

You can use or adapt these charts to make a plan for reducing your carbon footprint.

Make a Plan	Reduce	Refuse	Reuse	Recycle	How?
Plastic bottles, coffee cups (potable liquids)					
Plastic food containers (peanut butter, yoghurt, ketchup, etc.)					
Plastic bottles and containers (cleaning supplies, toiletries, etc.)					
Cotton swabs with plastic sticks, dental floss utensils, toothbrushes					
Plastic cling wrap					
Plastic Re-sealable bags					
Plastic tableware, plates, cups, straws					
Food packaging					
Plastic produce bags					
Plastic grocery bags					
Plastic trash bags (bin-liners, Green Garbage Bags)					
New Clothes purchases					
Take-out or delivery food plastic packaging					
Plastic wrap for gifts, gift baskets					
Disposable diapers, pads, wipes					

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Make a Plan	Goal / week	1st Week	2nd Week	3rd Week	4th Week
Prepare Vegan meals					
Food waste					
Reduce Beef in diet					
Use Public Transit					
Reduce use of Cars					
Reduce Airline Travel during next year					