

# THE 30 DAY PLASTIC-FREE CHALLENGE

BY



DO NO  
TRASH

Plastic-free Gift Wrapping  
Carry Your Own Bottles  
Make Natural Cleaners  
Avoid Ordering  
Switch To Cloth Diapers  
Carry Cloth Bags  
Upcycle  
Avoid Online Shopping  
Reduce Waste  
Switch To Cloth Pads  
Switch To Safe Menstruation  
Collect Plastic-waste  
Carry Anti-plastic Kit  
Bake Your Own Bread  
Upcycle Old Items  
Make Natural Detergents  
Swap  
Lemon Cleanser  
Collect E-waste  
Start Composting  
Give-up Junk  
Donate  
Pack Plastic-free  
Reuse  
Collect Recyclables  
Reduce  
Refuse  
Reetha

# WHY TAKE THE CHALLENGE

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Plastic not only harms the environment but also our health with all the toxic chemical additives added to it. Reducing it in one's life might seem like an overwhelming task since plastic is practically everywhere.

Therefore, to ease the transition to a plastic-free life and make the task less daunting. We have come up with the 30 Day Plastic-Free Challenge to help reduce plastic in our lives.

The challenge consists of a series of resolutions that target replacing daily use plastic items that rank high in toxicity . As part of the challenge, you can take up the resolutions and motivate 5 others to take up the challenge.

It's time to take complete responsibility for your health and the health of your loved ones.

Let's take the pledge of IBanPlastic from my life.

Take the Do-No Trash 30 Day Plastic-Free Challenge to begin your plastic free journey!



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# Resolution 1

## Carry your own Bag

Four Simple Steps to help you REMEMBER to carry your bag.

**Step 1:** Always keep 3-4 cloth bags in your car or bike.

**Step 2:** Always keep 1-2 compact cloth bags in your purse or backpack.

**Step 3:** Ensure everyone in your family also carries cloth bags in their vehicles, purses or backpacks.

**Step 4:** Make sure to clearly tell every vendor that you have your own bags before they pack your vegetables or groceries in a plastic bag. If they pack it in plastic, ask them to unpack, take it back and fill in your cloth bag instead!

In Dehradun, the Do-No Trash Store stocks upcycled cloth bags made by local women.

Do you live elsewhere? Do you know where you can get upcycled cloth bags in your city?

You could also make cloth bags yourselves. Here's a tutorial <https://www.youtube.com/watch?v=HO9UutuHVUU>

Fill in this google form to enrol yourself in the challenge! <https://forms.gle/jNGduz6DZmVBiRT>

#REFUSE PLASTIC BAGS

## CARRY YOUR OWN BAG



### STEP 1:

Always keep 3-4 cloth bags in your car or bike.

**STEP 2:**  
Always keep 1-2 compact cloth bags in your purse or backpack.



### STEP 3 :

Ensure everyone in your family also carries cloth bags in their vehicles, purses or backpacks.

**STEP 4:**  
Make sure to clearly tell every vendor that you have your own bags before they pack your vegetables or groceries in a plastic bag.

If they pack it in plastic, ask them to unpack, take it back and fill in your cloth bag instead!



## QUIT PLASTIC BOTTLES 5 STEPS



- 01 Get a Metal or Glass bottle to carry daily
- 02 Always keep a bottle in your purse or bag.
- 03 Remember to fill your bottle whenever possible
- 04 Refuse packaged drinking water
- 05 Replace all the plastic bottles in your house with metal or glass bottles

Remember that switching to metal or glass bottles can help you avoid microplastics and toxic plastic chemicals!

WWW.DONOTRASH.ORG



### Resolution 2

## Quit Plastic Bottle

Plastic bottles are known to leach toxic chemicals such as BPA and phthalates. These chemicals mimic our hormones & cause tremendous harm to our bodies. Water stored in metal or glass bottles is healthy and safe for you & your family. Time to gift yourself and your family that metal bottle this year.

Here's how you can always REMEMBER to carry your bottle :

**STEP 1:** Get a metal or glass bottle to carry daily

**STEP 2.** Always keep a bottle in your purse or bag.

**STEP 3 :** Remember to fill your bottle whenever possible

**STEP 4:** Refuse packaged drinking water when its offered.

**STEP 5:** Start replacing plastic bottles in your house with glass/ metal jugs and bottles.

In Dehradun and other Indian cities, most utensil stores stock metal and glass bottles. For babies, a wide range of glass and steel feeding bottles are now available across India.

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<https://forms.gle/jNGduz6DZmVBiRT5>



# START COLLECTING YOUR PLASTIC WASTE



## STEP 1 :

Find a carton/gunny sack/ plastic bag , put it in a designated spot in your home / office. Typically this could be kept in a dry spot in the backyard, garage, store room or even behind the bathroom door.



## STEP 2 :

After you open any packaging, be it food (milk, oil, snacks etc), toiletries, medicines, toys or clothing, separate the plastic from paper & metal packaging. Wash and dry all plastic packaging containing wet or sticky products.



## STEP 3 :

Once the sack/bag is full, you can hand over your plastic waste to a recycler/kabadiwalla.



