



Guidelines for Plastic Free Week

Plastic. We use it literally every single day, and for a good reason. Plastic is an amazing innovation, but it comes at a high price. Once created, plastics ‘never’ biodegrade – it takes somewhere between 400 and 1,000 years for them to go away. And that is why we need to rethink how we use plastics in our everyday lives. The purpose of the Plastic Free Week is to create awareness around how much plastic we are in contact with every day and explore ways to avoid it. We hope you will think it is fun and that it will inspire other people to a more plastic free life.

Challenge guidelines

What is allowed during the Plastic Free Week:

- Food that you have purchased prior to the challenge (we don’t want anything to go to waste)
- Some products that literally are impossible to find without plastic wrapped around them (toilet paper might be one of them) but ask your participants to share in your forum if they come across such an item. Maybe someone else has found a solution?
- Hygienic product made of plastic that has an impact on your health (menstrual pads for example)

What is not allowed during the challenge:

- All single-use plastics (straws, cups, utensils, bottles, bags, boxes for takeout food)
- Food and other household products with plastic packaging
- Buying new things made out of plastic (toothbrush for example) **OPTIONAL**

Remember

The point is to avoid all single-use plastics at all costs!

