containers. Nu Grocery is all about being plastic free.
- **Community Action:** Visit or contact your local grocer and ask them/email them to stop using single use plastic shopping and produce bags. Ask your local grocer to take your plastic containers back.

Give yourself 2 points for each challenge you have completed this week. You may give yourself 1 point for partial success. Hopefully you will continue to meet week 1 challenges until Earth Day. Total your points at the bottom of the column each week. At the bottom of the page there is space to record difficulties you encountered, and innovations or creative solutions you used.

WEEKLY CHALLENGE: Sunday March 22 – Saturday March 28	Wk 1	Wk 2	Wk 3	Wk 4	Conc
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<b>Total Points this week</b>	/10	/10	/10	/10	/40

Difficulties you have encountered:

Innovations or creative solutions:

