

INTERWASTE

A  *Séché environnement* company

**Let's be inspired by nature.
Our planet needs our help.
Many small changes lead
to big impacts. We can all
make a difference.**

This calendar is packed with information on how to live on the green side of life – not just in 2021, but forever.

interwaste.co.za

WIKIWASTE
THE KNOWLEDGE PORTAL

JANUARY

Find the best off the grid stays for your next South African adventure here: blog.interwaste.co.za/know-waste

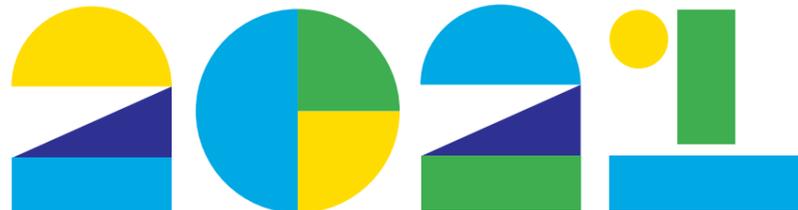
WIKIWASTE
THE KNOWLEDGE PORTAL

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.

	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	
	1 NEW YEAR'S DAY	2	3	4	5 CHALLENGE Turn down the thermostat or put a timer on your geyser to reduce energy use.	6	7	8 CHALLENGE Wash clothes in cold water. 85% of energy used to wash clothes goes to heating the water.	9 NATIONAL ELECTRICITY DAY	10	11	
SUN	31	<h1>Good energy</h1> <h2>Opting for grid freedom</h2> <p>Making a cup of tea, preparing dinner, and washing and drying clothes add to our extensive energy consumption. We must make every possible effort to convert to renewable energy sources if we want to lower our carbon footprint, reduce global warming, and defeat climate change. Let's start the good energy journey!</p> <p>On average, appliances are responsible for roughly 13% of total household energy use.</p> <p>One hour of sunlight is equivalent to one year's worth of energy for the planet.</p> <p>One wind turbine can produce enough electricity to power up to 300 homes.</p>										12
SAT	30											13 CHALLENGE Seal air leaks around your home to reduce the need for cooling and heating.
FRI	29											14
THU	28 CHALLENGE Replace your stove and heater with gas appliances.											15
WED	27											16
TUE	26											17
MON	25	24 Solar energy is the cheapest source of energy in the world.	20	21	22	23	24	25	26	27	28	
SUN												
SAT												
FRI												
THU												
WED												
TUE												

To understand exactly how solar panels work and how they can preserve the environment, go here: blog.interwaste.co.za/know-waste

Aeroplanes could fly around the world entirely on solar energy.



January	February	March
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

PUBLIC HOLIDAYS

1 January	New Year's Day	16 June	Youth Day
21 March	Human Rights Day	9 August	National Women's Day
22 March	Public Holiday	24 September	Heritage Day
2 April	Good Friday	16 December	Day of Reconciliation
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1 May	Workers' Day	27 December	Public Holiday

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SOS H₂O

Are we running out of clean water?
blog.interwaste.co.za/know-waste

Water is precious. We all need to be mindful of how we use it. Oceans cover 70% of the Earth's surface and form the largest habitat on the planet – they face increasing stress as a result of human activities.

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.

MON 1

TUE 2
WORLD WETLAND DAY

WED 3

THU 4
A jellyfish and a cucumber are each 95% water.

FRI 5

SAT 6

SUN 7
CHALLENGE
Cover your pool when it's not in use to prevent water loss and prevent chemical degradation.

MON 8

TUE 9
Each day, we lose about a cup of water (237 ml) when we exhale.

WED 10

THU 11
CHALLENGE
Say "bye" to that disposable bottle. Getting your H₂O fix doesn't have to come at the expense of the environment.

FRI 12
Seawater has become more acidic since the beginning of the industrial era and is affecting ocean ecosystems, coral reefs, and living organisms.

SAT 13

SUN 14

MON 15
A dripping tap can waste up to three litres of water per day!

TUE 16
CHALLENGE
Do your bit to prevent the strangulation of marine creatures and sea birds. Make sure you always cut open the ring seals on plastic bottles and the elastic loops on masks.

WED 17

THU 18

FRI 19
CHALLENGE
Install a low flow showerhead. It uses 25 - 60% less water!

SAT 20

SUN 21
SEA CHANGE PROJECT CONNECTS PEOPLE TO THE WILD, MOTIVATING THEM TO BECOME PART OF THE REGENERATION OF OUR PLANET. JOIN THE STORY. SEACHANGEPROJECT.COM

MON 22

TUE 23

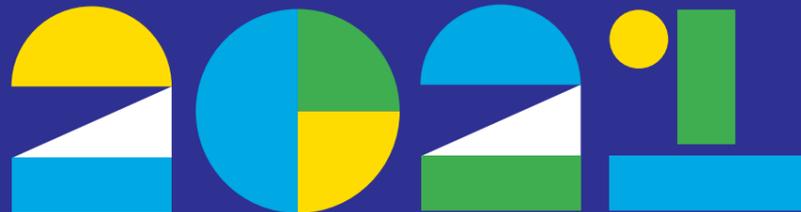
WED 24

THU 25

FRI 26
Oceans absorb between half and three-quarters of the greenhouse gases that we put into the atmosphere.

SAT 27

SUN 28
CHALLENGE
Set up a grey water system to water your garden and wash your car!



February

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28						

March

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April

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MARCH

Green suits you

To find out the big problem with fashion, go to blog.interwaste.co.za/know-waste

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Fashion designers need to become more ecologically aware and ditch practices that jeopardise the state of the environment. More brands are implementing sustainable and ethical ways of manufacturing clothes. Because we don't want the world to drown in throw away fashion.

