

# 4-WEEK CHALLENGE

# WEEK 1



## DAY 1

### Waste audit

Grab a pencil and a paper and create your own table for a waste audit. For this entire week you will be in charge of tallying all the single-use plastics and non-single-use plastics your family is using. Every time you or another member of your family uses plastic, write it down in your log. Can you identify whether the plastic item is single-use, or will you use it again?



## DAY 2

### Explore your kitchen.

How can you reuse single-use plastic items in your kitchen?

E.g., save your frozen vegetable bags for a waste bag. Use your plastic bottle to make a pencil organizer.

Share with us! Tag us on Twitter, Instagram and FB  
@UofTTrashTeam  
#TrashTeamChallenge  
or email  
UofTTrashTeam@gmail.com

## DAY 3

### Do you know where to toss your waste?

Learn about where your waste goes in the municipality where you live. How many different bins do you have? (e.g., recycling, garbage, compost) and what goes in each of them. In Toronto, you can find detailed information here.



## DAY 4

### Baking time!



Bake your own snack instead of buying snacks in packaging. Do you like granola bars? Try this recipe here.  
Or goldfish crackers?

## DAY 5

### Reduce food waste

Create an "eat me first" bin for your fridge. This bin is for food that will spoil first. You can also freeze foods that you can't consume right away to save for a future meal.

Invite your family/friends/classmates to join the #TrashTeamChallenge

# 4-WEEK CHALLENGE

# WEEK 2



## DAY 1

### Waste audit

Get your single-use plastic list from week 1 and brainstorm whether or not there is an appropriate alternative. If there is not, come up with your own alternative.

Share your ideas with us!

## DAY 2

### Explore your kitchen!

Help your family plan their next meals. Can you think of any way to make leftovers into a new meal? For example: repurposing leftovers into a toasted sandwich is a great idea.

## DAY 3

If you are ordering takeout food, ask for **no single-use cutlery and no straw.**

Fun fact: Do you know that recyclable items used for food and drink must be cleaned before putting them in the bin?



## DAY 4

Do you know that cling film is generally not recyclable and should be placed in the waste bin? Can you think of an alternative for plastic cling wrap? Here are some ideas.

## DAY 5

Take a photo or make a video about something related to your experience during this challenge.

Share with us! Tag us on Twitter, Instagram and FB @UofTTrashTeam #TrashTeamChallenge or email UofTTrashTeam@gmail.com



# 4-WEEK CHALLENGE

# WEEK 3



## DAY 1

### Explore your bedroom!

Pick out any old clothes you don't wear anymore. Use them as kitchen rags instead of buying new rags. You can also make a stylish reusable grocery bag from an old t-shirt. Learn [here](#).

## DAY 2

### Make your paper last longer!

Use both sides and create a bin for scrap paper that you can reuse for drawing, arts, crafts and more.

**Quick fact:** every year, 8 million metric tons of plastics enter our ocean.

## DAY 3

### Reduce packaging waste!

When possible, buy things in bulk instead of individually wrapped products. If you are ordering online, look for options that use as little plastic packaging as possible.

## DAY 4

### Upcycle used items!

Make art using an item that would otherwise become waste. Try out this upcycled [paper flower](#) garden for inspiration.



## DAY 5

### Celebrate your sustainable actions!

What sustainable actions do you already do as a family to reduce waste? Make a list and celebrate it!

Share your progress with us!  
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[#TrashTeamChallenge](#)  
or email  
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# 4-WEEK CHALLENGE

# WEEK 4



## DAY 1

### Explore your bathroom!

Can you spot any single-use plastic in your bathroom? Can you think of any way to reuse your shampoo bottle and toilet paper roll that would normally become waste?

Do you know that there are other options for shampoo, conditioner, and soap with plastic-free packaging? Here are some local options for the Toronto [area](#).

## DAY 2

### Make your own cleaning product!

Learn how to make an affordable and eco-friendly cleaning product. Here's a website to get you [started](#).



## DAY 3

### Look through your pantry!

Have a look through your pantry and repurpose items for artwork. Pasta? Make a craft! Some spices? Add water and you have watercolour paint! See how to make it [here](#).

## DAY 4

### Plant a seed!



Plant a seed and watch it grow (Bonus if you plant something you can eat - like basil or cilantro)! You can use your yogurt container, or other plastic bottle to plant a seed. Here are more [ideas](#).

## DAY 5

### Congratulations. You've completed the challenge!!!

Keep up with the amazing work. Share your favourite part of the 4-week challenge with us. Did you come up with any of your own challenges?

Tag us on Twitter, Instagram and FB @UofTTrashTeam #TrashTeamChallenge or email [UofTTrashTeam@gmail.com](mailto:UofTTrashTeam@gmail.com)

