

# PLASTIC POINTS

## March 2021 Plastic Free Challenge

Use the point system below to track your waste for the month of March. The goal is to earn as few points as possible. If you throw something away that is not on our list, use the point value for 'other' or your best judgment. You have the opportunity to earn back points when you complete environmentally-friendly actions. Subtract these "negative" points from your weekly total. Underlined categories contain a link for recycling information.

### Common Plastics

Plastic grocery bags: **15 pts**

Ziplocs, plastic baggies, shipping envelopes, produce bags: **5 pts**

Plastic water bottles, beverages, cups: **10 pts**

Plastic containers, cutlery, straws: **5 pts**

Food packaging, snack wrappers: **3 pts**

Plastic wrap (Saran wrap, plastic wrap around the containers): **3 pts**

Trash bags, dry cleaning bags: **5 pts**

Plastic cleaning wipes, face or makeup wipes: **2 pts**

Laundry sheets: **2 pts**

Toothbrush, toothpaste tube: **2 pts**

Razors, razor heads, deodorant container: **2 pts**

Contact lenses, cases, packaging: **2 pts**

Haircare products, shampoo, conditioner: **5 pts**

Clothing: **10 pts**

Electronics: **20 pts**

Decorations, balloons, table coverings, etc.: **3 pts**

Giftbags, tissue paper: **2 pts**

Other: **1 pt** (or use your best discretion based on what your item is most similar to on this list)



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## How to Earn Negative Points

Purchase used products instead of new: **-10 pts**

Keep a reusable container, bottle, cutlery, or straw on hand: **-10 pts**

Recycle!: **-10 pts**

Refuse "to-go" plastics: **-10 pts**

Skip the straw: **-5 pts**

Pick up litter: **-5 pts**

Shop in bulk (spices, tea, baking ingredients): **-6 pts**

Swap to an alternative (bamboo toothbrush, plastic-free haircare, glass containers, reusable bags, avoid dryer sheets, etc.): **-10 pts**

Make your own cleaning product or self-care product (lotion, soap, cosmetics, etc): **-8 pts**

Watch a documentary: **-5 pts**

Plan/construct a garden: **-8 pts**

Estimate your plastic footprint: **-10 pts**

Give an 'experience' as a gift instead of a tangible item: **-5 pts**

Have a conversation about plastic: **-5 pts**

Make a sustainable New Year's Resolution (it's never too late!): **-10 pts**

Share your actions to inspire others on the Waste Reduction @ Illinois Facebook Page: **-8 pts**

Other ideas or actions? Share it with us at [iseesustainabilitychallenge@gmail.com](mailto:iseesustainabilitychallenge@gmail.com)



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