Conscious fashion

Fashion is the third highest-polluting industry in the world.

MON 1 Hanger

TUE 2 Yellow sweater

WED 3 Green tank top
WORLD WILDLIFE DAY

THU 4 White tank top

FRI 5 Yellow skirt
It takes about 7,000 litres of water to produce a single pair of jeans.

SAT 6 Blue dress

SUN 7 Purple pants

MON 8 Green shirt

TUE 9 White t-shirt

WED 10 White pants

CHALLENGE
Downsize your wardrobe. A minimalist closet helps you focus on buying less and choosing well-made and longer-lasting clothes.

THU 11 White pants

FRI 12 Purple jacket

SAT 13 White shirt

SUN 14 Green hat

MON 15 Blue hanger
WORLD CONSUMER RIGHTS DAY

TUE 16 Yellow tank top

WED 17 Blue dress

THU 18 Blue underwear

FRI 19 Yellow hanger

SAT 20 Yellow shorts

SUN 21 Green polo shirt
HUMAN RIGHTS DAY

CHALLENGE
Newer isn't always better. Don't buy anything new for a whole month.

Learn about the effects of fashion on our world
blog.interwaste.co.za/know-waste

It only takes 25 recycled plastic bottles to make a brand new fleece jacket.

MON 22 Blue t-shirt
PUBLIC HOLIDAY

TUE 23 White t-shirt

WED 24 Blue underwear

THU 25 Yellow tank top

FRI 26 White shorts

SAT 27 Blue dress

SUN 28 Green hanger

MON 29 Green dress

TUE 30 Purple dress

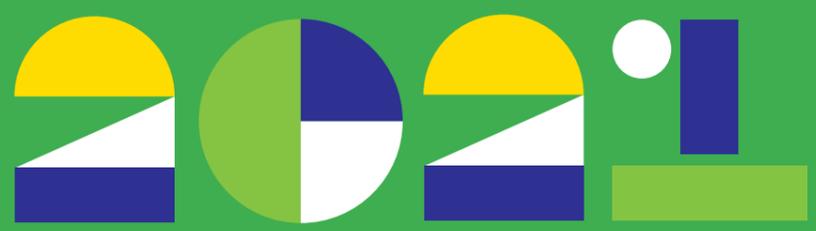
WED 31 White t-shirt

CHALLENGE
Get your neighbours, colleagues and friends to bring over clothes they're no longer interested in wearing and do a 'swap'. It helps extend the lifecycle of the clothing...and it's fun!

Microfibres from fabrics wind up in the ocean and threaten aquatic life.

Less than 1% of the material used to produce clothing is recycled.

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.



March	April	May
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APRIL

Check out these genius Reuse, Recycle And Repurpose DIY Ideas
blog.interwaste.co.za/know-waste

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What goes around comes around

Understanding a circular economy

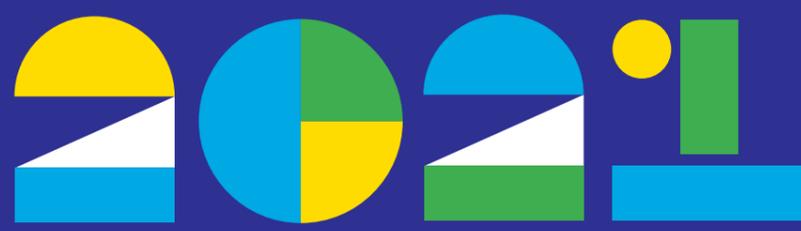
The idea of a circular economy is simple. It's based on the idea that there is no such thing as waste. Products are designed to last, optimised for disassembly and reuse. This makes it easier to transform and renew them.

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READ ABOUT HOW AFRICA IS LEADING THE WORLD IN PLASTIC BAG BANS

BLOG.INTERWASTE.CO.ZA/KNOW-WASTE

BE A PART OF THE SOLUTION AND DONATE EVERYTHING YOU NO LONGER USE TO A WORTHY CAUSE



April	May	June
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MAY

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Turn on to green tech

We all love technology, but the lifespan of devices is getting shorter – products are often thrown away once their batteries die, to be replaced with new devices. Not cool. Do you really need that new cell phone?

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DO YOU HAVE E-WASTE TO RECYCLE? TECH RELIEF USES YOUR TECH FOR EDUCATION. TECHRELIEF.CO.ZA

SAT 1 WORKER'S DAY — X

CHALLENGE
Switch off lights and appliances when not in use. You'll even save money.

SUN 2

MON 3

TUE 4

WED 5

CHALLENGE
Change all light bulbs to LED bulbs. They use 90% less energy.

THU 6

FRI 7

SAT 8

SUN 9

By 2021, the world's population will have discarded more than 57 million tons of e-waste.

MON 10

TUE 11 — X

NATIONAL TECH DAY

CHALLENGE
Unplug from technology for a day. Yes, that includes your phone.

WED 12

THU 13

FRI 14

Electronics represent an estimated 70% of the toxic waste in our landfills.

SAT 15

SUN 16

MON 17

TUE 18

Renewable energy creates 5 times more jobs than fossil fuels.

WED 19

THU 20

FRI 21

SAT 22

SUN 23

MON 24

TUE 25

WED 26

THU 27

FRI 28

Be energy conscious! Don't buy appliances that are bigger than you need.

