**WEEK 1 CHALLENGE: PLASTIC FREE SHOPPING**

**Tick the column which most closely describes how your week went for each challenge.**

**At the bottom of the page there is space to record difficulties you encountered, or innovations or creative solutions you used.**

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| --- | --- | --- | --- | --- |
| **WEEKLY CHALLENGE: Sun. March 20 – Sat. March 26** | **Rocked It!** | **Pretty Good** | **Just a Bit**  | **Didn’t Happen** |
| 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. |  |  |  |  |
| Buy in bulk and bring your own containers to fill. Stores like Bulk Barn, Natural Food Pantry, Herb and Spice, or Nu Grocery are all set up for you to bring your own containers. See <https://adreamlivedgreener.wordpress.com/ottawa/> |  |  |  |  |
| **Community Action**: Visit or contact your local grocer and ask/ email/phone them to do one or more of the following: stop using single use plastic shopping and produce bags; take back your plastic containers or other plastic waste; to contact their suppliers to avoid plastic containers for meat and produce; allow you to bring your own containers for meat, fish, poultry or bulk prepared foods. |  |  |  |  |

**Difficulties you have encountered:**

**Innovations or creative solutions:**