



Eco-Friendly Swap Challenge



CHALLENGE DESCRIPTION:

Welcome to the **Eco-Friendly Swap Challenge**! For the next 7 days, you'll make small but impactful changes by swapping one single-use item for a reusable alternative each day. This challenge is designed to help you reduce waste, embrace sustainability, and contribute to a healthier planet.

What is the Benefit of Making Eco-Friendly Swaps?

Our everyday choices can make a significant difference in reducing environmental harm. By replacing single-use items with reusable alternatives, you can reduce waste, save resources, and minimize your carbon footprint.

In addition to benefiting the environment, these swaps can also save money over time. Reusable bottles, bags, and containers are durable and cost-effective alternatives to their disposable counterparts. By committing to this challenge, you'll join a growing movement of people making conscious decisions to protect our planet for future generations.

THE CHALLENGE

1. Each day, swap one single-use item for a reusable alternative.
2. Use the daily ideas below for inspiration or customize them based on your lifestyle.
3. Track your progress and reflect on how these changes make you feel.

Tips for Success!

- **Start Small:** Don't feel overwhelmed—one swap at a time is all it takes to build sustainable habits.
- **Track Your Impact:** Note how much less waste you generate as you complete each swap.
- **Encourage Others:** Share your journey with friends and family to inspire them to make their own swaps.
- **Shop Smart:** Invest in quality reusable items that suit your needs and preferences.

DAILY SWAPS

1



Day 1: Ditch Plastic Water Bottles

Swap disposable water bottles for a reusable one. Choose a stainless steel or BPA-free plastic bottle to stay hydrated on the go.

2



Day 2: Replace Plastic Bags

Carry a reusable tote or shopping bag for groceries and errands. Keep one in your car or backpack for convenience.

3



Day 3: Say Goodbye to Paper Towels

Swap paper towels for washable cloths or microfiber cleaning cloths. They're great for spills, cleaning, and even dusting.

4



Day 4: Use Reusable Coffee Cups

Bring a reusable coffee cup or thermos to your favorite café. Many shops even offer discounts for using your own cup!

5



Day 5: Upgrade Your Food Storage

Swap plastic wrap and zip-top bags for reusable silicone bags, glass containers, or beeswax wraps for storing leftovers or packing lunches.

6



Day 6: Try Reusable Straws

Replace plastic straws with stainless steel, glass, or silicone straws. Keep one in your bag for when you're out.

7



Day 7: Opt for Reusable Cutlery

Carry a reusable cutlery set instead of using plastic utensils. It's perfect for meals on the go or at work.

DAILY SWAPS

CHALLENGE COMPLETE!

At the end of the week, take a moment to reflect on your experience. Which swaps were easiest to adopt? Which ones felt most impactful? By completing this challenge, you've taken meaningful steps toward living more sustainably. Remember, sustainability is a journey, not a destination. Keep building on these small changes, and together, we can make a big difference. Happy swapping!



Congratulations on completing the **Eco-Friendly Swap** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