## STEP 4 :

Any plastic not taken by the kabadiwala or recyclers could be used to make eco bricks or in construction. You can find tutorials on YouTube on how to make eco-bricks,

[www.donottrash.org](http://www.donottrash.org)

## Resolution 3 Start Collecting Your Plastic Waste

A critical step towards sustainable living is to store your plastic waste separately. This ensures we can give clean plastic to our kabadiwalas, ensuring a respectable lifestyle for them. This also ensures that we don't litter our ecosystems and end up feeding plastics to cows & other animals.

To segregate plastic waste at source follow these four simple steps

**STEP 1 :** Find a carton/gunny sack/ plastic bag , put it in a designated spot in your home / office. Typically this could be kept in a dry spot in the backyard, garage, store room or even behind the bathroom door.

**STEP 2:** After you open any packaging, be it food (milk, oil, snacks etc), toiletries, medicines, toys or clothing, separate the plastic from paper & metal packaging. Wash and dry all plastic packaging containing wet or sticky products.

**STEP 3:** Once the sack/bag is full, you can hand over your plastic waste to a recycler/kabadiwalla.

**STEP 4:** Any plastic not taken by the kabadiwala or recyclers could be used to make eco bricks or in construction.

Here's a tutorial on how to make ecobricks.

<https://www.youtube.com/watch?v=UjtTEZTFE34>.

In Dehradun, besides local kabadiwalas, you can drop off your plastic waste at plastic banks or with waste warriors.

<https://wastewarriors.org/contact-waste-warriors/>

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>.



# SWITCH TO BAMBOO/ NATURAL WOOD TOOTHBRUSHES



- Non-toxic
- Environmentally Sustainable



## Resolution 4

# SWITCH TO BAMBOO TOOTHBRUSH

Do you start your mornings by putting that plastic toothbrush in your mouth? Lets understand how to switch to a natural toothbrush. Sustainable options have a lot of health benefits too.

Neem wood can keep your teeth strong and healthy thanks to neem's anti-bacterial nature. Arjun wood is known to aid calcium absorption. Neem, Arjun and bamboo toothbrushes help keep plastic at bay! Neem sticks are also used as datun, though dentists don't recommend these.

The bristles for these brushes come in multiple types including nylon and biodegradable varieties. Luckily for Doonites, we can find locally made bamboo/wood brushes at the Do-No Trash store. ([www.donottrash.org](http://www.donottrash.org))

Do let us know, from where you got your first bamboo/natural wood toothbrush

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRT5>

# Anti-Plastic Kit



Make your kit with a steel tiffin box, steel spoon, steel straw and steel tumbler packed in a cloth bag, with a cloth napkin. The tiffin box can double up as a plate and a cup.

Keep a kit in your daily bag so you have it handy on the go. Keep another kit in your vehicle.

Be it at a party or a restaurant, politely request for your food to be served in steel or glass, stressing that you are carrying your own cutlery & plate if required. This is especially useful while travelling by train, air or on the road.

Resolution 5

## Always carry your anti-plastic kit!

If you are eating out or travelling, there is a high chance you would be served in thermocol or plastic. We will never know how many times these disposables have been touched, or the viruses they carry. Skip all the health hassles and carry your own anti-plastic kit! Starting with:

**STEP 1 :** Make your kit with a steel tiffin box, steel spoon, steel straw and steel tumbler packed in a cloth bag, with a cloth napkin. The tiffin box can double up as a plate and a cup.

**STEP 2 :** Keep a kit in your daily bag so you have it handy on the go.

**STEP 3 :** Keep another kit in your vehicle .

**STEP 4 :** Be it at a party or a restaurant, politely request for your food to be served in steel or glass, stressing that you are carrying your own cutlery & plate if required. This is especially useful while travelling by train, air or on the road.

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# Resolution 6 : Say NO To Plastic Straws



Whenever you see someone serving plastic straws, just say no. Ask them to serve your drink without a straw. Return any plastic straws that are given to you.

Adult humans do not need a straw to sip. But if you need to use a straw, carry your own steel straw. This will help you avoid any infections and plastic toxicity.

Resolution 6

**Refuse plastic straws, if needed, use a steel straw.**

Refuse plastic straw with this simple hack!

**STEP 1 :** Whenever you see someone serving plastic straws, just say no. Ask them to serve your drink without a straw. Return any plastic straws that are given to you.

**STEP 2:** Adult humans do not need a straw to sip. But if you need to use a straw, carry your own steel straw. This will help you avoid any infections and plastic toxicity.

In Dehradun, it's great to see many restaurants and cafes shifting to paper straws. Next time, if you see a cafe/ restaurant/vendor using plastic straws try to convince them in using paper or steel straws.

Write to [dntdun@gmail.com](mailto:dntdun@gmail.com) if you want us to join you in convincing someone to skip the straw.

Fill in this google form to enrol yourself in the challenge!  
<https://forms.gle/jNGduz6DZmVBiRT5>



# RESOLUTION 7

## QUIT CLINGWRAP



Stock food wrapping paper /butter paper / cloth for your food wrapping needs.

For bread, rotis or chapattis its best to use cloth.

Sandwiches and other items can be packed in tiffins or containers.

