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# TRASH GIRL 30-day Waste Challenge

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- 1** Start your daily green habit & print out this calendar
- 2** Use your reusables - ditch the take-way coffee cups
- 3** Super simple switch - swap your tea bags to loose leaf tea
- 4** Control the urge to splurge \*spend no money for the day\*
- 5** Green kitchen - create a mini green bin
- 6** Ban the bag - stop using plastic shopping bags and BYO
- 7** Plan to succeed - meal plan your entire week & eliminate food waste
- 8** Nude food - avoid plastic bags and packaging for fresh foods
- 9** Ban the bottle - BYO reusable bottle
- 10** Bathroom waste check - swap your products for eco-friendly alternatives or make your own!
- 11** Take-away time -BYO containers and cutlery for your next take out meal
- 12** Green gift giving - get creative with waste-friendly gift ideas
- 13** Summer clear out - clean, declutter and recycle your belongings
- 14** Greener groceries - shop local and seasonal at growers markets
- 15** BYO containers everywhere - take your own containers when shopping at the deli
- 16** Care, repair, repurpose and reuse before you bin it!
- 17** Garden grub - make the most of your green waste to feed your garden
- 18** Get creative in the kitchen - buy no take away lunches
- 19** Draw the last straw - say no to plastic straws
- 20** Green cleaning & avoid chemicals or plastic bottles with your homemade cleaners
- 21** Take ACTION and organise a beach or bush clean-up
- 22** Continue your nude food crusade buying your food in bulk in your own jars
- 23** Plastic power to the people - sign a petition to end single-use plastic
- 24** Channel your inner bin chicken & do a rubbish bin audit!
- 25** The bee's knees of food wraps - swap out your plastic food wraps
- 26** Green thumb - grow your own veggies or herbs
- 27** Recycled reading - choose secondhand books and magazines
- 28** Recycle your old e-waste including old phones, printer cartridges
- 29** Waste free treats - have a go at baking your own bread
- 30** Celebrate your waste challenge with an experience

\*An initiative of Living Lightly - the Sustainable Living Program of Coffs Harbour City Council



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