



Sustain Ability

30 DAY CHALLENGE

The 30-day challenge is back for its 3rd consecutive year. We're challenging individuals, families, schools, groups and businesses to lower their impact on the environment by making a sustainable switch every day throughout September. Explore plastic free alternatives, local actions, ways to reduce waste, routes to being more energy efficient, going chemical free and reducing emissions. See how many you can achieve and share your journey with us on social media.

#maketheswitchgsy - hello@cleanearthtrust.org - @cleanearthtrust



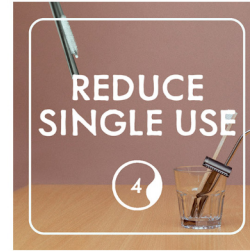
Go meat free for a day, a week or the whole month



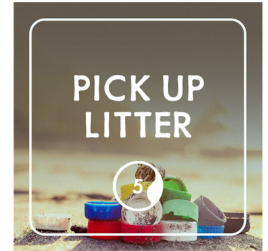
Track car usage and see which journeys could be replaced by walking, car pooling or cycling



Transform and upcycle waste into new innovative items



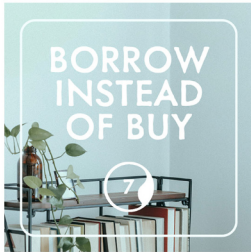
Replace single-use plastics with a more sustainable alternative



Pick up litter - go for a plog, do a beach clean, record your findings



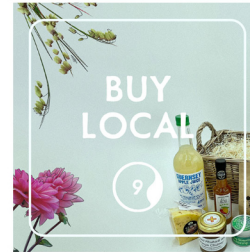
Reuse / upcycle plastic bags and food wrapping



Borrow instead of buy: books, toys, bicycles, etc



Reduce paper use by printing less and taking your note taking digital



Buy from a local producer or retailer rather than online



Switch your movie nights to documentary nights



Reduce the time, temperature and flow of water during showers



Switch to using refillable household items like cleaning products, oils, soap, etc



Switch to organic produce



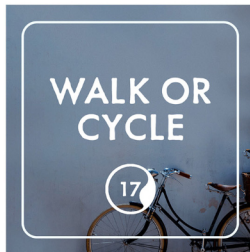
Switch to using natural pesticides and herbicides



Replace one or more of your journeys by car with the bus



Make your packed lunches plastic free



Replace one or more of your car journeys with walking or cycling



Reach out to a local business about making their operations more sustainable



Trap microfibres when washing clothes



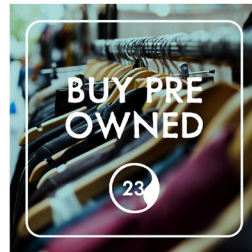
Turn unused garden space and window boxes into pollinator patches



Mend or repair something that is broken rather than replacing it with new



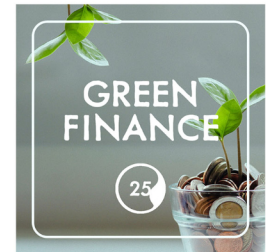
Switch to natural home cleaning and washing products



Explore pre-owned options before buying new



Hang laundry to dry instead of tumble dry



Understand how your money is being used by your bank /pension provider and transition to green finance alternatives



Buy clothing made responsibly and sustainably from natural fibres



Audit online habits and reduce your digital carbon footprint



Choose foods that are from Guernsey, Jersey or the UK



Write to the States Committee about an environmental topic that concerns you



Switch to Fairtrade - fair for people and planet