### Resolution 7

## Quit Cling wrap

Food was wrapped in cloth or paper before cling wrap became prominent. In fact cling wrap is among the most toxic plastics and it comes directly in contact with food.

Doctors in several countries are now advising people to #QuitClingWrap. If you or your family members are suffering from thyroid, depression, cancers or any hormonal issues, its best to avoid food that has come in contact with cling wrap.

Quit Cling Wrap with these 3 simple steps :

**STEP 1 :** Stock food wrapping paper /butter paper / cloth for your food wrapping needs.

**STEP 2 :** For bread, rotis or chapattis its best to use cloth.

**STEP 3 :** Sandwiches and other items can be packed in tiffins or containers.

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## Resolution 8: Take-away in your own containers



Think about how much you might order and carry containers accordingly. Carry extra containers for take-away, just in case.

While ordering your food, inform the restaurant that you want to parcel in your own containers.

Be insistent, the staff might resist but do persist.

Resolution 8:

### Bring your own containers to have outside food packed

Getting outside food packed for your junk food cravings? Have it packed in your own containers with these 4 simple steps:

**STEP 1** : Think about how much you might order and carry containers accordingly.

**STEP 2** : Carry extra containers for take-away, just in case.

**STEP 3** : While ordering your food, inform the restaurant that you want to parcel in your own containers.

**STEP 4** : Be insistent about STEP 3, the staff might resist but do persist.

In Dehradun, whether you are getting Chetan's famous Kachori's packed or Chinese at Kalsang. Just bring your own containers and they will pack your food in it. The key lies in insisting for this change.

Fill in this google form to enrol yourself in the challenge!

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# Resolution 9 : Use a handkerchief instead of tissue.



**Keep a handkerchief in your pocket/bag.**



**Keep spare handkerchiefs in your bag and vehicle.**

## Resolution 9

# Use a handkerchief instead of tissue.

Here's how you can remember to keep a handkerchief with you always handy!

**STEP 1 :** Keep a handkerchief in your pocket/bag.

**STEP 2 :** Keep another in your daily backpack or vehicle.

This is perhaps one of the easiest shifts one can make. It's all about having a hanky in your pocket or bag. As individuals, we have now become so habitual to using tissues and napkins whether it's after a meal or during a cold.

Tissues not only create unnecessary trash, but also cause countless trees being cut just to produce them. Refusing tissues is the first step towards conscious living.

Fill in this google form to enrol yourself in the challenge!

**<https://forms.gle/jNGduz6DZmVBiRT5>**



# START COLLECTING YOUR E- WASTE



www.donottrash.org



## STEP 1 :

Find a carton/gunny sack/ plastic bag , put it in a designated spot in your home



## STEP 2 :

Start collecting your e-waste waste in it. E-waste items normally consist of tubelights, bulbs, smartphones, laptops, wires etc.



## STEP 3 :

For large items like tube lights, you can keep them in separate spot, packed carefully.



## STEP 4 :

Once your e-waste bag/carton is full. You can hand over your waste to an e-waste recycler.



Resolution 10

## Collect E-waste

With these 4 simple steps

**STEP 1 :** Find a carton/gunny sack/ plastic bag , put it in a designated spot in your home.

**STEP 2:** Start collecting your e-waste waste in it. E-waste items normally consist of tubelights, bulbs, smartphones, laptops, wires etc.

**STEP 3 :** For large items like tube lights, you can keep them in separate spot, packed carefully.

**STEP 4 :** Once your e-waste bag/carton is full. You can hand over your waste to an e-waste recycler.

Fortunately in Dehradun we have organizations like SPECS which are pioneers in e-waste management. Do let us know if you have any other e-waste recycler.

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>

**RESOLUTION 11****Switch to Safe Menstruation**

- ✓ Non-Toxic
- ✓ No disposal hassles
- ✓ Saves your health
- ✓ Saves you Money
- ✓ Saves the environment.



Resolution 11

**Switch to Safe Menstrual Products**

A woman goes through about 6000 sanitary pads in her lifetime. Even though Sanitary Napkins/Pads have been proven to cause cancer and diseases like PCOD, endometriosis. They are also known for causing rashes and other skin infections.

Thankfully, there are sustainable menstruation alternatives in the form of :

**Cloth Pads :** You wear them just like normal sanitary pads and are super comfortable. They can be easily washed and reused time and time again. A cloth pad can easily last you 3-5 years. Saving you money and your health at the same time.

**Menstrual Cups :** An alternate for tampons and even sanitary pads. Menstrual cups are made of silicone and do not come with the hassle of washing them. All you need to do is sterilize them before and after your menstrual cycle. A menstrual cup can easily last for 10 years. Making it the ideal health and money investment.

If you are still not convinced, you can read this article <https://www.conserve-energy-future.com/strong-reasons-switch-reusable-menstrual-products.php>

Fill in this google form to enrol yourself in the challenge!

**<https://forms.gle/jNGduz6DZmVBiRTr5>**

**RESOLUTION 12****Opt For  
Fresh Juice!**

- ✓ No microplastics
- ✓ No phthalates
- ✓ No added sugars
- ✓ High on nutrition
- ✓ Saves the environment.



