



SUSTAINABLE MARBLEHEAD PLASTIC AWARENESS MONTH



Daily Tips to Reduce or Repurpose Single Use Plastics

Resources:

See what kinds of plastic are recyclable at recyclesmartma.org

Find out about convenient composting at blackearthcompost.com

Find reusable and environmentally friendly products at our local **McRae's!** macraes-goods.com

Find out how to make an EcoBrick at EcoBrick.us and you can drop them in the bin at the transfer station.

Take a look at this fun recycling guide: [The Fine Line of Recycling](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1  Examine your waste- find out what kinds of plastic you use the most to effectively go green	Day 2  Create an ecobrick! Fill a plastic water bottle with old plastic so it can be used in green construction	Day 3  Celebrate the 4th in style with plastic free decorations
Day 4  Compost food waste	Day 5  Opt for drinks in glass bottles or cans	Day 6  Avoid snacks and food with plastic packaging	Day 7  Tell a friend! The more people making an effort during this month, the better!	Day 8  Bring tupperware containers for leftovers when you eat out	Day 9  When you are able, use reusable shopping bags	Day 10  Use a handkerchief instead of disposable tissues
Day 11  Replace plastic sandwich bags with paper or cloth	Day 12  Invest in beeswax wraps for food	Day 13  Use solid bar soap instead of plastic bottles	Day 14  Pick up litter in public places- take part in beach cleanups	Day 15  Use a reusable water bottle	Day 16  Shop at farmers markets & farm stands	Day 17  Bring a reusable coffee travel mug to the cafe
Day 18  Decline plastic straws and utensils- carry metal ones with you instead	Day 19  Reuse jars and containers for leftovers	Day 20  Keep recycling! Learn more about recycling at RecycleSmartMA.org	Day 21  When possible, use cloth produce bags, buy loose produce instead of packaged.	Day 22  Use a dishcloth or scrub brush instead of a sponge	Day 23  Invest in a bamboo toothbrush	Day 24  Make your picnic or boat lunch plastic free
Day 25  Shop directly from farmers with a local CSA	Day 26  Use recycled or biodegradable trash bags	Day 27  Drink tap water instead of bottled water	Day 28  Recycle soft plastic at grocery stores	Day 29  Switch to biodegradable brushes and combs	Day 30  Take the "SUPeR Jar" challenge Single Use Plastic Reduction: At the end of each day, put a dollar in the jar for every single use plastic item you used. At the end of August, buy a more sustainable product.	Day 31  Commit to making plastic free July into a plastic free year!

Support our local businesses when possible

Follow us on Facebook or Instagram for instructions on family activities

Avoid landfill waste, reduce your eco-footprint, protect the ocean. plasticfreejuly.org