## Teams

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| **Team A** | **Team B** | **Team C** | **Team D** | **Team E** |
| Name #1 |  |  |  |  |
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## Actions, ratings and verification

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| **Action** | **Green Rating** | **Verification requirement** |
| 1A - Wear a fully thrifted outfit (accessories, shoes, socks and undies not necessary!) or donate clothes and items.Includes clothes that you’ve been given. Can’t count the ‘whole team day’ as your individual day. | 1 | Picture |
| 1B - Cook a meal by ‘shopping the pantry and the fridge’ and/or using imperfect produce.Note: There are many services where you can buy a box of ‘imperfect’ produce that supermarket chains have refused to accept, such as Good and Fugly boxes. | 1 | Picture |
| 2A - Buy produce from a local farmers market | 2 | Receipt or picture |
| 2B - No buying plastic containers, disposable coffee cups or using plastic bags for supermarket produce for a week. | 2 | No evidence - Trust |
| 2C - Don't buy or accept new (plastic) shopping bags for a month | 2 | No evidence - Trust |
| 2D - Get out in nature / nature-based activity 3 times in the month.Think about something that would get you in a different natural environment compared to what you would do in a standard week (e.g. walking your dog down the street wouldn’t count, but maybe driving to Mount Coot-tha and doing a hike would). | 2 | Picture |
| 2E - Watch / read / listen to new sustainable content. | 2 | Post it note with your name and recommendation on the whiteboard |
| 2F - No red-meat week. (see action 4C for more info). | 2 | No evidence - Trust |
| 3A - Replace 3 regular car trips with active travel or public transport (for example, the local shopping centre, to the gym, to the parents house. Can be the same route but three different times). | 3 | Picture |
| 3B - Take 4-minute (or shorter) showers for a month. | 3 | No evidence - Trust |
| 3C - Plant and grow your own produce to eat. Don’t have to grow it to maturity and eat it in that month. Just plant it and get watering. | 3 | Picture |
| 4A - Collect and dispose of containers to CoEx - max one receipt per person. | 4 | Picture or receipt |
| 4B - Repair something instead of throwing it away (can be clothing, furniture, electronics etc.). | 4 | Picture |
| 4C - No meat week.If you do both this and the no red meat week, they have to be separate weeks. So you can’t do this action and then also count the no red meat week at the same time. | 4 | No evidence - Trust |
| 5A - Whole team second hand/thrifted clothing day or donate.If your whole team can wear a thrifted outfit on one day, great! If they can’t, then your whole team has to donate clothes or wear a thrifted outfit to work. Donation day doesn’t have to be the same as wearing day in this instance.For team members wearing thrifted clothes, you have to do it twice to get action 5A and 1A. | 5 | Picture |
| 5B - No buying plastic containers, disposable coffee cups or plastic bags for supermarket vegetables for a month. | 5 | No evidence - Trust |
| 5C - Switch to renewable energy. This would be switching to a 100% GreenPower energy plan from your electricity retailer or signing up to install solar within the month. If you already have solar this doesn’t count, you can purchase GreenPower energy to cancel out the fossil-fuel-based energy that your household consumes from the grid in the evenings.[Read more information on GreenPower here](https://www.sustainablebrisbane.com.au/one-change-that-can-halve-your-household-carbon-footprint/). | 5 | Screenshot of phone call or receipt  |
| 5D - Whole team has no takeout lunch for the week | 5 | Picture or trust |
| 5E - Go to a sustainability event. I.e. an event that promotes sustainability values, ideas and industries. | 5 | Picture |
| 5F - Buy and start a composting system at home (or a second one).If you can’t upgrade or get another compost bin, you can still get a point by convincing a family member or friend to start composting. No picture is needed for this, but they need to start in the month and not just tell you they will do it. | 5 | Picture |