

# ZERO WASTE CHALLENGE: WASTE-FREE FOR A DAY!

## THE CHALLENGE

The goal is to spend one full day producing ZERO waste by avoiding single-use plastics, minimizing food waste, and repurposing materials. This challenge will test your ability to reduce waste in daily life and track your impact.

### *Duration:*

1 day

### *Who Can Participate?*

Individuals or groups (family, friends, classmates, or community members)

### *Where?*

At home, school, or in the community

### *Steps to Take Action:*

- Avoid Single-Use Items (5 points)

Use only reusable bottles, containers, bags, and utensils for the day.

Say NO to plastic straws, cups, or cutlery.

- Minimize Food Waste (5 points)

Plan meals and store leftovers to prevent waste.

Compost or repurpose at least one food scrap

- Reuse & Repurpose (5 points)

Find at least one item to reuse or repurpose instead of throwing it away (e.g., upcycle an old jar, repurpose clothing, or donate items).

- Recycle Properly (5 points)

Sort and recycle at least 5 items according to local recycling guidelines.

Ensure that no non-recyclable materials are placed in recycling bins.

### *How to Measure Impact?*

- Avoiding Single-Use Items (5 points): Used only reusables (Photo proof).
- Minimizing Food Waste (5 points): Planned meals, composted, or repurposed food scraps (Photo proof).
- Reusing & Repurposing (5 points): Gave a second life to an item (Before-and-after photo proof).
- Recycling Properly (5 points): Recycled at least 5 items correctly (Photo proof).



Co-funded by  
the European Union



VOYAGER  
EMPOWERING YOUTH.  
TRANSFORMING  
TOMORROW!