

#RefuseSUP

REFUSE SINGLE-USE PLASTIC FOR 30 DAYS

MY 30-DAY PLASTIC JOURNAL

RETHINK YOUR PLASTIC USE & WRITE DOWN YOUR PROGRESS.

SHARE WITH US:

PatriciaMNewman.com | AnnieCrawley.com

Skip straws. Keep track of how many you skip with tally marks.	#RefuseSUP drinks. Keep track with tally marks.	#RefuseSUP bags and keep track.	Carry bamboo or metal utensils rather than use plastic utensils.	#RefuseSUP plates, cups, bowls.	Never use Styrofoam. THINK. Why?
Take a photo of your actions. Share using our #RefuseSUP hashtag.	Buy bulk foods packaged in your containers rather than SUP packages.	Investigate your bathroom. Do your products contain microbeads?	Change single-use yogurt to bulk or glass.	Brainstorm with your parents to switch single-use packages to bulk.	Share what you're doing with your grandparents. Ask them to join you.
Write a letter to your favorite restaurant. Ask them to stop using straws.	#RefuseSUP water bottles.	You're halfway there! Email us your photos, videos, stories about your Challenge.	Talk to your friends at school about creating zero waste lunches.	Explore your bedroom. Record the SUP. Brainstorm how to change.	Explore your fridge. How can you create change?
Write a letter to the President. Ask for the change you want to see.	Ask your cousins to join your campaign to help the ocean.	Our ocean gives us oxygen, food, water. How else can you help?	Switch SUP candy to Hershey Kisses. THINK. Why?	Share your campaign with your teacher. Ask her to make it class project.	Brainstorm a list of other people you could convince to #RefuseSUP.
Join the Green Team at school. Ask them to think Blue (as in ocean).	Talk to your coaches. Ask them to #RefuseSUP water/ Gatorade for practice.	Look in your backpack. Are there ways to change and #RefuseSUP?	Carry a reusable bag in your backpack just in case you need it.	Write a letter, take a photo, create a video to share with the Governor.	Share photos, videos, stories with Patricia & Annie about your 30-Day #RefuseSUP Challenge.

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