



# Reduce, Reuse, UP-cycle!

**Week 1:** What plastics are you using? Use this week to learn what number of plastics you use most that are no long recyclable.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Week 2:** Find alternatives to the plastics you are using. For example, Instead of using plastic bags at the store, take your own reusable cloth bags instead. Even small things make a big difference.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Week 3:** What can you re-use? Upcycling is all about reusing items that still have some life left in them! Find uses for items that you would normally throw out!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Week 4:** Based on the new recycling guidelines, what will you change from now on?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday