



PLASTIC FREE FUNDRAISING

We live in a plastic world. It's a useful, versatile cheap material. Our environment and oceans are choking in it. We challenge YOU to give up avoidable plastics for a month and raise money to help tackle marine plastic pollution across the UK. **Together we can free where we live from avoidable plastic.**



Be a superhero and go a whole month saying no to using avoidable plastic and say yes to raising money to protect your environment. We will be with you every step of the way to help you along your journey.

Any sort of avoidable plastic is a no no – whether you choose to refuse it completely or find an alternative – it's up to you! You don't have to go it alone. Recruit family, friends or colleagues to ensure you stay on track.

WHY GIVE UP AVOIDABLE PLASTIC?

Convenient at the time, they last a lifetime with every bit of plastic ever made still in existence. Pretty scary, right?

HOW?

This is your challenge so you can design it to suit you. It may be that you're using this as a starting point to a new plastic free lifestyle or this may be your final push to go completely plastic free.

MAKE IT A TEAM CHALLENGE!

We love a good team challenge and it keeps you on track! Recruit team members and set up forfeits or challenges for anyone who accidentally uses avoidable plastics.

PREPARATION IS KEY!

Think about what plastic you use in every day life and how these can be substituted.

Stock up on tupperware and plastic-free toiletries.

Use social media to search for plastic free groups that will be full of advice and tips.

HOW DO I FUNDRAISE?



Set up an online fundraising page on Just Giving, Virgin Money or Facebook.



Set a target (we recommend £150-£300).



Tell everyone what you're up to by sharing your page.

Email fundraising@sas.org.uk to receive your very own Plastic Free Fundraising guide!

Let us know any challenges or top swaps you find along the way and share your challenge with us...