

THE MAST ACADEMY TRUST

@MastTrust #sustainabilitymatters

sustainability challenge



Declutter a Room & donate to charity	Find ways to improve your energy efficiency	Repurpose or upcycle an item	Plant a Tree	Switch to an Eco water bottle
Check the back of your fridge and give it a clean	Recycle batteries	Switch your chargers off at the wall when not in use	Challenge unsustainable food ingredients with producers	Write a 'letter to tomorrow'
Start a compost bin	Swap sandwich bags and food wrap for reusable containers / beeswax wraps	Have a 'meat free' day	Turn the lights off when you leave a room	Dry your clothes outside (weather permitting)
Find your local glass recycling centre and recycle some glass	Planting for bees / make a bee house	Walk or cycle instead of taking the car	Work on reducing your food waste	Shop local for fresh ingredients
Find out about local wildlife projects and see how you can get involved	Practice Mindful Shopping	Set up a garden water butt	Switch to online billing where possible	Make one swap for a Fair-Trade item this week
Organise a local litter pick	Check how many household items are on standby - can you turn them off?	Write to your MP about a conservation or environmental issue in your area	Make a bug hotel for your garden	Try Natural Cleaning Products

ECO VIBES

GO GREEN

ZERO WASTE