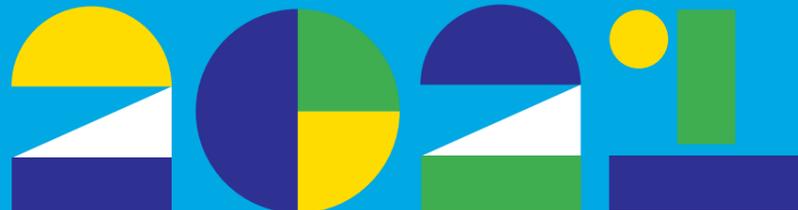
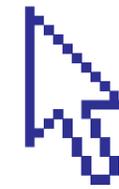
SAT 29

SUN 30

MON 31

22 inventions that are saving the earth
blog.interwaste.co.za/know-waste

Fibre is speedy and uses less energy than copper-based systems.



May

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30	31					

June

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27	28	29	30			

July

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16 June
9 August
24 September
16 December
25 December
26 December
27 December

Youth Day
National Women's Day
Heritage Day
Day of Reconciliation
Christmas Day
Day of Good Will
Public Holiday

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Seeds of sustainability

It's as important to ask about the sustainability of our eating habits as it is to wonder whether we're maintaining a balanced diet. Our planet is suffering from the inflated agriculture industry, and we're becoming more dependent on foreign soil for produce than ever before. We all need to ask ourselves how we can do our part to cook and eat in a way that will slow down the deterioration of the planet, rather than speed it up.

Learn how to make compost and get tips on how to utilise this natural mulch in your garden here: blog.interwaste.co.za/know-waste

1 TUE
CHALLENGE
Be vegetarian for a whole week. It's really not that bad!

2 WED
CHALLENGE
Be vegetarian for a whole week. It's really not that bad!

3 THU

4 FRI

5 SAT
WORLD ENVIRONMENT DAY

6 SUN

7 MON
CHALLENGE
Purchase Fair Trade certified goods to support sustainable production and paying labourers a fair wage.

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

14 MON

15 TUE

16 WED
YOUTH DAY

17 THU

18 FRI

19 SAT

20 SUN
CHALLENGE
Get an indoor composter.

21 MON
INTERNATIONAL CLIMATE CHANGE DAY

22 TUE

23 WED
CHALLENGE
Buy a sustainable coffee option. "Shade-grown" coffee keeps forest habitats intact for migratory birds and other species.

24 THU
CHALLENGE
Start growing herbs in pots on your windowsills.

25 FRI

26 SAT

27 SUN

28 MON

29 TUE

30 WED
CHALLENGE
Create your own organic veggie garden at home.

TO FIND OUT MORE ABOUT THE VALUE OF THE EARTHWORM GO TO BLOG.INTERWASTE.CO.ZA/KNOW-WASTE

It takes up to 18 years for a mielie to decompose in a landfill, but only a couple of months in a compost pile.

Cattle use up the most land and produce more greenhouse gases than other animals raised for food.

Buy organic food whenever possible; it keeps harmful pesticides out of our land and water, protecting farm workers, wildlife and your family.

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June	July	August
S M T W T F S	S M T W T F S	S M T W T F S
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6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
27 28 29 30	25 26 27 28 29 30 31	29 30 31

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JULY

To see how we can save 85% of earth's species from extinction go here: blog.interwaste.co.za/know-waste

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Dead on time ending extinction

Animals are disappearing at hundreds of times the normal rate, primarily because of shrinking habitats. Their biggest threat: humans. Our planet now faces a global extinction crisis never witnessed by humankind.



SAT 31



FRI 30



THU 29

CHALLENGE
Buy sustainable products like bamboo to protect forest species.



More than 28,000 species of animals and plants are threatened with extinction.

WED 28



TUE 27

More than 99% of all organisms that have ever lived on Earth are extinct.



MON 26

There are currently about 26,000 polar bears left on earth.



SUN 25

Orangutans face an increasing risk of extinction due to the loss, degradation, and fragmentation of their forest habitat.



SAT 24



FRI 23



THU 22



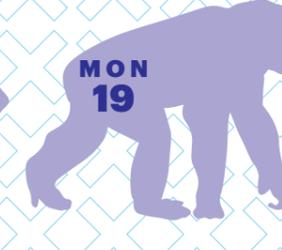
WED 21

Over 40% of insect species face extinction.



TUE 20

CHALLENGE
Create a backyard wildlife habitat - put a bee hotel or owl house in your garden.



MON 19



SUN 18

NELSON MANDELA DAY



SAT 17

There are currently only about 23,000 lions left in the wild.

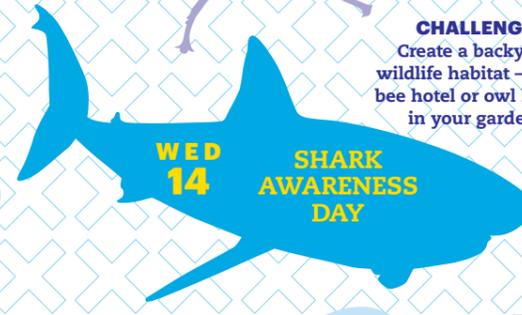


FRI 16

Pangolins are one of the most trafficked animals in South Africa.



THU 15



WED 14

SHARK AWARENESS DAY



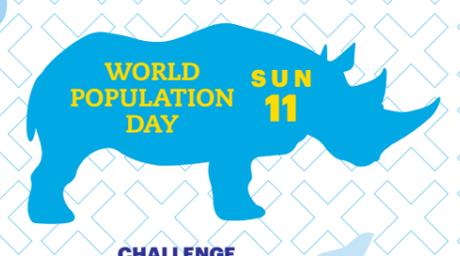
TUE 13

CHALLENGE

Take a trip to your local museum to remind yourself of what the world was like millions of years ago.



