



**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 week. 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 4: May 22 – 28<sup>th</sup>

- 1- **Consider how much food you waste** either from going bad, too much on your plate, or scraps from food preparation, and plan to reduce your waste! (3pts)
  - Resources: [Love Food Hate Waste Canada](#), [Date labelling on pre-packaged foods - Canadian Food Inspection Agency](#)
- 2- **Connect with nature for at least 10 minutes**, e.g., on a bench in a park, Stanley Park walk, bird watching, go to the beach etc. (4pts)
  - Bonus: Share - what did you do, where, and for how long?
- 3- **Run your dishwasher and washing machine on a full load this week** (4pts)
- 4- **Commit to no food waste for a day's meals** - create a meal plan that utilizes the same ingredients so that there's no leftover food waste from cooking. (6pts)
- 5- **Drink only tap water for one week** instead of bottled water. (5pts)
  - Resources: <https://food.ubc.ca/why-you-should-drink-more-tap-water/>
  - <https://facilities.ubc.ca/2021/07/29/drinking-water-fountains-and-bottle-filling-stations-are-reopening/>
- 6- **Watch: "c̓snaʔəm, the city before the city"** (7pts)
  - <https://www.knowledge.ca/program/city-city> (1 hr 12 min)

## Eco Challenge 2022 Weekly Calendar

- Bonus: [Read](#), [listen](#), or [watch](#) to learn more about Land Back.
- 7- **Use alternate forms of transport to work or school.** Anything but a conventional gas-powered vehicle! (7pts)
- Live far away? In an inconvenient location? **Start Carpooling to work or school.**
  - <https://planning.ubc.ca/transportation/driving/carpooling-and-ride-sharing>)
- 8- **Use cotton/linen napkins instead of paper this week!** (3pts)
- 9- Is there anything that needs repair or change? **Have things repaired instead of buying something new.** (8pts)
- Bonus: photo before/after!
  - <https://www.metrovanrepaircafes.ca/yvr-repair-directory>
- 10- BC has a vast variety of flowering plants! **Take some time to learn about BC's flowering species** and learn to identify them on a walk! (3pts)
- Bonus: pictures with identifications