**WEEK THREE CHALLENGE: PLASTIC FREE LIFESTYLE**

**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. April 3 – Sat. April 9** | **Rocked It!** | **Pretty Good** | **Just a Bit**  | **Didn’t Happen** |
| * Always bring your own reusable water bottle with you. And love that take-out coffee or tea? Bring your own mug or thermos and avoid not only plastic lids but plastic-lined coffee cups.
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| * Pack your lunch in reusable containers and bags. Opt for fresh fruits and veggies instead of items served in single-use plastics.
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| * Stop using plastic straws. If a straw is a must, consider a metal or glass straw or a reusable, bendable straw.
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| * Avoid that plastic spoon or fork and bring your own utensils
 |  |  |  |  |
| * **Community Action:** Contact organizations or sites (for example, the Sens Hockey Franchise/Canadian Tire Centre) that don’t allow you to use your own water bottle and ask them to change their policy.
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 For above suggestions try Terra 20; Sisadore; Eco-Store Earthub; Nu Grocery; All-Eco.

**Difficulties you have encountered:**

**Innovations or creative solutions:**