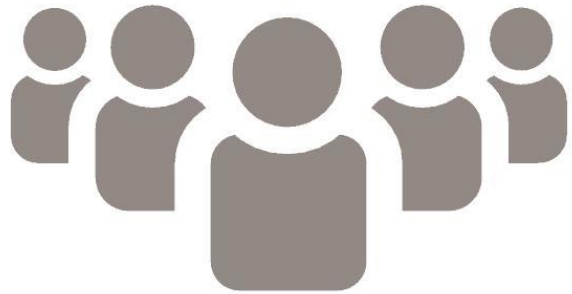


Plastic-Free Challenge

Team captain tips

Create and manage your team

- A. First time participating?
 - a. [Register](#)
 - b. Create your team – [watch this video](#) for tips
 - c. Select your actions
 - d. Manage your team (See section C below)
- B. Returning participant?
 - a. [Log in](#)
 - b. Create your team – [watch this video](#) for tips
 - c. Select your actions
 - d. Manage your team (See section C below)
- C. Manage
 - a. [Watch this video](#) for tips on how to manage your team, including editing team profile, messaging teammates, and inviting new teammates and team captains.
 - b. Your team profile page displays recent posts from teammates, recent point awards, status of team competitions, and team impact (once the challenge has begun).



Engage your team

Highly engaged teams encourage fun, create a community, and elevate long-term impacts. Here are tips to help your team feel connected and inspired.



- **Hold a kick-off event:** Consider launching this challenge with a virtual or in-person potluck or happy hour. Take this opportunity to explore and talk about actions together.



- **Encourage each other:** You can send out team emails directly from the Ecochallenge Platform dashboard. A little encouragement goes a long way! And remember you can have up to three team captains, so invite others to take the lead with you.



- **Share your team's stories.** Your stories, in the form of quotes, photos, or videos, can inspire your team, your community, and your world. Share both your everyday and 'aha!' moments during the challenge on the participant feed and across social media!

Need help? Have a question? Visit hennepinfoodwaste.ecochallenge.org/about/resources for more helpful tips and resources. Contact zwc@hennepin.us for questions about the challenge or support@ecochallenge.org for logistical help with the website.