



*Junction Creek  
Stewardship Committee*

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*Comité d'intendance  
du ruisseau Junction*

# **JUNK-FREE CREEK CHALLENGE**

## **-Home Edition-**

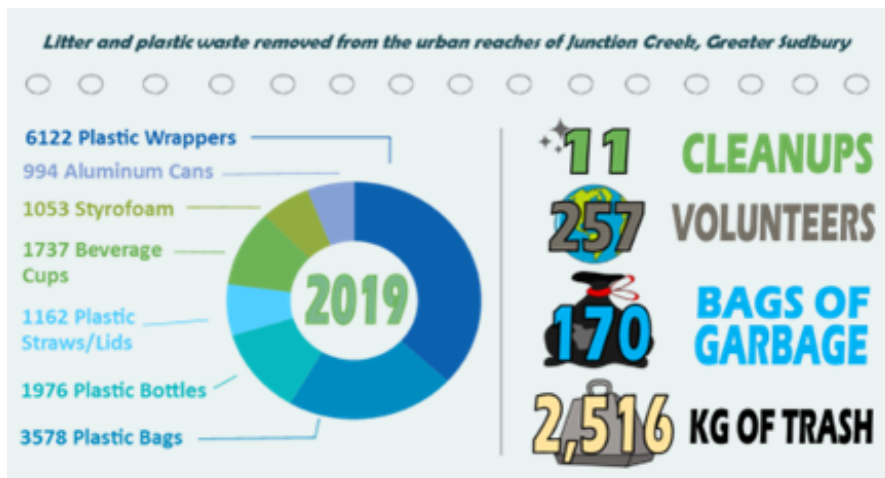
### **Information Package**

**“In Canada, nearly 90% of plastics end up in landfills, incinerators, lakes, parks and oceans” DavidSuzukiFoundation**

## PLASTIC WASTE IN OUR URBAN WATERWAYS

Plastic waste is a common issue in urban waterways and is having negative impacts on water quality and local wildlife. In Greater Sudbury, litter and plastic waste are entering Junction Creek and flowing into connected water bodies, including the Great Lakes.

The Junction Creek Stewardship Committee and Plastic Free Greater Sudbury, with support from the EcoAction Community Funding Program, are collaborating to reduce plastic waste in the Junction Creek watershed through creek clean-ups, litter monitoring and inventories, and free educational programs.



## WHAT IS THE JUNK-FREE CREEK CHALLENGE?

Families across Sudbury are being encouraged to take the 'Junk-Free Creek Challenge' to help reduce plastic waste from entering the watershed.

During the 4-week long challenge, participants will record their household plastic waste and set goals to reduce their use of single-use plastic.



# THE JUNK-FREE CREEK CHALLENGE

## PREPARE

- Read through the information package and complete the questionnaire at the bottom of page 7.
- Make sure that the whole household is on board with the challenge.
- Choose a date to start the 4-week challenge and mark it on your calendar. An ideal start date would be the day of your garbage and recycling pick-up.
- Set aside space to collect and keep the plastic-waste for a week long period.
- Save or print a copy of the tracking sheet. See tracking sheet on page 4.
- Optional: create a tally board for the family to see your plastic-waste progress. This can be a fun craft project.

## COLLECT PLASTIC WASTE

- Collect the plastic that you use and would usually throw in the waste disposal or recycling bin from your kitchen, bathroom, and/or general household waste.
- Make sure to rinse any packaging that was used for food.
- Keep the plastic-waste in a designated bin/area for the duration of each challenge week.

## RECORD PROGRESS & SHARE YOUR RESULTS

- At the end of the week, spread out your plastic-waste and take a photograph of it. This will help to get a better understanding about the amount and type of plastic -waste from your household.
- Record a tally of the items using the provided tracking sheet and your home-made tally board (if you have chosen to make one).
- At the end of each week, send your photographs and a copy of the tracking sheet to [programs@junctioncreek.com](mailto:programs@junctioncreek.com).
- Optional: share your progress on social media using #JunkFreeCreek #BePlasticWise!