MON 12



WORLD POPULATION DAY SUN 11



SAT 10

CHALLENGE
Try giving up something that you love for a full week and see what life is like without it.

There is an estimated amount of only 10 vaquitas left in the world.



FRI 9



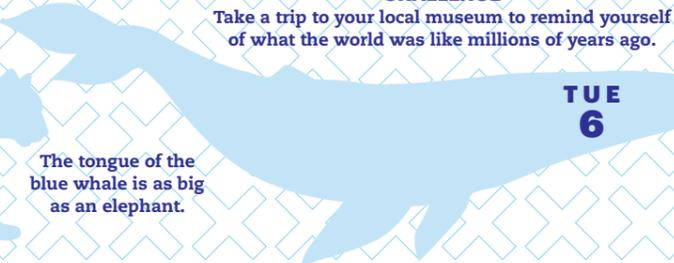
THU 8

68% of evaluated plant species are threatened with extinction.



WED 7

The tongue of the blue whale is as big as an elephant.



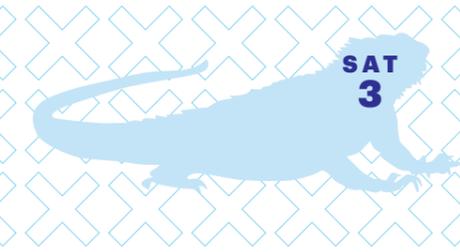
TUE 6



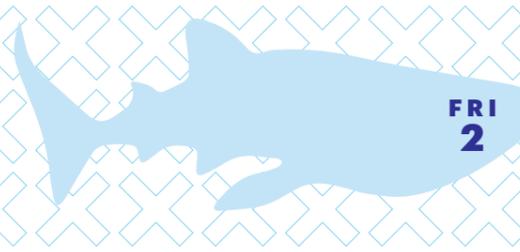
MON 5

CHALLENGE
Place decals on your home or office windows to deter bird collisions.

SUN 4



SAT 3



FRI 2



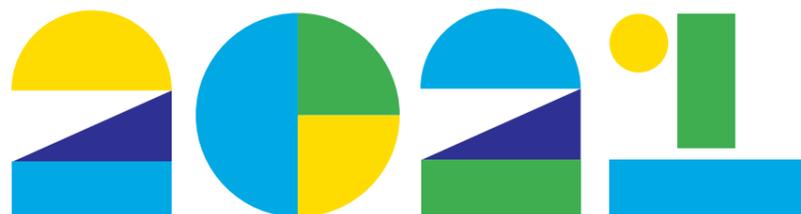
THU 1

Amphibians have the highest rate of endangerment.



THE LAST CONFIRMED SIGHTING OF A DODO WAS IN 1662

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July

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August

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September

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PUBLIC HOLIDAYS

- 1 January
- 21 March
- 22 March
- 2 April
- 5 April
- 27 April
- 1 May

- New Year's Day
- Human Rights Day
- Public Holiday
- Good Friday
- Family Day
- Freedom Day
- Workers' Day

- 16 June
- 9 August
- 24 September
- 16 December
- 25 December
- 26 December
- 27 December

- Youth Day
- National Women's Day
- Heritage Day
- Day of Reconciliation
- Christmas Day
- Day of Good Will
- Public Holiday

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SEPTEMBER

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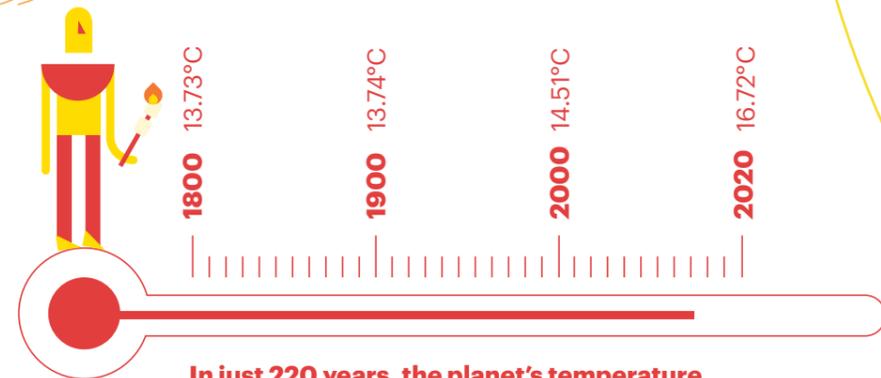
It's getting hot in here

Global warming and our planet

Our climate is changing faster than predicted. From more frequent and extreme storms to unprecedented heatwaves, we're feeling the impacts of human-caused global warming. But we still have time to change course. We can avoid more dire impacts of climate change by limiting warming to 1.5°C.

Forests are more prone to deadly infestations. Milder winters and longer summers allow tree-killing insects to thrive.

CHALLENGE
Make your space more energy efficient by sealing drafts and ensuring it's adequately insulated. Heating and air-conditioning account for almost half of home energy use.