## Resolution 12

**Opt for fresh juice!**

Say goodbye to all the branded packaged tetrapacks drinks. They contain heaps of microplastics, phthalates and sugar.

Let's switch to seasonal fresh fruit juices that contain all the nutrition of fruits and none of the microplastics, toxins and sugar that packaged juice comes with.

Here's how you can go about this in simple steps.

**STEP 1** : Whenever someone offers you juice in tetrapacks, just say no.

**STEP 2** : Start making fresh juice for yourself.

In Dehradun, especially during winters nothing like having fresh mixed fruit juice!

Fill in this google form to enrol yourself in the challenge!

**<https://forms.gle/jNGduz6DZmVBiRTTr5>**



# Resolution 13: Carry your own containers to have your chips packed.



Find a local chips shop/Misthan Bhandar near you. For instance in Dehradun, you can get freshly made chips in all sorts of flavours at the South Indian Hot Chips shop in Nehru Colony

Carry containers/dabbas with you.

Handover your containers to the shopkeeper and instruct them to pack your chips in the containers.

## Resolution 13

### Carry your own container to have your chips packed

Who can resist a slice of the good old potato chip? But, this mouthwatering delight comes packed in all sorts of shiny plastics laden with heavy metals like lead.

Long before Lays became synonymous with chips, one could and still find chips made locally and unpackaged. Buy your chips plastic-free in these 3 simple steps.

**STEP 1)** Find a local chips shop/Misthan Bhandar near you. For instance in Dehradun, you can get freshly made chips in all sorts of flavours at the South Indian Hot Chips shop in Nehru Colony.

**STEP 2)** Carry containers/dabbas with you.

**STEP 3)** Handover your containers to the shopkeeper and instruct them to pack your chips in the containers. Or better yet, you can make chips at home.

Here's an interesting recipe for you

<https://www.youtube.com/watch?v=pkIxd8o9HCE>

In short where there is a will, there is a way even when it comes to finding chips packaged plastic-free. Please do share with us, alternatives you have found for yourself!

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>



DO NO  
TRASH

# Switch To Natural Shampoos & Soaps!

## RESOLUTION 14

- Non-toxic
- Nourishing
- Benefits Health
- Environment-friendly

## Why?



[www.donotrash.org](http://www.donotrash.org)

## RESOLUTION 14

# Switch to natural shampoos & soaps!

Did you know most chemical shampoos contain toxic chemicals that contribute to cancer, liver disorders and neurological diseases? In fact, most shampoo work as detergents and strip the hair of all it's natural nutrients and conditioning. No wonder early age greying, hair loss and hair thinning is on the rise!

Chemical soaps are no better as they practically work as detergents since the glycerin produced during soap making is removed to make other products. Ultimately creating a soap which further dries the skin by getting rid of the skin's natural oils.

Here's you how you can switch to natural shampoo in 2 simple ways:

### The DIY (DO-IT-YOURSELF ) WAY

Just like our grandmother's we can use reetha, amla and shikakai and make natural shampoos out of them. Here's a natural shampoo recipe to get you started(There are countless others)!

<https://www.youtube.com/watch?v=wBlpTdFJ6nw>

Similarly you can make soap at home following this video

<https://www.youtube.com/watch?v=DypjiD27shM>

### The BUY-IT way

The sustainable take on chemical shampoo bottles are shampoo bars. You can find them online as well as offline. For soaps too, you can find natural oil based handmade soaps.

In Dehradun, we have stocked Shampoo Bars by Earthy Sapo and natural oil based handmade soaps by Sundaram at the Do-No Trash Store.

Fill in this google form to enrol yourself in the challenge!

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## RESOLUTION 15

# SKIP SHOPPING ONLINE



**LET'S TAKE YOU  
THROUGH A SIMPLE  
3-STEP Q&A TO  
AVOID ONLINE  
SHOPPING:**

[www.donotrash.org](http://www.donotrash.org)

### 01

Can I live with fewer/  
lesser?

NO

### 02

Is it made and available  
locally? Can it be delivered  
home by the local business  
(for senior citizens etc.) ?

NO

### 03

If it's not available locally, is it  
available from a company  
that addresses sustainability,  
including packaging?

## Pro-Tip 1

There are many local entrepreneurs across India who need our support, and can be located easily online or on social media . Give them a try.

## Pro-Trip 2

Amazon provides plastic-free or minimal waste packaging options. For this you all need to do is change your customer preferences.

## RESOLUTION 15

# Skip Shopping Online!

Ordering products online generates a huge carbon footprint and produces heaps of trash from packaging.

Let's take you through a simple 3-step Q&A to avoid online shopping:

**1) Can I live with fewer/ lesser?**

Move to question 2, only if the answer to question 1 is YES

**2) Is it made and available locally?**

Can it be delivered home by the local business (for senior citizens etc)?\*Move to question 3 only if the answer to question 2 is NO.

**3) If it's not available locally, is it available from a company that addresses sustainability, including packaging?**

Skip shopping if the answer to question 3 is NO, look for alternatives.

**Pro-tip1 :** There are many local entrepreneurs across India who need our support, and can be located easily online or on social media. Give them a try.

