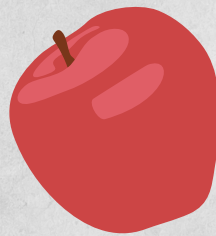




# SUSTAINABILITY TIPS FOR EVERYDAY LIVING



For a full list of on-campus & online activities,  
see the What's On At Griffith website or socials.  
[griffith.edu.au/whats-on/Enviro-Week](http://griffith.edu.au/whats-on/Enviro-Week)

**ENVIRO  
WEEK**

# SUSTAINABILITY CHALLENGE

What's on at Griffith challenges you to make one change to your everyday life to help reduce your environmental impact. Pick from the list provided and we challenge you to stick with it for one month.



## WASH CLOTHES AND DISHES

Implement using the Eco wash setting on your washing machine and dishwasher.



## SHOP ONLY SECOND-HAND

Don't buy anything new, seek out second hand goodies at OP Shops and second hand markets.



## BUY SUSTAINABLE CLEANING EQUIPMENT

Try laundry washing sheets, plastic-free bottles, make your own cleaning formulars or use wooden cleaning utensils.



## BRING YOUR OWN SHOPPING BAGS & VEGGIE BAGS WHEN SHOPPING

Come to Enviro Week and pick up your own veggie bag at the What's on at Griffith tent.



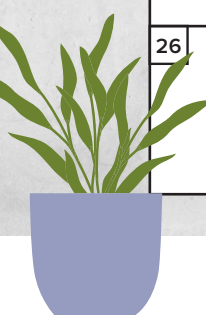
## WALK, RIDE A BIKE OR CARPOOL

Challenge yourself to reduce your carbon emissions for 30 days! Do this by walking or riding your bike to local outings and carpooling when travelling further away.

## YOUR CHALLENGE CALENDAR | 28TH APRIL TO 1ST JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



# WEEKLY MEAL PLANNER

FOR THE WEEK OF: \_\_\_\_\_



**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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**SUNDAY**

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**SHOPPING LIST**



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For more tips of sustainable meal planning visit Love Food Hate Waste at [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

# MAKE THE SWAP

Alternatives to single use plastic



Plastic Bottle



Reusable Bottle



Plastic Bag



Reusable Bottle



Plastic Utensils & Straws



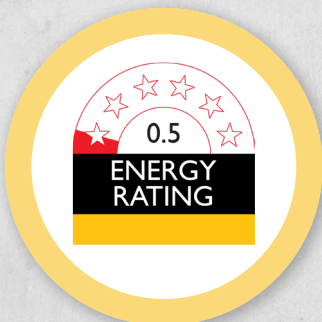
Eco-friendly Utensils & Straws



Styrofoam Food Containers



Eco-friendly Food Containers



Low Star Rating



High Star Rating