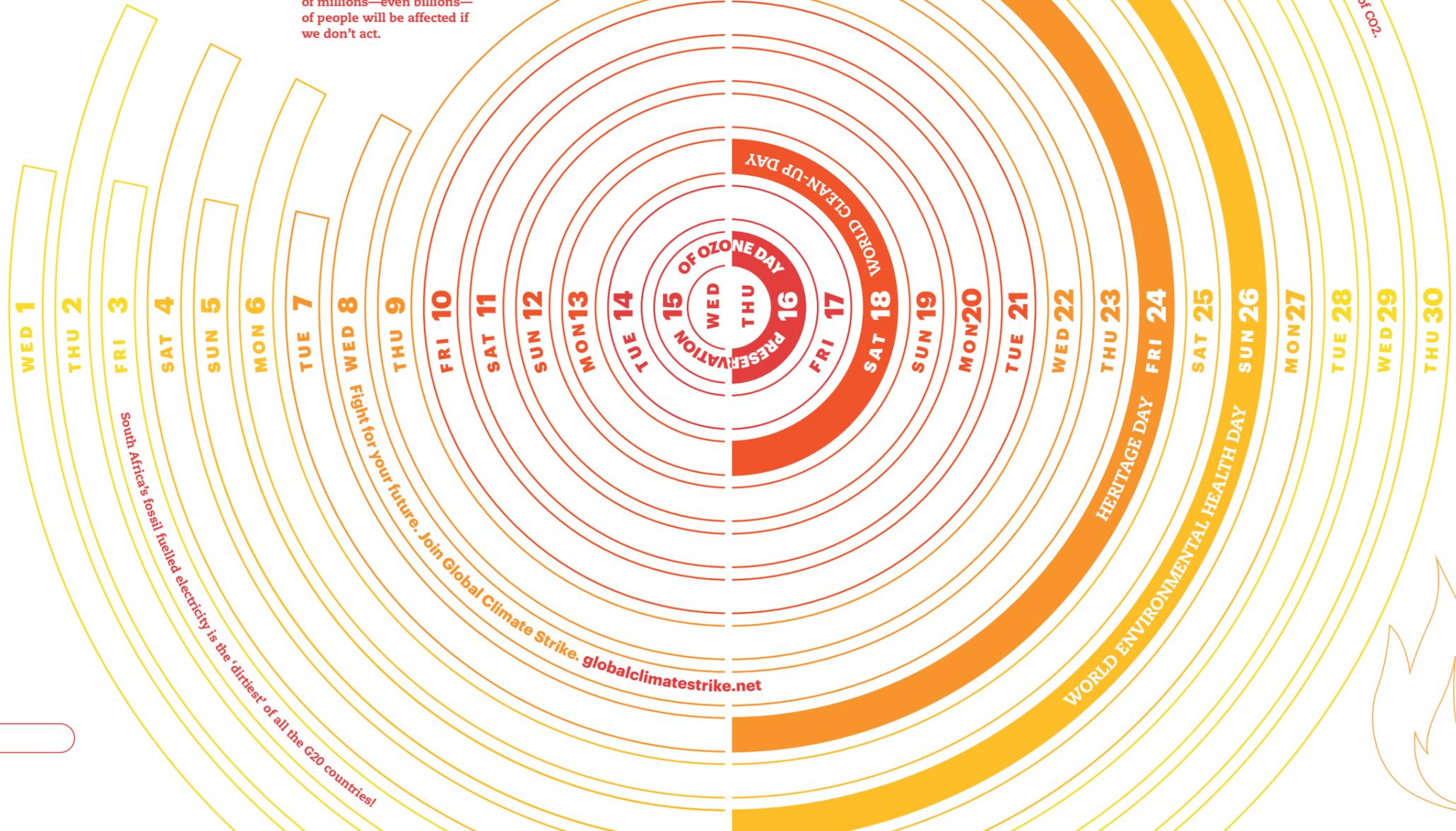
CHALLENGE
Start a climate conversation with your friends and family. Use social media to spread the message.

Heat waves are becoming more frequent and severe around the world. Hundreds of millions—even billions—of people will be affected if we don't act.

CHALLENGE Plant a tree. Grab some seeds or seedlings, and start planting trees like there's no tomorrow. Throughout its life, a tree can absorb and store up to a ton of CO₂.

The Arctic is warming faster than anywhere else on Earth.

CHALLENGE
Keep your vehicle tyres properly inflated. You could save many hundreds of litres of petrol each year.



September

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October

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24	25	26	27	28	29	30
31						

November

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OCTOBER

Dispose of disposables

Think before you buy

We are the sum of our actions — not the sum of our stuff. The planet needs us now more than ever to realise that. Keep your wallet in your pocket, close that Amazon.com tab in your browser, ditch disposables and choose reusables. That's how you can downsize your life's footprint and reduce the amount of disposable waste that lands up in our oceans and landfills.

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.



WIKIWASTE
THE KNOWLEDGE PORTAL

Over 35% of the trees chopped down each year (around 4 billion) are used in paper industries.

The average time that a plastic bag is used is just 12 minutes.

VAPE WASTE. MORE HARMFUL THAN YOU THINK

BLOG.INTERWASTE.CO.ZA/KNOW-WASTE

A billion disposable nappies land up in South Africa's landfills every year! And will be there for another 500 years.

99% of disposable cups are not suitable for composting or recycling.

FRI 1
CHALLENGE
This month, buy less stuff. It's that simple.

SAT 2

SUN 3

MON 4
WORLD ANIMAL DAY

TUE 5

WED 6
ENERGY EFFICIENCY DAY

THU 7

FRI 8

SAT 9

SUN 10

MON 11
CHALLENGE
Visit second-hand stores this weekend... and keep going.

TUE 12

WED 13
CHALLENGE
Take your own bags and containers when shopping.

THU 14

FRI 15
CHALLENGE
Switch to a safety razor and sharpen the blades when they get dull.

SAT 16

SUN 17

FRI 22

SAT 23

THU 21

SUN 24

MON 25
CHALLENGE
Cherish the old stuff this week... remember it was made to last!