**Pro-tip2 :** Amazon provides plastic-free or minimal waste packaging options. For this you need to do is change your customer preferences. On Amazon account, go to 'help/customer service', go to the 'contact us', use their 'chat' option to request to make all future orders plastic free with minimal or NO packaging and where absolutely necessary use only degradable packaging materials like paper. This should hold you in good stead for a plastic-free delivery.

**Pro-tip3:** Brands that package sustainably include EartySapo, DailyDump, Bumpadum, Brownliving, Use Me, Oh Scrap! Madras, Conscious Nook, Ecothought Living, Verth India. All are mostly cardboard boxes (some reused) with paper tape, inside either wrapped in paper or scrap cloth.

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBIRTr5>



## RESOLUTION 16

# START YOUR OWN COMPOSTING UNIT

Did you know 60-70% of household waste is organic consisting of fruit and vegetable peels?

By composting, you can solve the waste problem by almost 70% and at the same time provide priceless nutrition to your plants.



### COLLECT YOUR ORGANIC WASTE

Keep a separate bin in your kitchen to collect organic waste. Once the container is full transfer the contents to your composting unit.



### Pot Composting

in 9 easy steps



### POT COMPOSTING

Ideal for homes and spaces where there is shortage of space. For pot composting all you need are old pots and buckets to start with.

### PIT COMPOSTING

Ideal for homes and spaces where there are open spaces available.

(The full pit and pot composting guides are available online on the DO-NO TRASH website for free.)

[www.donottrash.org](http://www.donottrash.org)

### Pit Composting

in 7 easy steps



## RESOLUTION 16

# Start your own composting unit

Did you know 60-70% of household waste is organic consisting of fruit and vegetable peels? By composting, you can solve the waste problem by almost 70% and at the same time provide priceless nutrition to your plants.

Start composting with these 2 basic steps

**STEP 1:** Keep a separate bin in your kitchen to collect organic waste. (In case you need to line the bin, line it with newspaper but never plastic)

**STEP 2 :** Once the container is full transfer the contents to your composting unit.

**COMPOSTING OPTIONS:** Depending on the availability of area in your house you can opt for the following 2 options :

**PIT COMPOSTING :** If you have space in your house to dig pits, opt for pit composting. This guide will get you on the pit composting track in no time!

<https://www.donottrash.org/post/make-compost-at-home-with-pit-composting>

**POT COMPOSTING :** If you are short on open space in your home, not to worry, pot composting comes to your rescue. All you need are old pots and buckets to start with! This guide will help you become a pot composting pro in no time!

<https://www.donottrash.org/post/home-composting-pots-and-buckets-to-the-rescue>

**Other composting options include pipe composting, matka composting and many others.** Start composting and give Mother Earth it's greatest gift: compost aka black gold!

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRT5>

## RESOLUTION 17

# SWAP CLOTHES

Most clothes today contain plastic thanks to synthetic fibres which are found in fabrics like fleece, dri-fits etc and contribute towards microplastics in water bodies when they are washed.



Here is a simple 3 step Q&A to help you pick your clothes wisely:



### QUESTION 1

Do you need this piece of clothing? Is it really essential?



YES



### QUESTION 2

If essential, can you locate pure cotton, hemp, wool or other natural fibre fabrics to use?

NO

### QUESTION 3

If natural fibre fabrics aren't viable, could you consider swapping or exchanging clothes with friends/ family?



[www.donottrash.org](http://www.donottrash.org)

## RESOLUTION 17

# Swap Clothes

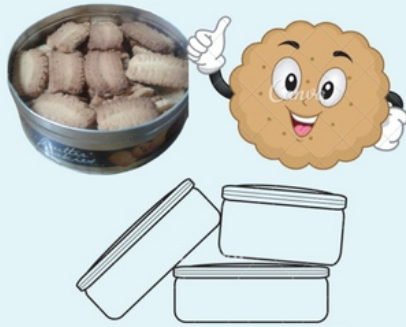
Most clothes today contain plastic thanks to synthetic fibres which are found in fabrics like fleece, dri-fits etc and contribute towards microplastics in water bodies when they are washed.

Here is a simple 3 step Q&A to help you pick your clothes wisely:

1. Do you need this piece of clothing? Is it really essential?
2. If essential, can you locate pure cotton, hemp, wool or other natural fibre fabrics to use?
3. If natural fibre fabrics aren't viable, could you consider swapping or exchanging clothes with friends/ family?

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## Box Your Biscuits!

### STEP 1 :

Find a local bakery/biscuit maker near you. You can also order biscuits from the slew of homegrown bakers that have arisen since the lockdown.

### STEP 2 :

Carry containers/dabbas with you.

### STEP 3 :

Handover your containers to the shopkeeper and instruct them to pack your biscuit in the containers.

## RESOLUTION 18

# Carry your own container to have your biscuits packed

For the longest time, biscuits were made locally by bakers and confectioners and one could have them packed in paper bags or in one's own containers.

You can do it even now and buy your biscuits plastic-free in these 3 simple steps:

**STEP 1)** Find a local bakery/biscuit maker near you. For instance in Dehradun, we have Sardarji's famous Atta biscuits on Tilak Road where you can get fresh, hygienically made Atta biscuits and have it packed in your own container.

