

# SUFFOLK GETS GREENER

## Take the 1 LESS Challenge

April 22, 2020 is Earth Day, and we as a college community want to do our part to protect the environment even while being stuck at home.

Our challenge is to use 1 LESS plastic item (or repurpose) each day for the month of April. Email a picture of you meeting the challenge to [activities-grant@sunysuffolk.edu](mailto:activities-grant@sunysuffolk.edu)

We will then share it through the college's social media channels.

A few ways to reduce:

- Brew a pot/cup of coffee instead of using a coffee pod
- Use a glass or reusable water bottle instead of a plastic bottle
- Wear your glasses instead of contacts for a day or two



### Get Creative!



Show us your efforts! Don't forget to tell us at the end of the month the total pieces you/family reduced or reused.

We can't wait to post the tally of all of our efforts and see how our simple challenge can be fun and have a BIG impact!