TUE 26

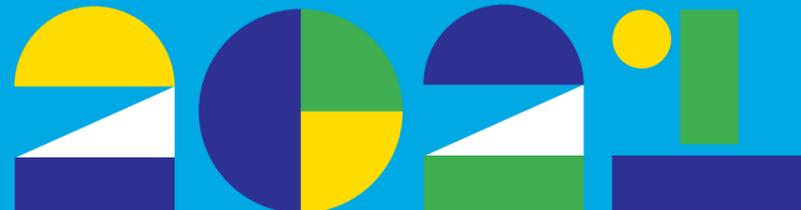
WED 27
WORLD SUSTAINABILITY DAY

THU 28

FRI 29
CHALLENGE
Opt for no plastic cutlery, serviettes and condiments when ordering take-aways. Use your own utensils.

SAT 30

SUN 31



October	November	December
S M T W T F S	S M T W T F S	S M T W T F S
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3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
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31		

PUBLIC HOLIDAYS

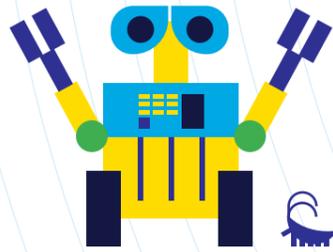
1 January	New Year's Day	16 June	Youth Day
21 March	Human Rights Day	9 August	National Women's Day
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1 May	Workers' Day	27 December	Public Holiday

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NOVEMBER

ZERO waste and recycling

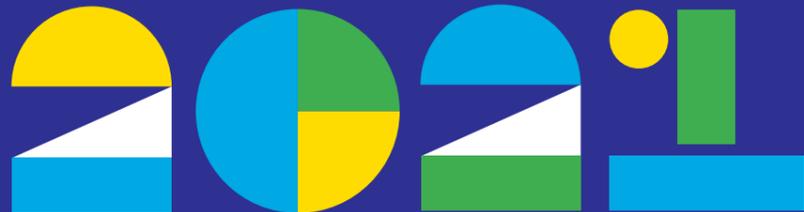
Remember the movie WALL-E (Waste Allocation Load Lifter Earth-class), about the last robot left on a deserted, trash-covered Earth? He spent his days tidying up the planet, one piece of garbage at a time. None of us want to get there, right? So the goal is to send nothing to landfill, reduce what we need, reuse as much as we can, and as a last resort, recycle.



START RECYCLING YOUR FOOD WASTE, IT'S EASY WHEN YOU KNOW HOW
EARTHPROBIOTIC.CO.ZA

Leftovers don't need to be boring. Great meal reinvention ideas here: blog.interwaste.co.za/know-waste

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.



November

S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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WIKIWASTE
 THE KNOWLEDGE PORTAL

INTERNATIONAL DAY FOR PREVENTING THE EXPLOITATION OF THE ENVIRONMENT IN WAR AND ARMED CONFLICT

A zero-waste lifestyle can save you up to 40% on your overall budget.

CHALLENGE
 Use old jars and containers to plant seeds in and store rice, nuts and other goodies. It's on trend too!

Three guidelines of recycling:
 Recycle all bottles, cans, and paper. Keep items relatively clean. Don't mix plastic bags with other recycled items.

Greenhouse gas emissions associated with food waste are equivalent to an additional 33 million passenger vehicles.

CHALLENGE
 Buy a reusable bamboo, stainless steel or glass straw and take it to restaurants with you.

CHALLENGE
 Hold on to every piece of trash you generate for a full week, keep it in a visible space to see the effects of being wasteful.

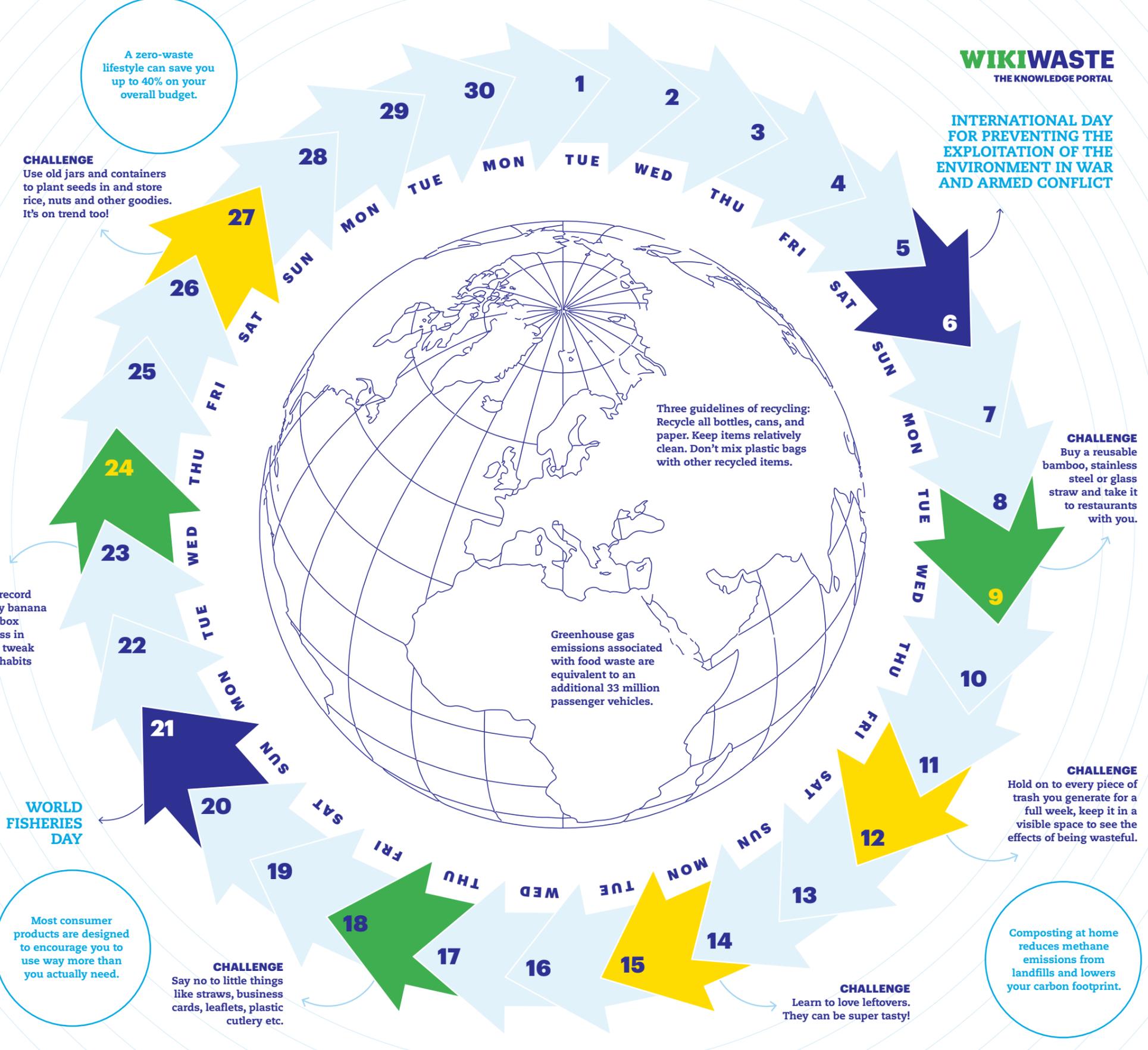
Composting at home reduces methane emissions from landfills and lowers your carbon footprint.

