



# JULY SUSTAINABILITY CHALLENGE

WEEK 4

## POST-SURVEY

Thank you for participating in the July Sustainability Challenge on reducing the top 5 single-use plastics! We focused on using reusables such as water bottles, bags, cutlery, ziplocs, and straws. Continue pursuing a life with less plastic both for your health and the health of our planet.

Take the post-survey by August 3rd to be entered in the drawing for a reusable cutlery set (3 sets will be given out):

## VIDEOS & MOVIES

Here are some interesting short videos and films to motivate and help you continue your journey towards a lifestyle with less plastic.

- [PLASTIC IN THE OCEAN](#) -
- [11 ECO-FRIENDLY SOLUTIONS IN THE KITCHEN](#) - ( 10 ).
- [THE PLASTIC PROBLEM](#) -

## RESOURCES

Interested in going further? Here are some resources to help you fully understand the issues of plastic and what you can do to help.

- [SMART PLASTIC GUIDE](#) -
- [HEALTH IMPACTS OF PLASTIC](#) -
- [PLASTIC FREE JULY](#) -