

Take the Sip Smart Challenge for a Chance to Win

The Regional District of Nanaimo (RDN) is inviting residents to take the Sip Smart Challenge to reduce waste in the region and be entered to win one of three prizes.

To take the challenge, residents can bring a reusable cup to a local participating coffee shop or café to earn a stamp. Submit your stamped card and each stamp will count as an entry for prizes.

The contest runs from October 8 to December 6, 2026. The 60-day challenge is designed to help residents create lasting reusable habits that support the RDN's goal of 90 per cent waste diversion. By making simple choices like bringing a reusable cup, we can all help cut down on single-use items in the region.

Here's how to participate:

- Pick up an RDN Sip Smart Stamp Card at an RDN facility or participating coffee shop or café
- Bring a reusable cup when you get a drink
- Get one stamp each time you use your reusable cup
- Submit your stamp card in person to a Sip Smart drop box at an RDN facility or send a picture of your card to zerowaste@rdn.bc.ca for a chance to win.

First prize is a \$500 gift certificate to the winner's choice of local grocery store, restaurant, coffee shop or café, or a \$500 credit to use towards RDN recreation programs or transit passes. Second prize is a \$250 gift certificate to the winner's choice of local grocery store, restaurant, coffee shop or café, or a \$250 credit to use towards RDN recreation programs or transit passes. Third prize is a basket of sustainable items valued at \$175.

For a complete list of participating businesses and the full contest rules, visit getinvolved.rdn.ca/sort-smart. If you're a business who would like to participate, email zerowaste@rdn.bc.ca

Key Points

- The RDN's Sip Smart Challenge encourages residents 19 years and older to bring reusable cups to coffee shops and cafés, reducing waste from single-use items in the region.
- Earn a stamp each time you use of a reusable cup and enter to win prizes including gift certificates to local businesses of the winner's choice. Each stamp is worth one entry.
- Full list of participating business and rules can be found on the project website.

Get Involved RDN!

Quick Facts

- The RDN has a goal of achieving 90 per cent waste diversion by 2030.
- 19 coffee shops and cafés across the region, from Coombs to Gabriola Island, have signed up as participating businesses.
- The best way to reduce waste is to reduce the use of single-use items.

- 30 -

For media inquiries, please contact:

Rebecca Taylor
Communications Coordinator
Regional District of Nanaimo
250-713-2400
engagement@rdn.bc.ca



Get Involved RDN!