**STEP 2)** Carry containers/dabbas with you.

**STEP 3)** Handover your containers to the shopkeeper and instruct them to pack your biscuit in the containers.

**TIP :** You can also order biscuits from the slew of homegrown bakers that have arisen since the lockdown. All you need to do is instruct them beforehand not to pack your order in plastic. Take your own container or dabba and have your freshly made delicious biscuits packed in them. Or you can always make biscuits at home.

Here's a DIY recipe to get you started!

<https://www.youtube.com/watch?v=PxePur85GoU>

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBIRTr5>




## Make natural household cleaners



Did you know most commercial cleaners used in households contain toxic ingredients linked to asthma, cancer, reproductive disorders, hormone disruption and neurotoxicity?

Make natural cleaners like the lemon cleanser which is non-toxic and costs practically nothing.

### SWITCH TO THE LEMON CLEANSER

- All you need is citrus peels, water and a jar to make it. 
- The lemon cleanser is a substitute for harpic, lizol/phenyl, colin, vim and veggie wash.
- Saves your health and money as it is completely non-toxic.

*The complete lemon cleanser guide is available online on the DO-NO TRASH website for free.*

[www.donotrash.org](http://www.donotrash.org)

### RESOLUTION 19

## Make natural household cleaners

Did you know most commercial cleaners used in households contain toxic ingredients linked to asthma, cancer, reproductive disorders, hormone disruption and neurotoxicity?

Save your health and money by making natural cleaners at home with these 6 easy steps!

All you need is citrus peels, water and a jar!

The lemon cleanser is a substitute for harpic, lizol/phenyl, colin and the list goes on!

Here's a guide that will get you started on lemon cleanser in no time!

<https://www.donotrash.org/lemon-cleansers>

Do share your natural cleaner recipe with us!

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>

# UPCYCLE OLD ITEMS

IGNITE YOUR CREATIVITY AND JUGAAD SKILLS



www.donottrash.org

KICK START YOUR UPCYCLING JOURNEY TODAY!

Start with any item that you have to discard or wish to reuse

Figure out ways to repurpose it. You can use the internet as your guide for DIY(Do-It-Yourself) hacks and upcycling ideas.

## RESOLUTION 20

# Upcycle old items

Upcycling is all about repurposing items, which you would otherwise discard.

Start with any item that you have to discard or want to reuse. Figure out ways to repurpose it. You can use the internet as your guide for DIY(Do-It-Yourself) hacks and upcycling ideas.

Try to find natural alternatives for chemical products like glue and colours by making them at home. Glue can be made at home with 4 simple ingredients : Refined flour, water, salt and lemon juice.

Here's a YouTube tutorial that will help you make glue at home in no time!

<https://youtu.be/bSiYAAVlkOE>

Ignite your creativity and jugaad skills. Start your upcycling journey today!

Fill in this google form to enrol yourself in the challenge!

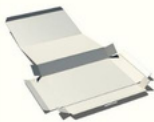
<https://forms.gle/jNGduz6DZmVBiRTr5>

**STEP 1 :**

Fix a designated spot in your house to collect paper waste. You can keep the paper waste in a carton/gunny sack or even in a cupboard shelf.

**STEP 2 :**

Collect the newspapers, used paper, paper boxes in a pile.

**STEP 3 :**

For paper boxes, you can detach it from it's edges so that it forms a sheet and fits easily in the pile.

**STEP 4 :**

Once the sack/bag is full, you can hand over your paper waste to a recycler/kabadiwalla.



## RESOLUTION 21

## Collect recyclables like newspapers , papers and cardboard

In India, we never throw anything out. The same goes for newspapers, used papers which we can give to our raddiwalas/kabaadis.

In these 4 simple steps, you can manage paper waste in your house!

**STEP 1 :** Fix a designated spot in your house to collect paper waste. You can keep the paper waste in a carton/gunny sack or even in a cupboard shelf.

**STEP 2:** Collect the newspapers, used paper, paper boxes in a pile.

**STEP 3 :** For paper boxes, you can detach it from it's edges so that it forms a sheet and fits easily in the pile.

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Resolution 22

**REVISIT THE KIRYANA  
STORE AND BUY RATION IN  
YOUR OWN CONTAINERS  
AND BAGS**

- ▶ Kiriyana stores are found in most neighbourhoods, old bazaars and wholesale markets.
- ▶ Carry dabbas/containers, cloth pouches, jholas to have your grocery items packed in them.
- ▶ If the items are still packed in plastic, return the plastic and pack the items yourself.



## RESOLUTION 22

# Revisit the kiriyana store and buy ration in your own containers and bags.

Luckily in India, we still get a lot of items loose and in bulk thanks to our kiriyana stores. All we need to do is avoid the plastic packaging. Go plastic-free with ration shopping with 5 these easy steps

**STEP 1** : Make your shopping list.

**STEP 2** : Carry dabbas/containers, cloth pouches, jholas accordingly. Take extra just to be safe.

**STEP 3** : Handover your containers to the shopkeeper and instruct them to pack your items in the containers/jholas.

**STEP 4** : If the items are still packed in plastic, return the plastic and pack the items yourself

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RESOLUTION 23

A baby goes through 5000-7000 diapers in its growing years. It's not just 7000 diapers that get thrown in the environment but also 7000 times a baby is exposed to toxic chemicals present in disposable diapers.

