

# Zero-Waste Scavenger Hunt

FEBRUARY 25TH - MARCH 06TH 2022



**PLASTIC FREE BC** In Partnership with

FUNDED BY

**CANADA  
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# Welcome!

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## What is this?

Your very own Zero-Waste Scavenger Hunt booklet, of course!

In this booklet, you will find everything you need to complete the Zero-Waste Scavenger Hunt hosted by Plastic Free BC and Ocean Wise. If you complete this challenge on Instagram by March 6th 2022, you will be entered for a chance to win one of our prizes!

## What will I need?

This booklet, a device to capture photos, and an Instagram account!

## What is the timeframe?

**The official contest dates are February 25th @ 10am PST to March 6th @ 5pm PST.**

However, you can complete the scavenger hunt in whatever timeframe you choose! Please note, you will not be eligible for prizes outside of the allotted timeframe, but you sure will learn a lot!

# Welcome!

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## What are the rules?

1. Choose 1 challenge item from each of the 10 sustainable categories.
2. **Post a photo** for **each challenge item** you complete (up to 10 photos) to your Instagram. Photos posted as a carousel (multiple) or single photos are both acceptable!
3. Ensure your account is set to public.
4. Tag **@plasticfree.bc** and use the hashtag **#ZWSHchallenge2022**

## What if I don't have social media?

Don't worry - you can still participate!

In order to be entered into the contest, please email your challenge item photos to [jeanine.sinclair@learn.ocean.org](mailto:jeanine.sinclair@learn.ocean.org) to enter.

Otherwise, if you don't care too much about the contest, or your participating outside of the dates, complete the scavenger hunt at your own pace and use this booklet to guide your zero-waste journey!

# Did someone say... prizes?

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## Here's how it works

The number of photos you post to Instagram, determines what prize tier you are entered to win!

- 1- 5 photos - First tier prize
- 6 -10 photos - Grand prize!!

Posting more sustainable items gives you more chances to win our great sustainable prizes!

**Please note, it is very important that you tag us and use the hashtag so we see it and can enter you to win!**

Tag **@plasticfree.bc** and use the hashtag **#ZWSHchallenge2022**

# 10 SUSTAINABLE CATEGORIES

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**You only have to do 1 challenge from each category!  
Remember to take a photo for each item you complete!**

1. **A good neighbour** - Your chance to see what litter can be cleaned up in your neighbourhood
2. **Zero-waste kitchen** - What can you swap?
3. **Food waste** - Compost, coffee and buying bulk.
4. **It's called fashion** - Thrifting, fast fashion and laundry!
5. **Your eco-friendly home** - Bathroom, cleaning and the rest of the house.
6. **On-the-go** - Show off those reusable containers, bags and mugs for when you're out and about.
7. **Supporting local** - Show off your favourite sustainable business in your neighborhood!
8. **In the workplace** - Whether it's a big change OR just bring your reusable mug to work, it counts!
9. **Take action** - Share with friends or take direct action
10. **YOUR Sustainable Life** - What else do you do in your life that is low waste and supports a circular economy?

# CHALLENGE 1

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## A GOOD NEIGHBOUR

Be a good neighbour by cleaning up your community!

Complete **one** of the following items.  
Remember to capture a photo!

<b>Neighbourhood walk</b>	Wander your neighbourhood and show us what litter you see along the way.
<b>Take 3 for the sea!</b>	Pick up 3 pieces of litter on your next outing.
<b>Litter Pickup Project</b>	Help @litter_pickup_vancouver keep our shorelines clean by picking up litter along your local waterway and tagging her to show off your finds.
<b>Plogging</b>	Go for a jog with a bag and gloves to pick up litter along the way.
<b>Team recycle!</b>	Does your building, neighbourhood or household have recycling? Show it off!
<b>Community Garden</b>	Locate and visit your community garden!

# CHALLENGE 2

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## ZERO-WASTE KITCHEN

There are tons of kitchen alternatives that exist for kitchen items. Let's see which ones you can identify!

Complete **one** of the following items.  
Remember to capture a photo!

