

Sustainability Challenge

Planting Seeds for the Future



Purpose



Nutrition



Mindfulness



Activity

The **Sustainability Challenge** is a 4-week micro-action challenge that will help you develop and maintain eco-friendly habits that create big impact. To complete the Sustainability Challenge and be entered into the raffle for a chance to win great prizes, complete the following by: **April 30**.

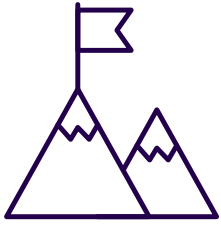
Enter any instructions here.

Example: prize information, pick-up and drop-off locations.

- Complete at least 16 different sustainability activities that include at least four (4) tasks from each of the four (4) sustainability pillars: Reduce, Reuse, Recycle, and Environment.
- Submit completed challenges to ZelisCares@zelis.com by **Friday, May 5** to be entered to win.

Motivating your friends and co-workers is highly encouraged!
Begin tracking on **April 1**.

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Purpose

Reduce

- Switch to paper-less bills
- Unplug electronics not in use
- Switch at least one item to rechargeable batteries
- Wash clothes in cold water
- Switch to a reusable straw
- Buy products you use a lot in bulk to cut down on packaging
- Go meatless one day a week
- Use e-tickets instead of paper ones
- Meal prep & plan meals to cut back on food waste
- Purchase unpackaged fruits and vegetables to cut back on packaging
- Use cruise control to reduce gas consumption when driving long distances



Nutrition

Reuse

- Use a reusable coffee cup
- Use cloths instead of paper towels
- Take reusable bags to stores
- Switch to a bar of soap
- Use a bar of shampoo and bar of conditioner
- Re-purpose an empty food container for something else
- Switch to beeswax wrap to replace aluminum foil and/or plastic wrap
- Switch to reusable sandwich/snack bags
- Switch from disposable razors to a metal one
- Reuse an old toothbrush as a cleaning brush instead of throwing away
- Repair a broken item (phone, computer, furniture)
- Reuse gift wrap or switch to gift bags that can be reused



Mindfulness

Recycle

- Donate your gently used clothes
- Flatten boxes so more fit into the bin
- Start a compost for food scraps
- Cut up plastic bottles/can holders (plastic rings)
- Recycle mail instead of throwing away
- Donate old blankets to a homeless or animal shelter
- Rent or borrow clothes for special occasions
- Shop at second hand shops
- Borrow or rent infrequently used items (party decorations or tools)
- Check if your local dry cleaner accepts donated wire hangers
- Recycle old cell phones
- Sell your books to a second hand shop



Activity

Environment

- Plant bee friendly flowers
- Pick-up 5 items of litter on your next walk or jog
- Conduct a home energy audit
- Hang clothes to dry instead of using the dryer
- Run the dishwasher instead of hand washing
- Walk or ride a bike instead of driving when you can
- Use the Plastic Calculator to help end plastic pollution
- Shop virtually BUT avoid rush shipping
- Switch from disposable razors to metal ones
- Volunteer during Zelis' Earth Day activities in office or at home
- Turn off water when brushing your teeth
- Turn off your computer at night
- Shorten your shower by 2 minutes



Purpose



Nutrition



Mindfulness



Activity

To complete the Sustainability Challenge and be entered into the raffle for a chance to win great prizes, please complete the following by **Sunday, April 30:**

- Complete **16 different wellness activities** that include at least four (4) tasks from each of the four (4) wellness pillars: **Reduce, Reuse, Recycle, and Environment.**

Enter any additional instructions here.

Name: _____

Workplace: _____

Email: _____

Phone: _____

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