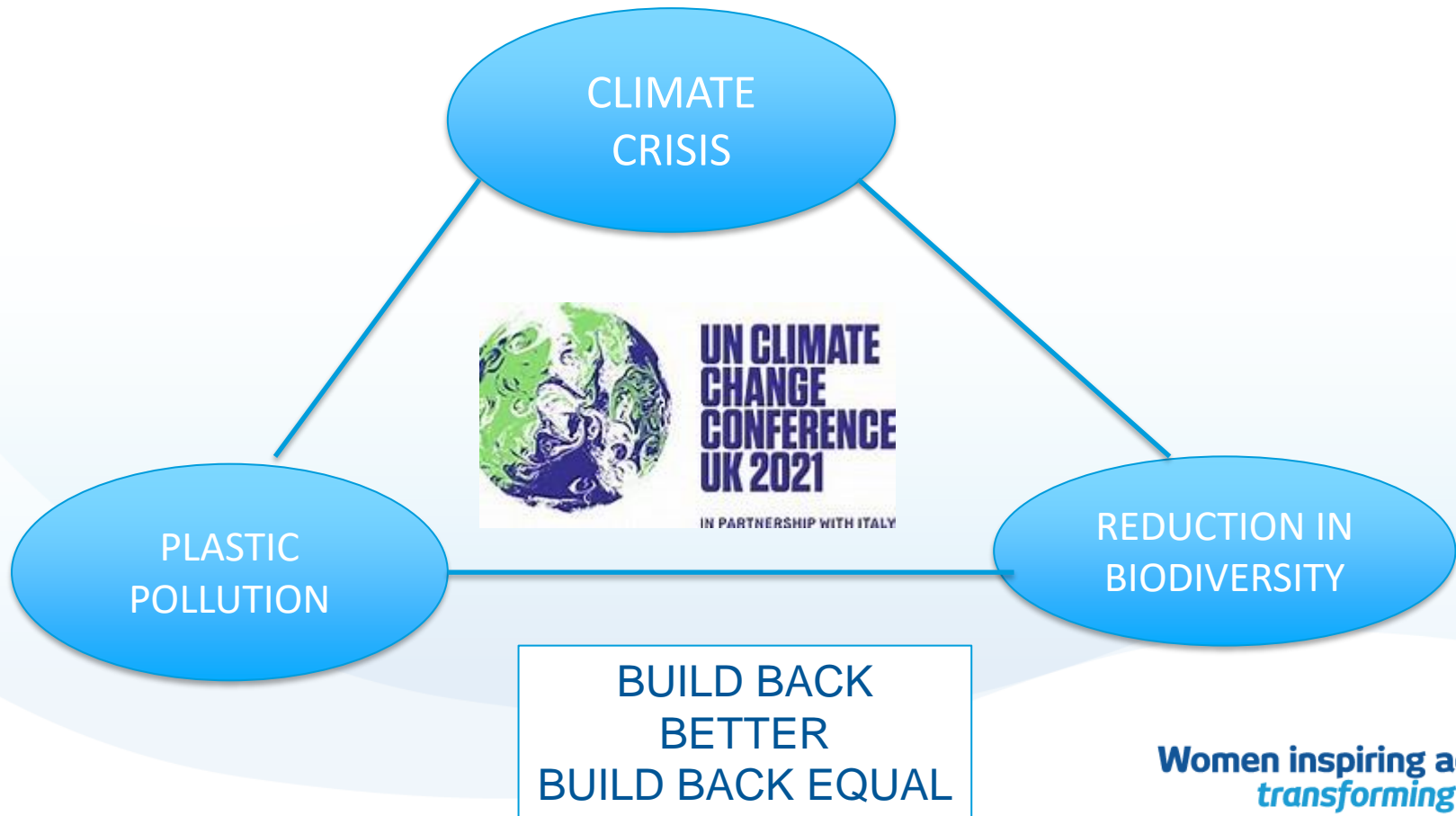


ENVIRONMENTAL CHALLENGES



Ever heard of Plastic Free July?



**The Beauty and mystery of the ocean,
fills our lives with wonders, beyond our
imagination**

M.L.Borges Writer



Photo by [frank mckenna](#) on [Unsplash](#)

**Women inspiring action,
transforming lives**

Why go plastic free?



The Plastic Free Challenge



What you can do



Plastic water bottles

BYO reusable water bottle instead of buying plastic ones.

[Learn more >](#)



At the bakery

Plan ahead & avoid pre-packed bread, rolls & baked goods.

[Learn more >](#)



Meat, fish & deli

Avoid the plastic trays used for meat, fish and deli items.

[Learn more >](#)



Reduce, Reuse, Recycle

The three R's for a better planet – reduce, reuse, recycle.

[Learn more >](#)

The Challenge

During Plastic Free July I will:

- **Avoid single-use plastic packaging**
- **Target takeaway items (the Top 4: bags, bottles, straws and coffee cups)**
- **Go completely plastic-free**

Breakout Groups

Jane is going to split us into Breakout groups.

Please use the 5 minutes you have to quickly discuss your relationship with plastic and whether you are interested in taking the Challenge using the following questions as a framework:

- 1. What plastics have you already cut out and how?**
- 2. What are you struggling to find alternatives to?**
- 3. Are you interested in reducing your plastic even more and taking the Plastic Free Challenge ? Is there a specific level or category of plastic you want to tackle?**

Please can someone note your Breakout Groups' answers and feedback at the end.

How the Challenge Works

The Challenge <https://www.plasticfreejuly.org/take-the-challenge/>

- You go to the Plastic Free website and sign up for
 - 1 Day/1 Week/Whole of July/From now
- You will be sent a link to confirm your subscription
- Then a welcoming email
- You will receive more resources, ideas and encouragement to help you throughout Plastic Free July.
- If it appeals, consider doing a simple journal to share with the Planet Team

WHAT HAPPENS NEXT?

- After this meeting The Planet Team will email everyone:
- the Plastic Free July website
- some ideas from the Sustainable St Albans website – local shops and other local resources which can help.

- PLEASE LET US KNOW IF YOU SIGN UP
- GOOD LUCK AND THANK YOU FOR LISTENING!!!!