

Reduce Reuse Recycle Repair Refuse Rethink



Reducing Your Plastic Waste Footprint 6R Checklist

Are you up to the Challenge?



Name: _____

Office/School	Date	Check <input checked="" type="checkbox"/>
Use a mug to refill coffee 		
Pack your lunch in a reusable lunch box		
Give up K-cups coffee. Brew is the old fashion way		
Let your hands air dry		
Ride your bike instead of driving or carpool		
Shopping		
Bring reusable bags to the grocery store 		
Boycott products with micro beads		
Buy something in bulk		
Stop buying bottled water. Use filter instead		
Purchase item second hand or Skagway Swap		
Buy bulk soap to refill your soap containers		
Don't buy juice. Make your own		
Choose cardboard products over plastic		
Skip the frozen food section and microwave dinners		
Choose loose fruits and vegetables that are not pre-packaged		
Shop local in AK instead of out of state or Amazon		
Choose condiments in glass jars		
At home		
Use jars or Tupperware for leftovers		
Give up gum		
Skip plastic ware and paper plates		
Make your period waste free. Buy a Diva Cup 		
Use real napkins that can be washed		
Re-purpose plastic containers you already have. Craft time!		
Eat something from your own garden		
Start a compost- <i>Bonus points</i> *		
Line trash cans with biodegradable bags		
Wrap a present with cloth or recycled paper		
Swap your synthetic sponge with a cotton cloth		
Re-use baked goods bags for something else like picking up dog poop		
Use matches instead of plastic lighter		
Recycle your Electronic waste responsibly at the incinerator		
If something is broken- Fix it!		
Use pet and kids toys not made of plastic		
Use cloth diapers		
Have a DIY night and make your own plastic free products		
Use bars of soap		
Eating out		
Bring your own water bottle instead of buying one		
Refuse a straw 		
Bring your own to go container to a restaurant		

Check off as many as you can during the month of November. All participants must register and are eligible for raffle prizes on November 15 at 6PM @ STC. Remember to bring this checklist with you. Showing **BAG IT** – The Movie.

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