

Single-use Plastics Elimination Challenge!

Join Girl Scouts of Manitou Council in helping create a cleaner and more sustainable future by reducing the use of single-use plastics. As part of our sustainability efforts, we're hosting a council-wide single-use plastics recycling challenge from **Monday, March 17 through Tuesday, April 22**. This is available to troops or individuals who are 18+ years old. Troops will compete together, with a troop leader entering the entire troop's information. There will be weekly prizes for the troop or individual at the top of the leaderboard that week. And at the end of the contest, the troop at the top of the leaderboard will earn two overnights at one of our camp buildings!

Here's how to participate:

- Download the **Remora** app.
- Join the community by setting up an account. For troops: One troop leader should set up an account. Troop members will report back to the troop leader of what they have done for the troop leader to enter it into the app.
- Join the Girl Scouts of Manitou Council Challenge by using code 456789. You can join the challenge at any time, but the sooner the better so you have time to reach the leaderboard!
- Watch the **tutorial** on how to make a post on the Remora app and get into the habit of recording your daily refusals and uses.
- Monitor your progress on the Challenge Leaderboard. You will earn points for both refusals and uses.

How do I make a post?

Click the blue "+" button at the bottom center of the homepage. Toggle the "I refused" and "I used" buttons at the top. Next, select which items you used or refused. Scroll through the list, select categories, or use the search bar to find something specific. Once you've selected all items, scroll to the top to change the number of items used by clicking the "+" or "-" buttons on each item. Click next. Add an optional caption and location. Press "Share" at the top of the page to post your use or refusal!

Uses & Refusals:

Think of a use as a time you use a particular single-use item. A refusal would be any time you choose an alternative to a single-use item. Examples:

- Water bottles: Use is every 16oz plastic water bottle you use. Refusal is every 16oz of water you fill in a reusable water bottle.
- Straw: Use is every plastic straw you use. Refusal is skipping a straw all together or using a straw made of paper.
- Grocery bags. Use is every plastic shopping bag you use. Refusal is paper bags or reusable shopping bags.



Remora has provided us a full packet of contest information, examples of uses & refusals, and plastic facts. **Scan the QR or visit bit.ly/41JHDEi to download the packet!**

Questions? Contact Program Specialist, Abby Weber, at abby@gsmanitou.org or 920-565-4575 ext. 317