



My Challenge Choices (Getting started)

Plastic Free July is an opportunity to increase your awareness of the every day ways we use throwaway single-use plastic. Plastic has become abundant in the oceans and impacts wildlife. Challenge yourself to make a few changes for the month of July and consider continuing the habit after the month is over! Check each one you'll try and see below for how to be a part of the City's Challenge.

What to Avoid	How to Avoid It	Your Impact Ocean/Waste Reduction/Climate	Yes I'll Do this (Check)
Filling the blue bin with plastics for recycling	Avoid as much plastic packaging as you can	Ocean: 3 Waste Reduction: 4 Climate 5	
Pre-packaged fruit and veggies	Choose loose products, use a cloth bag	Ocean: 0 Waste Reduction: 2 Climate: 3	
Plastic retail bags	Remember your reusable shopping bags or use a cardboard box	Ocean: 4 Waste Reduction: 3 Climate: 2	
Bottled cleaning products	Buy products that you can refill from larger bottles. Try making your own products from common ingredients such as vinegar and lemon	Ocean: 2 Waste Reduction: 3 Climate: 3	
Bagged dry foods	Buy from a bulk store (fill your reusable container), opt for cardboard boxed product, or buy the largest bag possible to reduce plastic	Ocean: 2 Waste Reduction: 3 Climate: 2	
Plastic straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw	Ocean: 4 Waste Reduction: 2 Climate: 2	
Disposable coffee cups	Bring your reusable cup	Ocean: 3 Waste Reduction: 3 Climate: 2	
Plastic cutlery and foam take out boxes	Support businesses offering compostable alternatives (e.g. bamboo, fiber), BYO reusables or sit and enjoy 'dine-in'	Ocean: 2 Waste Reduction: 3 Climate: 3	
Plastic bottled water	Fill a reusable bottle from the tap	Ocean: 4 Waste Reduction: 3 Climate: 2	
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in glass containers, or use beeswax wraps	Ocean: 4 Waste Reduction: 3 Climate: 3	
Littering: cigarette butts	Dispose of cigarette butts in a designated bin (they are made of plastic and can wash into waterways)	Ocean: 3 Waste Reduction: 2 Climate: 1	
Littering: balloons	Avoid the risk of releasing balloons (what goes up, must come down)	Ocean: 3 Waste Reduction: 2 Climate: 2	
Ignoring another person's litter	Pick up that plastic bag blowing in the street, empty food containers, straws, etc.	Ocean: 3 Waste Reduction: 1 Climate: 1	

JOIN THE CANOE/KAYAK INTRACOASTAL CLEANUP ON JULY 27TH!

Will you take the challenge? Check the actions you'll try and keep the list above as a reminder. Leave the section below or email your choices to sustainability@myboca.us to get updates and enter to win sustainability gear!

Name: _____

Address: _____

Phone number: _____ Email: _____

What did you pledge? _____