



2019 SUMMER HOLIDAY CHALLENGE

Take a photo each day & share with the hashtags:

#PlasticFreeFor14

#PlasticFreeCamelford #SurfersAgainstSewage

You can start this challenge any day throughout the summer, whatever works for you!
14 days of avoiding plastic and creating small changes that make a big impact!

TAG: @PlasticFreeCamelford @SurfersAgainstSewage



TAG & HASHTAG



<p>1. Litter pick your street See how much litter you can gather up on your local street, take a photo and share what you collected.</p>	<p>Also TAG: @Litterati</p>	<p>#Litterati #StopLittering #KeepBritainTidy</p>
<p>2. Refuse a straw Refuse a plastic straw whilst you are out and about and let them know why you are doing this. If you like using straws take a look at the alternatives: paper, bamboo, metal or glass.</p>	<p>Also TAG: @TheFinalStrawCornwall</p>	<p>#ChooseToRefuse #FinalStraw #PlasticSucks</p>
<p>3. Take a refillable water bottle with you Don't buy bottled drinks whilst you are out and about, take your own reusable and check out your closest Refill Station by using the Refill app.</p>	<p>Also TAG: @Refil</p>	<p>#Refill #RefillForVictory #ReuseForVictory</p>
<p>4. Do a #MiniBeachClean Visit your local beach and see how many bits of plastic you can collect, make sure you take something to put it all in!</p>	<p>Also TAG: @2MinuteBeachClean @Take3ForTheSea</p>	<p>#MiniBeachClean #2MinuteBeachClean #Take3ForTheSea</p>
<p>5. Make a reuseable Morsbag Visit our website for the pattern, and have a go at making a reusable shopping bag with some of your own material. Take a pic and share your lovely creations with us :-)</p>	<p>Also TAG: @Morsbags</p>	<p>#Morsbags #Handmade #ReuseForVictory</p>
<p>6. Litter pick your garden It's surprising how many bits of rubbish get caught up in your garden, collect as much as you can and share a photo of it with us!</p>	<p>Also TAG: @Litterati</p>	<p>#Litterati #StopLittering #KeepBritainTidy</p>
<p>7. Take your own cutlery or make a cutlery wrap If you are out and about today, make sure you say no to plastic cutlery and take your own. Alternatively, have a go at making your own cutlery wrap for when you do go out!</p>		<p>#RefuseForVictory #Reuseable #ChooseToRefuse</p>
<p>8. Design a plastic free poster & share Show us how creative you are! Design a poster in any medium you choose, draw, paint, take a photo, share the plastic free message... and also share your design with us too!</p>		<p>#ReuseForVictory #RefuseForVictory #RecycleForVictory</p>
<p>9. Reuse a plastic item Choose an item you would normally recycle, and find an alternate use for it - reusing is a great way to reduce your recycling! Show us what you did...</p>		<p>#ChooseToReuse #ReuseForVictory #RecycleForVictory</p>
<p>10. Visit your local farm shop Take your reusable shopping bag out with you to visit your local Farm Shop, the perfect place to avoid all that plastic packaging!</p>		<p>#ShopLocal #CornishFarmShop #FarmShop</p>
<p>11. Cook plastic free Use some of that lovely Plastic Free produce to make a delicious meal at home - see if you can create a recipe from ingredients that don't come out of plastic! Share your recipe and a photo of your meal with us! Yum!!</p>		<p>#PlasticFree #PlasticFreeFood #HomeCooked</p>
<p>12. Encourage someone you know to go Plastic Free Talk to a family member, friend or neighbour, tell them what you know about going Plastic Free and see if you can help them cut down on Single Use Plastic.</p>		<p>#PlasticFree #ReuseForVictory #RefillForVictory</p>
<p>13. Take a photo of your home recycling Do you know all the items you can now recycle? Take a look at the Cornwall Council list of items they accept, there is a link on our website - share a photo of your home recycling!</p>		<p>#RecycleForVictory #HomeRecycling #Recycle</p>
<p>14. Unplastic your lunch box Take a look at the items you pack in your lunchbox - how much single use plastic did you find? Come up with ways to wrap your food without using plastic - let us see the results...</p>		<p>#PlasticFreePackedLunch #PlasticFreeLunch #Lunchbox</p>