CHALLENGE
 Say no to little things like straws, business cards, leaflets, plastic cutlery etc.

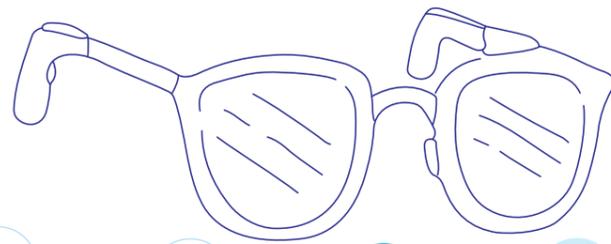
CHALLENGE
 Learn to love leftovers. They can be super tasty!

Most consumer products are designed to encourage you to use way more than you actually need.

WORLD FISHERIES DAY



DECEMBER



VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.

WIKIWASTE
THE KNOWLEDGE PORTAL

CHALLENGE
Donate your children's old toys. It's a great way to save the environment and make another child happy.

On average, family members buy three new electronic devices each year.

1
WED
WORLD AIDS DAY

2
THU

3
FRI

4
SAT

5
SUN
WORLD SOILS DAY

6
MON

7
TUE
CHALLENGE
Show your children how to set up a family recycling station.

CHALLENGE
Switch from disposable nappies to biodegradable or cloth nappies.

8
WED

9
THU

10
FRI

11
SAT
CHALLENGE
Join or organise a clean-up hike in your area.

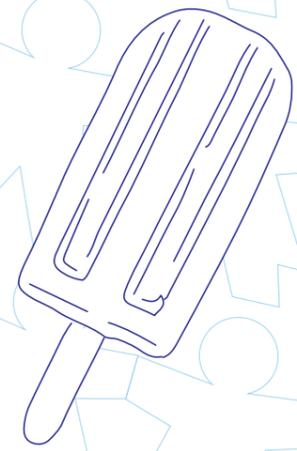
12
SUN

13
MON

14
TUE
OZONE ACTION DAY

Children who have an immersive experience in nature develop a lifelong love of the environment.

CHALLENGE
Give 'green gifts' for the festive season – a green adventure to the zoo or a short course or dance classes or tickets to a favourite sports match.



CHALLENGE
Practice daily mindfulness as a family. Choose a spot outside to spend 5-10 minutes each day.

In one person's lifetime, using a cloth bag will save over 22,000 plastic bags!

15
WED

16
THU
DAY OF RECONCILIATION

17
FRI

18
SAT

19
SUN

20
MON

CHALLENGE
Read books that have messages to share with your kids about the environment, like The Lorax by Dr Seuss.

21
TUE

22
WED

23
THU

24
FRI

25
SAT
CHRISTMAS DAY

26
SUN
DAY OF GOOD WILL

27
MON
PUBLIC HOLIDAY

28
TUE

29
WED

30
THU

31
FRI

It's possible to live a more environmentally conscious and sustainable family life in a modern world. What we teach our kids today will affect their future day-to-day life choices and habits. Show them the wonders of nature and how to lead a sustainable and eco-friendly lifestyle. Help them to take responsibility for their actions and maintain a healthier planet.

