

Rubbish Bin-go

Take action on plastic!
This month, see if you can tick off all of these challenges to reduce your single-use plastic and inspire others.

#RubbishBingo

Go plastic-free for a day

Ask a company to reduce plastic on a favourite product

Use your reusable coffee cup

Make one permanent swap to cut out single-use plastic

Do a waste audit – check your bin and decide what to reduce

Visit a refill shop

Prepare plastic-free lunches for a week

Share Tearfund's *Rubbish Campaign*, see tearfund.org/rubbish

Tell friends or family about the plastics crisis

Learn more about waste pickers, see tearfund.org/plasticfreejuly

Go on a litter pick

Use your reusable water bottle

Pray for those most affected by the waste crisis

Clean without single-use plastics

Host a rubbish event at your church, see tearfund.org/rubbishresources

Buy only plastic-free fruit and veg for a week

tearfund.org/plasticfreejuly

Tearfund, 100 Church Road, Teddington, TW11 8QE, United Kingdom
☎ +44 (0)20 3906 3906 ✉ info@tearfund.org 🌐 📷 🐦 /Tearfund

Registered office: Tearfund, 100 Church Road, Teddington, TW11 8QE. Registered in England: 994339. A company limited by guarantee. Registered Charity No. 265464 (England & Wales) Registered Charity No. SC037624 (Scotland) 00790-(0623)

In partnership with Plastic Free July®



tearfund