## REDUCING YOUR PLASTIC-WASTE

- Identify the items that cause the biggest impact and discuss alternatives and ways to reduce plastic-waste. See pages 5-7 for resources.
- Decide on waste reduction goal(s) for the next week and mark the goals on your calendar. See suggested goals on page 5.
- Repeat for a total of 4 weeks to successfully complete the challenge.
- Optional: you can continue the challenge for longer than 4 weeks if you choose.

# JUNK-FREE CREEK CHALLENGE TRACKING SHEET

Family Name: \_\_\_\_\_

Week # \_\_\_\_\_

# of adults (18 +): \_\_\_\_\_

Date: \_\_\_\_\_

# of children: \_\_\_\_\_

Select all that apply

Kitchen Waste ☐ Bathroom Waste ☐ General Household Waste ☐

Waste Reduction Goal(s) for the Week :  
*(not required for the first week)* \_\_\_\_\_

Plastic Waste Items	Tally
Disposable cutlery and straws	
Trays and containers	
Packaging and wrappers	
Take-out containers	
Single-use cups	
Bottles and jugs	
Bags	
Other:	
Other:	
Other:	
Other:	

COMMENTS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# WAYS TO REDUCE YOUR PLASTIC WASTE

## EXAMPLES OF WASTE REDUCTION GOALS

Start with 1 day and try to increase to 7 days

- NO plastic bags
- NO plastic wrappers/packaging
- NO single-use utensils & straws
- NO single-use beverage cups/bottles
- NO single-use plastic

## REFUSE

Say no to single-use and non-recyclable plastic

## REDUCE

Replace single-use items with reusable items

## REUSE

Repurpose and up-cycle plastic items

## RECYCLE

Put appropriate plastic waste in the recycling

Use THIS	Not THAT
Reusable Cloth Totes 	Plastic Shopping Bags 
Reusable Drinking Container 	Plastic Water Bottles 
Metal Drinking Straws 	Plastic Drinking Straws 
Metal Utensils 	Plastic Utensils 
Natural Fabrics 	Synthetic Fabrics 

Use THIS	Not THAT
Beeswax Wrap 	Cellophane Wrap 
Glass Refillable Containers 	Plastic Drink Jugs/ Containers 
Cardboard Case 	Plastic 6 pack Rings 
Microfiber/ Microplastic Lint Filter 	Nylons As Lint Trap 
Metal Razor With Replaceable Blades 	Plastic Razors 

# 5 SIMPLE WAYS TO PACK A WASTE-FREE LUNCH



**REUSABLE BAGS**  
such as cloth bag or lunchbox



**NO THROW-AWAY**  
plastic bags

**REUSABLE CONTAINERS**  
made out of metal, glass...



**NO PLASTIC WRAP**  
and styrofoam

**REUSABLE CUP**  
or Thermos for drinks



**NO SINGLE-USE CONTAINERS**  
such as drinking cups, lids...

**SILVERWARE**  
you can wash and re-use



**NO PLASTIC CUTLERY**  
like forks, spoons or knives

**REUSABLE STRAW**  
if you really need one



**NO PLASTIC STRAWS**  
as you rarely really need them

**PLASTIC-FREE**  
**GREATER SUDBURY**



# RESOURCES

Check out these links for information about plastic-waste and tips to help you and your family throughout this challenge!

## Waste Wise - City of Greater Sudbury

<https://www.greatersudbury.ca/live/garbage-and-recycling/waste-wise/>

## Rethink Plastics and #StopSingleUse - Canadian Wildlife Federation

[https://www.youtube.com/watch?v=plfKBZLafBA&feature=emb\\_logo](https://www.youtube.com/watch?v=plfKBZLafBA&feature=emb_logo)

## EarthCare Minute - Recycling in Greater Sudbury

[https://www.youtube.com/watch?v=wfZ\\_-4EQhbQ&feature=youtu.be](https://www.youtube.com/watch?v=wfZ_-4EQhbQ&feature=youtu.be)

## The Junction Creek Clearwater Revival

<https://vimeo.com/278199896>

## Why Does Plastic Last “Forever”?

<https://www.youtube.com/watch?reload=9&v=kEEC6Z2vigU&feature=youtu.be>

## The Ocean is Connected to Everything

<https://www.youtube.com/watch?v=9ZV4NsFrDp0>