## SWITCH TO CLOTH DIAPERS

A CLOTH DIAPER IS -

Environment friendly



Baby friendly



Pocket friendly



Non-toxic



Reusable - washable



**QUIT DISPOSABLE DIAPERS AND SWITCH TO REUSABLE CLOTH DIAPERS AND TRADITIONAL LANGOTI TODAY!**



[www.donottrash.org](http://www.donottrash.org)

RESOLUTION 23

## Switch to Cloth Diapers!

A baby goes through 5000-7000 diapers in its growing years. It's not just 7000 diapers that get thrown in the environment but also 7000 times a baby is exposed to toxic chemicals present in disposable diapers.

Did you know disposable diapers contain dioxins and phthalates which are proven carcinogen and endocrine disruptors? Research also shows that disposable diapers cause higher temperature around the baby's genital area, hampering reproductive growth in the future.

<https://www.natracare.com/blog/are-diapers-bad-for-babies/>

Disposable diapers not only pose a health risk to the baby but also drains a hole in your pocket. A single disposable diaper costs Rs 8.5 on an average. Multiply it by the 7000 diapers a baby goes through. The diaper bill itself comes out to be a whopping amount of Rs60,000 roughly.

A cloth diaper on the other hand is non-toxic, reusable, washable, comes with leak proof covers and keeps your baby rashfree and healthy. Economically too, it is a sound choice as a baby needs 16-24 cloth diapers, costing not more than Rs 15,000. Just one-fourth, the cost of disposable diapers.

Quit disposable diapers and switch to reusable cloth diapers and traditional langoti today!

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>

# AVOID ORDERING FOOD ONLINE



Resolution 24

Let's pledge to always eat fresh.  
Here's what we can simply do -



Make eating out  
more fun



For take-aways,  
always keep a tiffin  
box in your bag or  
vehicle

www.donotrash.org

## RESOLUTION 24

# Avoid ordering food online

What would I lose if I quit ordering food online via Swiggy & Zomato? Some phthalates, BPA and cholesterol. In exchange, I get to eat fresh food, daily, everyday. Or I could go get food in my own boxes and skip all those plasticky-icky chemicals leaching into my nutrition.

## LET'S PLEDGE TO ALWAYS EAT FRESH AND NOT ORDER FOOD ONLINE.

Simple sa-baat hai samosa:

- 1) Making eating out fun, step out to grab a bite.
- 2) For take-aways, always keep a few boxes in your bag and vehicle. Have your food packed fresh in your own boxes. Skip the plasticky-icky chemicals, bacteria and viruses.

Fill in this google form to enrol yourself in the challenge!

<https://forms.gle/jNGduz6DZmVBiRTr5>





Resolution 25

### **CARRY YOUR OWN CONTAINER TO HAVE YOUR SNACKS/NAMKEEN PACKED**

- ▶ Local misthan bhandars and namkeen waalas are found in most neighbourhoods, old bazaars and wholesale markets.
- ▶ Carry dabbas/containers, cloth pouches to have your namkeen packed in them.
- ▶ If the items are still packed in plastic, return the plastic and pack the items yourself.



#### RESOLUTION 25

### **Carry your own container to have your snacks/namkeen packed.**

It's amazing to know that in India you can still get most items in an unpacked state. This holds true for our favourite namkeens as well.

Get your favourite namkeen plastic-free in these 4 simple steps:

**STEP 1)** Find a local misthan bhandar/namkeen wala near you. For instance in Dehradun, we have namkeen shops at Hanuman Chowk that still sell namkeen loose.

**STEP 2)** Carry containers/dabbas with you. Take extra just to be safe.

**STEP 3)** Handover your containers to the shopkeeper and instruct them to pack your items in the containers.

**STEP 4)** If the items are still packed in plastic, return the plastic and pack the items yourself.

**TIP :** You can also order namkeen from the slew of home-made food enterprises that have arisen since the lockdown.

In Dehradun, we have stocked some delicious, freshly made namkeen at the Do-No Trash store.

Else you can make namkeen at home too. Here's a recipe to get you started!

<https://www.youtube.com/watch?v=8vqfckkjmd8>

Do share with us how you managed to go plastic-free with your namkeen!

Fill in this google form to enrol yourself in the challenge!

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**RESOLUTION 26****BAKE YOUR OWN BREAD!****Commercial Bread Contains**

**INGREDIENTS:** WHEAT FLOUR - ATTA (53%), WATER, SUGAR, YEAST, EDIBLE COMMON SALT, MALT EXTRACT, REFINED PALM OIL, GLUTEN, BREAD CONC. [BLEND OF WHEAT BRAN, EDIBLE COMMON SALT, GLUTEN, MALT FLOUR, SOYA FLOUR, STARCH & IMPROVERS (1100 & 300)], SOYA FLOUR, PRESERVATIVES [280 & 281], IMPROVER [BLEND OF 300, 170(i) & 1100], EMULSIFIERS [481(i), 471 & 472e] AND ANTIOXIDANT [300].

**Preservatives  
280 & 281**

Linked to irritability, restlessness, insulin resistance and weight gain.