Download an eco-friendly podcast and listen to it as a family here: blog.interwaste.co.za/know-waste



Future-focused families



December

S	M	T	W	T	F	S
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January 2022

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022

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25	26	27	28			

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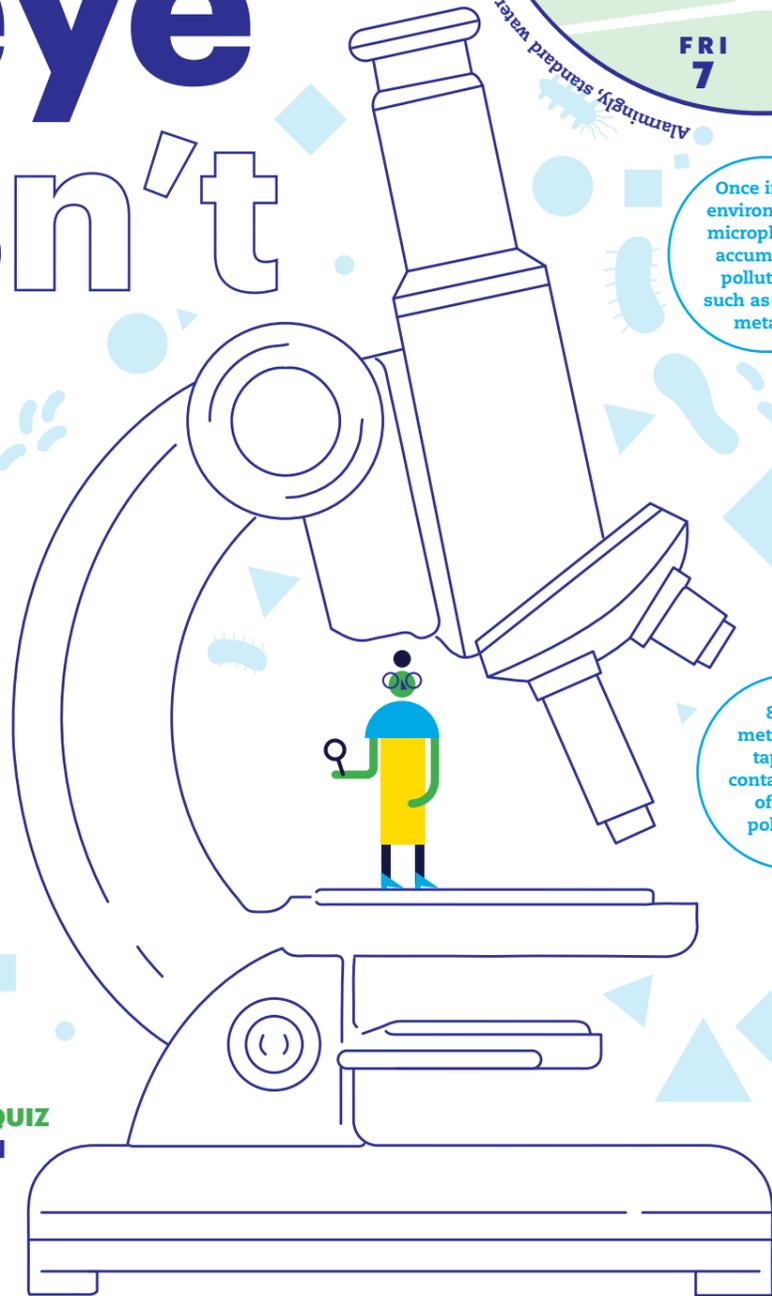
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JANUARY

What the eye doesn't see

It's in the air we breathe, the arctic ice and the remotest parts of the deep sea. It's found in honey, water, salt, beer, and our bodies. Microplastic is one of the biggest environmental problems of our time. These tiny toxic plastic particles (<5mm) continuously break into smaller pieces and pass through cell membranes and the blood brain barrier.

VISIT INTERWASTE.CO.ZA/WIKIWASTE/QUIZ TO TAKE THE WIKIWASTE QUIZ AND EARN MONTHLY REWARDS.



SAT 1 NEW YEAR'S DAY

SUN 2 **MON 3**

TUE 4 **CHALLENGE**
Read labels and avoid synthetic fabrics. Choose wool and organic cotton.

WED 5 **THU 6**

FRI 7

Alarmingly, standard water treatment facilities cannot remove all traces of microplastics.

Follow this washing guide to prevent microfibre shedding blog.interwaste.co.za/know-waste

WIKIWASTE
THE KNOWLEDGE PORTAL

Microplastics consumed by aquatic life result in infections, reproductive problems, and starvation.

SAT 15 **CHALLENGE**
Avoid body cleansers that contain microbeads and save millions of sea creatures from death.

SUN 16 **MON 17**

TUE 18 **WED 19**

THU 20 **FRI 21**

Once in the environment, microplastics accumulate pollutants such as heavy metals.

SAT 8 **SUN 9**

MON 10 **TUE 11** **WED 12**

THU 13 **FRI 14**

CHALLENGE
Invest in a water filter, and stop using bottled water.

Dust and dirt in our homes consist of up to 90% microplastics.

83% of metropolitan tap water contains forms of plastic pollutants.

SAT 22 **SUN 23**

MON 24 **TUE 25** **WED 26**

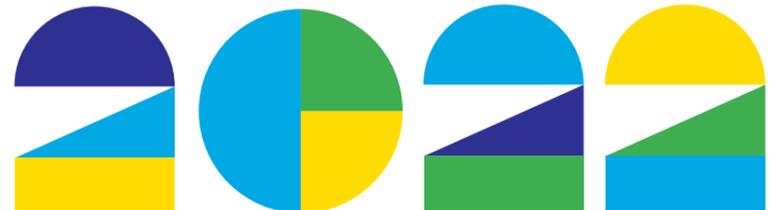
THU 27 **FRI 28**

CHALLENGE
Be litter conscious. Pick up trash you see on the streets and participate in beach or river clean-ups.

SAT 29 **MON 31**

SUN 30 **CHALLENGE**
Take a cloth shopping bag with you whenever you leave the house - then you won't land up buying plastic bags.

Even of the world's largest bottled water brands were tested for microplastics. The results showed that a staggering 93% of the bottled water contained microplastics.



January 2022							February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5			1	2	3	4	5
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23	24	25	26	27	28	29	27	28						27	28	29	30	31		
30	31																			

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