

TREA Waste Reduction: 30 Day Challenge

Day 1: Purchase reusable water bottle

Day 2: Replace paper towels with reusable cotton/ linen towels

Day 3: Go to bulk food store to stock up on dried foods and spices

Day 4: Reuse glass/ plastic containers to store dry food or spices

Day 5: Encourage a friend or family member to also take the 30 day challenge!

Day 6: Purchase reusable battery kit for household appliances

Day 7: Recycle five items from your home to friends, neighbours, or agencies

Day 8: Swap out plastic bags with reusable cloth bags

Day 9: Collect and donate old clothing

Day 10: Make a trip to your local waste disposal facility to drop off electronic waste

Day 11: Visit a second hand clothing or consignment store for something needed

Day 12: Make your own snacks to take to work or school (i.e. rice crispies or granola bars) rather than buying them prepackaged

Day 13: Start a compost pile in your backyard

Day 14: Make a trip to your local farmers market

Day 15: Swap industrial chemical cleaners with homemade cleaners

Day 16: Have a dedicated day of decluttering

Day 17: Air dry your laundry for the day



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Day 18: Stock up on unpackaged soaps from a local bulk store

Day 19: Make the switch to paperless billing

Day 20: Replace single use dryer sheets with multi use dryer balls

Day 21: Collect and adequately dispose of textiles that cannot be donated (i.e. old torn clothing or worn out shoes)

Day 22: Have a day of waste free eating by only eating homemade meals for the day

Day 23: Sign up for a free library card, borrow instead of buy when you can

Day 24: Replace plastic toothbrushes with wooden or bamboo ones

Day 25: Invest in a set of reusable steel straws

Day 26: Say no to flyers and other paper waste that collects in the mailbox

Day 27: Have a money free day! The less you consume means the less waste you will produce

Day 28: Conduct a recycling audit in your home

Day 29: Donate old books or exchange them with someone else

Day 30: Clean up your neighbourhood! Go for a walk around your neighbourhood and clean up any garbage you see on the way



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