**Sugar  
&  
Palm Oil**

Linked to an increased risk for heart attack and stroke,

**Gluten**

Artificially added gluten is linked to growing gluten allergies

To make bread at home, all you need are 4 ingredients - flour, water, salt and yeast. And a prep-time of 10-15 minutes only. Leave the dough in the oven and let it do its work. All this costing you less than Rs 10!

**RESOLUTION 26****Bake Your Own Bread**

Bread essentially needs 4 ingredients - flour, water, salt and yeast. But commercial bread goes further than these simple ingredients.

With toxic preservatives, sugar, bread stabilizers, wheat without its whole grain and so on. Commercial bread is bereft of any nutrition or health benefit.

In fact, it only makes your health worse. No wonder gluten allergies, celiac disease, diabetes and weight gain is on the rise.

Bake your own bread and save your health, time and money!

To make bread at home, you need a prep-time of 10-15 minutes only. Leave the dough in the oven and let it do its work. All this costing you less than Rs 10!

To "buy" bread, you need to drive, park, enter a shop, wasting more than an hour in the process and costing you more than Rs 100 regularly!

Bread making is no rocket science.

Here's a tutorial to get you started!

<https://www.youtube.com/watch?v=ll1xGLXSSmE>

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## WASH CLOTHES WITH NATURAL DETERGENTS



Commercial detergents contain microplastics and toxins that not only harm the environment but your health

A great alternative for the same is Grandma's Reetha



Good for your clothes



Good for the environment



Good for your pocket



It's easier than Ezee and gentler than Genteel!!

[www.donottrash.org](http://www.donottrash.org)



## RESOLUTION 27

# Wash Clothes with Natural Detergents

Did you know commercial detergents contain microplastics and toxins that not only harm the environment but your health?

Go natural with reetha just like our grandmother's did with these 6 easy steps!

<https://www.facebook.com/Emblica/post/10213120080851097>

1 kg of reetha can easily last a year for a family of 4. Reetha does not cause any shrinking or fading to your clothes and cleans extremely well!

It's easier than Ezee and gentler than Genteel!!

Fill in this google form to enrol yourself in the challenge!  
<https://forms.gle/jNGduz6DZmVBiRT5>

# Give up at least ONE packaged junk food

RESOLUTION 28



www.donottrash.org



Time to give up your favourite packaged food. Start with any item such as Maggi, chips, biscuits etc

To beat the craving, find healthy and plastic-free alternatives for your favourite packaged food

RESOLUTION 28

## Give up at least ONE packaged junk food.

Sustainable living is about prioritizing your health and the health of the environment. This also means at times giving up your favourite packaged food.

It can be anything such as maggi, biscuits, chips etc. To beat the craving, find healthy and plastic-free alternatives for your favourite packaged food.

Fill in this google form to enrol yourself in the challenge!

**<https://forms.gle/jNGduz6DZmVBiRTr5>**



Resolution 29  
**Plastic-free  
gift wrapping!**

[www.donottrash.org](http://www.donottrash.org)

Resolution 29  
**Plastic-free gift wrapping!**

The shiny cellophane gift wrapping sheets used for packing gifts is plastic! Used once, only to be thrown in the dustbin.

Skip the cellophane wrapping sheets and opt for sustainable alternatives.

Wrap gifts creatively with handmade paper, brown paper, cloth or even newspapers!

Fill in this google form to enrol yourself in the challenge!  
**<https://forms.gle/jNGduz6DZmVBiRTr5>**



## RESOLUTION 30

## DONATE UNUSED THINGS



If you have not used something for 3 years, it's time to give it away. Declutter, Downsize and Reduce. Let's ensure our existing resources don't go unutilized!

**Start downsizing with these 4 simple steps -**

**STEP 1 :**

Start with a particular item. Let's say clothes

**STEP 2 :**

Sort them based on whether they are being used or not

**STEP 3 :**

If it's not been used for 3 years, time to put it in the give-away pile

**STEP 4 :**

Identify local organizations which accept used clothing, gadgets and other items.

## RESOLUTION 30

**Donate unused things**

If you have not used something for 3 years, it's time to give it away. Declutter, Downsize and Reduce.

Let's ensure our existing resources don't go unutilized!

Start downsizing with these 4 simple steps

**STEP 1 :** Start with a particular item. Let's say clothes.

**STEP 2 :** Sort them based on whether they are being used or not.

**STEP 3 :** If it has not been used for 3 years, time to put it in the give-away pile.

**STEP 4 :** Identify local organizations which accept used clothing, gadgets and other items.

In Dehradun, we have night shelters and organizations like Goonj who take in such items if they are clean and usable.

Do let us know how you managed to downsize!

Fill in this google form to enrol yourself in the challenge!

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# 30-DAY PLASTIC-FREE CHALLENGE

BY



## Concept

*Dr. Soumya Prasad and Riddhima Karwa*

## Text

*Dr. Soumya Prasad and Riddhima Karwa*

## Illustration

*Riddhima Karwa, Shruti Sachan and Dr. Soumya Prasad.*

## Contact us

**Email :** [dntdun@gmail.com](mailto:dntdun@gmail.com)



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