

# PLASTIC CHALLENGE



## Project Summary

Plastic is taking over. It is in almost everything, from smartphones to take out coffee cups. But we are creating too much of it. Plastic does not break down in the environment for thousands of years, its by products are toxic, and it is not being effectively recycled. Further, plastic is created from petroleum products, leading to the need to extract oil to create new plastic and energy to produce. But we can be different. Can you imagine a life that is free of single-use plastics?

This 2 week challenge will help you explore your own plastic consumption and help you identify where you can break up with single-use plastics in your own life, and what kind of impact you can make.

## How to Complete

Download the spreadsheet tracker [here](#).

### Week 1:

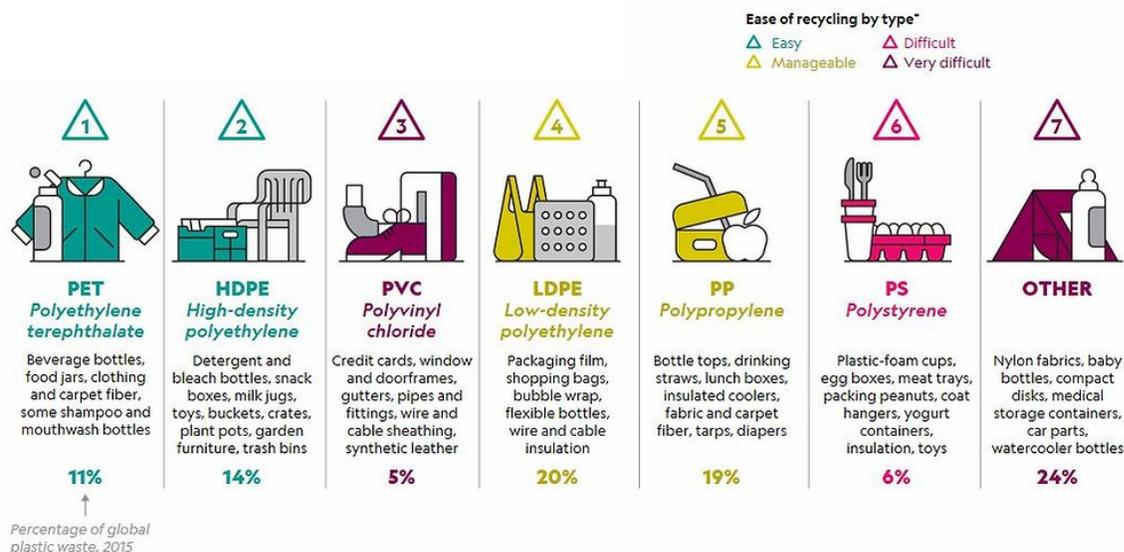
Go about your normal routines - grocery shopping, going out for food, seeing friends.

Collect ALL the single use plastic that you use (bags, takeout containers, utensils, coffee cups, floss etc.) over week 1. If there is plastic in any component of it, keep it.



### End of Week 1:

Separate out your plastic into the different types BASED ON THE TYPE OF PLASTIC. The type of plastic can usually be found on the bottom of the plastic, and will have a number from 1-7 on it in a triangle, as seen below.



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Fill out the excel sheet in the "Week 1" tab, in the column "Number of Items" entering how many of each item based on the type of plastic you had. Insert pictures of your plastic waste in the tab "Pictures of Plastic Waste" in the excel sheet.

After filling out the form, identify your top 3 sources of single use plastic. Did you have a lot of take out containers? A lot of coffee cups? Or straws?

In Week 1, my top 3 sources of plastic use comes from:

- 1.
- 2.
- 3.

## Week 2:

Substitute out your biggest 3 sources of plastic for a reusable solution (ie. swap out disposable coffee cups for a reusable mug during the week).

Continue to collect and track all your plastic waste from Week 2 as done in Week 1.

Need ideas on how to sub out your items? Check out [Reimagine Co.](#), a zero waste store here in London. Or check out some of these useful websites for inspiration:

- <https://www.revivingsimple.com/how-to-reduce-plastic-waste/>
- <https://www.treehugger.com/easy-ways-reduce-your-plastic-waste-today-4858814>
- <https://www.thestreet.com/personal-finance/30-ways-to-reduce-your-plastic-waste#gid=ci0269e009e0002761&pid=tampon-sh>

**Tip:** If a lot of your plastic came from food packaging where there are very little other options, try buying in bulk to reduce the amount of packaging that you have.

## End of Week 2:

Same as Week 1. Separate plastic based on the TYPE OF PLASTIC (#1-7). Fill out the excel sheet in the "Week 2" tab in column "Number of Items", entering how many of each item you had. Insert pictures of your plastic waste in the tab "Pictures of Plastic Waste" in the excel sheet.

After filling out the sheet, look again at your sources of plastic. Did you notice any big changes to the quantity, or the types?

In Week 2, my top 3 sources of plastic are...

- 1.
- 2.
- 3.

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## Calculating Your Impact & Submitting

1. Input the number of items in each plastic category for Week 1 under the tab WEEK 1, in the category "Number of Items".
  - a. Insert pictures of your plastic waste in the tab "Pictures of Plastic Waste"
2. Input the number of items in each plastic category for Week 2 under the tab WEEK 2, in the category "Number of Items".
  - a. Insert pictures of your plastic waste in the tab "Pictures of Plastic Waste"
3. In the tab "Impact - TO SUBMIT" you will find 3 numbers outlining your GHG, water, and energy savings. Enter these 3 numbers in this [submission form](#).
4. In this form, you will find a place to upload your completed excel file as well
5. Thanks for completing the project! Stay tuned for cool prizes

## Contact Us

If you have any questions around this project or the project program, please feel free to reach out to us through email at [western@studentenergy.org](mailto:western@studentenergy.org)

Please include the project title in the subject line so we can be sure to help you better!



@studentenergyuwo



Student Energy at Western Univeristy