



# 30 DAYS FOR THE PLANET: WESTMINSTER UNITES



**Set your intentions:**  
Invite a friend to join  
the challenge



**Reduce water  
consumption:**  
Turn off the tap when  
brushing your teeth



**Educate yourself:**  
11 Environmental  
Films on Netflix



**Reduce use of  
harmful cleaning  
products:**  
Homemade cleaners



**Reduce single use:**  
Re-use zip-lock  
baggies and reusable  
snack containers



**Recycle batteries:**  
scotch tape  
batteries and bring  
to WPC



**If it breaks, fix it:**  
Try to fix something  
before buying new



**Compost your  
scraps:** Become a  
compost expert



**Reduce paper  
napkins:** Opt for  
reusable cloth  
napkins



**Reduce use of plastic  
containers:** Use bar  
soap for shampoo and  
conditioners



**Re-use:** bows,  
ribbons, ties,  
wrapping paper, and  
gift bags



**Refuse:** Say "no" to  
plastic knives, forks,  
and spoons when  
ordering take-out



**Re-use old  
clothing:** Towels  
and sheets as  
rags and cloths:



**Re-use glass  
containers for  
storage:** for rice,  
pasta and beans



**Reduce water  
consumption:**  
Challenge yourself  
to a 10 min shower



**Rethink:** Do I really  
need this? Be  
mindful of our  
consumption habits



**Re-use your old  
toothbrushes:** For  
hard to clean places  
and recycle at WPC



**Refuse:** Say "no"  
to plastic straws or  
bring your own



**Reduce single use  
cups:** Take your  
coffee mug with  
you



**Reduce:** Choose  
to go paperless,  
when possible, for  
bills



**Reduce trash:**  
Choose items with  
less packaging



**Reduce energy  
consumption:** Turn  
off the lights and  
unplug electronics



**Re-use:** Re-wearing  
is caring, donate  
gently worn clothing  
to WPC Thrift Store



**Reduce gas  
consumption:** Bike  
or walk to your  
destination



**Reduce or Reuse:**  
Buy, rent or borrow  
used books



**Recycle old furniture:**  
Donate items to the  
Community  
Warehouse Project



**Reduce food  
waste:** Plan meals  
to avoid excess  
leftovers



**Recycle electronics:**  
Research local e-  
waste recycling  
centers



**Rethink lawn tools:**  
Choose tools with  
rechargeable  
batteries

