



Rules of the Game: 1) Each challenge can only be completed once. 2) Don't forget to record your completed challenges in the survey at the end of each weeks. 3) You may carry any challenges you do not complete into the following weeks. 4) Any group activities organized by the committee will be announced one day prior as a reminder, but dates and times can be found in this document. 5) All "bonus" activities are worth one (1) point 6) Feel free to reach out to us if you have any questions!

Week 3: May 15 – 21st

- 1- **Go vegetarian or vegan** for at least a week. (10pts)
 - Free points if you're already vegan/vegetarian
- 2- **Increase the amount of food bought from local (BC) producers.** (8pts)
 - Resources: [Vancouver Farmers Market](#) / [Food | CSFS at UBC Farm CSA Information – Vancouver Urban Farming Society](#)
- 3- **Visit the UBC farm with us for a tour Wed-May 18th 11 pm – 12 pm** (10pts)
 - Optional: Bring your lunch to eat with us 12-1pm!
- 4- **Learn about the circular economy on campus, and practice!** (2pts)
 - REUse it guide for on campus <https://reuseit.ubc.ca/>
- 5- **Reflect on the other-than-human world via Sara Overton's TED Talk** (12min) (2pts)
 - Link: TEDx by Sara Overton "How Mindfulness in Nature Can Transform Us & Climate Change." <https://www.youtube.com/watch?v=9a4dNpw53PE>.
- 6- **Find out about sustainable alternatives to products when making purchases** (2pts)
 - <https://www.terrasmart.co/10-eco-friendly-alternatives-to-plastic-products/>

Eco Challenge 2022 Weekly Calendar

- [Tru Earth laundry strips.](#)
 - Bonus: Take a picture of an item you purchased as an alternative in the last year.
- 7- **Buy only loose produce** this week. Nothing packaged in plastic clamshells or wrapped in plastic. (6pts)
- Bonus: Take a photo of yourself with reusable mesh produce bags!
- 8- **Take a walk in the Nitobe Memorial Garden while listening to one of these podcasts** produced by Asian Studies students: (4pts)
- Introduction to Nitobe Gardens: <https://blogs.ubc.ca/wakawalk/sample-page/>
 - Autumn: <https://blogs.ubc.ca/wakawalk/autumn/>
 - Waterways: <https://blogs.ubc.ca/wakawalk/waterways/>
 - Spring: <https://blogs.ubc.ca/wakawalk/spring/>
- 9- **Visit your local vintage, thrift, or second-hand store before buying something new.** (5pts)
- Suggestions: <https://asia.ubc.ca/wp-content/uploads/sites/18/2021/02/Thrift-and-Vintage-Guide-Curated-by-Anika-FINAL.pdf>
- 10- **Take the time to learn about personal care products that are produced sustainably and not harmful to your local ecosystem.** (4pts)
- Resources: <https://www.goingzerowaste.com/blog/organic-zero-waste-skincare-brands/> <https://www.sustainablejungle.com/best-of-sustainable-beauty/best-ethical-sustainable-beauty-brands/>
 - <https://zerowastestore.com/collections/personal-hygiene>
 - <https://earth911.com/living-well-being/sustainable-personal-care-products/>
 - bonus: take pictures of your sustainable products!