<b>Re-use</b>	RE-USE what you already have! Take-out containers, jars, or other grocery containers. How can you re-use them?
<b>A swap for saran wrap</b>	What can you use to store food in the fridge without saran wrap?
<b>A swap when baking</b>	What could you use instead of tin foil, wax paper or cupcake liners when baking?
<b>Compost</b>	Show off your gorgeous compost bin in the kitchen.
<b>Bulk buys</b>	What could you buy in bulk with your own jars and containers, instead of with plastic packaging?
<b>A swap for liquid dishsoap</b>	Find out where you could get solid dish soap in your region!
<b>Washing dishes</b>	What can you do to avoid plastic sponges or brushes?

# CHALLENGE 3

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## FOOD WASTE

Did you know that 63% of the food Canadians throw away could have been eaten? Here's what you can do to help!

Complete **one** of the following items.  
Remember to capture a photo!

<b>Coffee or tea time</b>	How do you avoid single-use packaging when you make coffee/tea in the morning?
<b>Grow your own</b>	What kind of fresh herbs can you grow on your kitchen windowsill? Snap a pic!
<b>Veggie Broth</b>	Find a recipe that uses leftover veggie scraps to create a delicious veggie broth!
<b>Everlasting Veggies</b>	Learn to make your food last longer by putting produce like carrots, celery, or lemons in a jar of water
<b>Eat Less Meat</b>	Meatless Monday anyone? Snap of photo of a vegan meal!
<b>Freeze it!</b>	Having trouble eating everything in the fridge? Freeze it! What foods have you been able to save and freeze recently?
<b>Meal Prep</b>	Show us your meal prepping for the week! What did you create and how did you store it?



# CHALLENGE 4

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## IT'S CALLED FASHION

Fast-fashion is damaging our planet.  
Do you have what it takes to be fashionable and sustainable?

Complete **one** of the following items. Remember to capture a photo!

<b>Materials</b>	Snap a photo of the materials label of a piece of clothing. Is it made of plastic, or natural fibers?
<b>Thrifting</b>	Show us your best thrifted outfit, household piece, or favourite thrift store! Tag them if you can.
<b>Repair</b>	What's an item of clothing, accessory or other that you repaired instead of throwing out?
<b>Forever Outfits</b>	What article of clothing have you had FOREVER and could never let go of?
<b>Laundry time</b>	What does sustainable laundry look like to you? Avoid laundry pods and single-use dryer sheets. EX: Instead, try to refill laundry detergent and use dryer balls!
<b>Cold wash, hang dry!</b>	Setting your laundry machine to COLD and hanging your laundry to dry saves energy
<b>Microplastics</b>	Clothing made of plastic polymers shed microplastics into our waterways. What can you do to reduce microplastics in laundry?

# CHALLENGE 5

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## YOUR ECO-FRIENDLY HOME

We want to see you get creative in using more sustainable alternatives to every day kitchen items!

Complete **one** of the following items.  
Remember to capture a photo!

<b>Use it up!</b>	What products are you still using up? Which ones would you consider swapping for more sustainable options?
<b>Natural cleaners</b>	What natural, every-day household items can be used to clean your home? Psst: Lemon and baking soda work wonders!
<b>Paper towels replacement</b>	How can you avoid purchasing single-use paper towels?
<b>Refill Products</b>	What kinds of cleaning products can you refill or buy with reduced plastic?
<b>No junk mail</b>	In some places, a "no junk mail" sign on the front door can reduce paper waste!
<b>Thrift</b>	What furniture, or household items have you thrifted and love? Show them off!
<b>Buy Nothing Groups</b>	Join a buy nothing Facebook group in your neighbourhood.

# CHALLENGE 6

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## ON-THE-GO

Let's not forget our sustainable alternatives when we leave the house too! There are a number of items you can bring with you to reduce your waste.

Complete **one** of the following items.  
Remember to capture a photo!

<b>Reusable Bag</b>	You never know when you'll need a reusable bag! Snap a pic of your most used reusable bag
<b>Zero Waste Take Out</b>	Use a zero-waste take-out service OR bring your own reusable take-out containers to a participating restaurant
<b>Reusable Water Bottle</b>	Plastic water bottles are a no go! Snap a pic of you refilling your water bottle while on the go.
<b>Reusable Coffee Cup Service</b>	Is there a mug share program in your city? Tag them when you try them out!
<b>Jar Return</b>	Return your jars to be re-used at a refill store.
<b>Produce Bags</b>	Remember to bring your produce bags when doing groceries! Flimsy plastic bags be gone.
<b>"For here please!"</b>	Avoid the to-go containers and see if cafes and restaurants will let you stay in for a bit. Tag them to show some love!

