



WEEK 1

DAY 01

PICK UP 5
PIECES OF
TRASH

DAY 02

TRY AT
HOME
YOGA

DAY 03

TURN
LIGHTS
&
ELECTRONICS
OFF

DAY 04

TRY A
PLANT-
BASED
MEAL

DAY 05

DO A
WASTE
AUDIT

DAY 06

SAVE WATER
WITH A
FAST
SHOWER

DAY 07

SUPPORT A
LOCAL
BUSINESS



WEEK 2

DAY 08

READ ONE
CHAPTER
OF A BOOK

DAY 09

SPEND AN
HOUR
OUTSIDE

DAY 10

TELL
SOMEONE
WHY THEY
ARE
IMPORTANT
TO YOU

DAY 11

MAKE A
CRAFT USING
NATURAL
MATERIALS

DAY 12

REUSE A
PLASTIC
ITEM

DAY 13

START A
TRASH
JAR

DAY 14

SHUTDOWN
& TURN
OFF FOR
1 HOUR



WEEK 3

DAY 15

ZERO WASTE
THREE
INGREDIENT
PLAY-DOUGH

DAY 16

PLAY A
GAME
TOGETHER

DAY 17

MAKE A
REUSABLE
T-SHIRT
BAG

DAY 18

CHECK
IN ON A
NEIGHBOUR

DAY 19

MAKE A
ZERO
WASTE
MEAL

DAY 20

DONATE

DAY 21

SHARE A
ZERO WASTE
TIP WITH A
FRIEND



21 DAY ECO CHALLENGES INSTRUCTIONS

Week 1

- 1) This one is easy! Go outside and pick up 5 pieces of garbage. Remember to wear gloves and to wash your hands when finished to protect yourself from any germs!
- 2) Try yoga from the comfort of your home. One of our go-to yogis is Yoga with Adriene. She has a ton of videos on YouTube, ranging anywhere from 10 minutes to an hour.
- 3) Turn off all lights and electronics when not in use. This is a great way to save energy and money!
- 4) Try a plant-based meal. There are so many great vegan recipes out there! Send us an email or DM us on Instagram for our favourites.
- 5) Collect your garbage and recycling, it's time to do a waste audit. This is a great way to take inventory of where your garbage is coming from, and where you can cut back to reduce your waste. Have fun sorting through everything on the kitchen or garage floor.
- 6) See how quickly you can shower. An average shower uses about 5 gallons of water per minute. Yikes! So the shorter the shower, the less water used.
- 7) Try and buy something from your favourite local store.

Week 3

- 15) Let's make play-dough! Play-dough is not only fun but it can be made completely zero waste. See below for ingredients and instructions.

You will need: ½ cup cornstarch, 1 cup baking soda, ¾ cup water.

Optional: 3-4 drops essential oil, food colouring (you can use turmeric, beet powder, or other coloured powders to keep it natural and zero waste).

To make:

- In a saucepan with no heat add all 3 ingredients and stir.
- Place your saucepan on the stove top and turn to medium heat
- Continue stirring and mix constantly, It will start to bubble slightly and begin to turn solid. Once a ball starts to form (4-5 minutes) take it off the heat
- Place your play-dough on parchment paper to cool. **It will be HOT!
- Once the dough is cool you have the option of adding essential oils and colouring.

- 16) Play a game with your loved ones.

- 17) Make a reusable bag from an old t-shirt! See below for instructions.

You will need: An old t-shirt and scissors.

Instructions:

- Turn t-shirt inside out.
- Cut off sleeves at the seam.
- Pull on hole where sleeves used to be to stretch shirt (this will be your bags handles).
- Cut a U shape around the neckline – this will be the opening of your bag.
- Cut the bottom of your t-shirt into strips– be sure to cut through both sides of your t-shirt (strips should be about 1 inch thick and about 2-3 inches in length).
- Tie strips together (front strip to matching back strip) – This is what will hold your bag together.
- Go back and tie knots a second time to secure your bag.
- Turn t-shirt the right side in and voila!

- 18) Check in on a neighbour or loved one to see how they are doing and if there is anything they need.

- 19) Make a meal using naked fruits and veggies or foods from the bulk store. No packaging allowed.

- 20) Make a clothing, food, or monetary donation to your favourite organization.

- 21) Share one (or more) of your favourite zero waste tips with a family member or friend.

Week 2

- 8) Pick up your favourite book and read one chapter (or more!).

- 9) Get outside for 1 hour!

- 10) Brighten someone's day by telling them why they are important or special to you.

- 11) It's time to get crafty! Make something using mostly natural materials (i.e. rocks, sticks, leaves).

- 12) Reuse a plastic item. Rather than tossing it in the garbage or recycling, see what else it could be used for.

- 13) Time to start a trash jar. Using a jar or container, collect your garbage for a day (or week). This is a great way to see how much garbage you are making as an individual. At the end of the day (or week) take out all your garbage and do a waste audit. If you're able to see where your garbage is coming from, you can then start to think about zero waste solutions or alternatives.

- 14) It may not be the official "Earth hour" but we are going to participate in it anyway! Shut down and turn off for one whole hour. This is a great way to say thank you to mama earth.