# CHALLENGE 7

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## SUPPORT LOCAL

Show off your favourite sustainable business in your neighbourhood! Anything from bulk stores, zero-waste stores, and places that allow your reusables.

Complete **one** of the following items.  
Remember to capture a photo!

<b>Shop small</b>	What sustainable small business is in your neighbourhood? Pay them a visit and tell us why you love them!
<b>Bulk Store</b>	Snap a pic of your favourite bulk store or your #1 item to purchase in bulk?
<b>Waste Management</b>	Show us a business that separates waste, food waste, and recycling in their store.
<b>Ocean Wise Seafood</b>	What kind of ocean wise seafood can you find in your local grocery store or restaurant?
<b>Coffee shop</b>	Tag a coffee shop that allows you to use your reusable mug!! Snap a pic of your mug!
<b>Returnable jars?</b>	Snap a pic of you returning jars to be re-used at a refill store! What companies take back containers in your area?

# CHALLENGE 8

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## IN YOUR WORKPLACE

This can be a big change or as simple as bringing your reusable mug to work! Does your workplace have recycling? Compost? Water filter instead of water bottles?

Complete **one** of the following items.  
Remember to capture a photo!

<b>Sustainability at work</b>	Show us how YOU make your workplace more sustainable!
<b>Recycling Champion</b>	What recycling bins do you have at work?
<b>Snack Attack</b>	Show us how you pack your work lunches! How do you remain sustainable when packing meals/snacks for work?
<b>Ask for a Change!</b>	Show us how you are working with your workplace to promote a sustainable work environment - ie. company water bottles for staff, water filters, kitchen supplies for breaks (coffee pots, cutlery etc.)
<b>The commute</b>	How do you get to work? Snap a pic of your sustainable commute to work. Bike, bus, walk?

# CHALLENGE 9

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## TAKE ACTION

Actions speak louder than words!

Complete **one** of the following items.

Remember to capture a photo!

<b>Spread the word</b>	Share this scavenger hunt or other zero waste post to your Instagram story to spread the word about living sustainably.
<b>Write an email or letter</b>	Want your local cafe or restaurant to allow reusables? Email or message them on social media to ask if they can!
<b>Call your representative</b>	Call your local representative and ask them to do better against single-use plastics.
<b>Complete the Plastic Challenge</b>	Visit the Plastic Reduction Program on <a href="https://ocean.org">ocean.org</a> , take the plastic challenge and measure your impact.
<b>For the Pets</b>	Talk to your vet about recycling their Pill bottles! Visit <a href="https://www.instagram.com/LoveOurOceansProject">@LoveOurOceansProject</a> on Instagram for more information and inspiration!
<b>BePlasticWise Pledge</b>	Did you sign the #BePlasticWisePledge? Screenshot your pledge!

# CHALLENGE 10

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## YOUR SUSTAINABLE LIFE

What else do you do in your life that is sustainable? What other things do you do that reduces your waste and supports a circular economy?

This one's a free round! Capture a photo of you living your best sustainable life!

<b>What does sustainability look like to you?</b>	This one's a free round! Capture a photo of you living your best sustainable life!
<b>What sustainable goals do you have?</b>	After completing this challenge, what more do you think you could do to create a more zero-waste life? Share some ideas!

# CONGRATULATIONS!

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## YOU'VE OFFICIALLY COMPLETED THE ZERO-WASTE SCAVENGER HUNT!

Pat yourself on the back, give yourself a high-five, and reflect upon your accomplishments. A Zero-Waste lifestyle isn't easy, but the planet thanks you for taking the first step in reducing your impact and contributing to a circular economy.

If you participated throughout the official contest dates, please remember to post your photos on Instagram and tag #PlasticFreeBC. Who knows, maybe you'll be the ultimate Zero-Waste Scavenger Hunt Prize Winner!

We wish you good luck on your zero-waste journey, don't let it end here!