

# BE PART OF THE CHANGE!

Take up the 10 challenges of SPAP 2024

Organic cities

Get your pencils ready!

Silence, it grows

Garden naturally

Show SPAP

A buzzing post

To your recipes!

True or false?

Strike a pose

Shake up your policies

Find the full SPAP program on  
[www.semaine-sans-pesticides.fr](http://www.semaine-sans-pesticides.fr)


 @SemaineAlterPesticides

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 **générations**  
FUTURES

# 10 ENGAGED CHALLENGES FOR THE HEALTH

1

## Silence, it grows

*A simple and fun sprouting race! Make your seedlings and share their progress with us.*

## Garden naturally

*Share your best pesticide-free gardening tips.*

2

## Strike a pose

*Take a photo of a field or vegetable garden full of diversity and overflowing with healthy life.*

3

4

## Show PAW

*Create a visual to promote SPAP and share it.*

5

## Organic cities

*Ask for 100% organic meals in your communities for good health*

## Shake up your policies

*Find out more about current interpellations and consultations on [shaketonpolitique.org](https://shaketonpolitique.org) and interpellate!*

6

## To your recipes!

*Revisit your favorite recipe with organic and local products that are good for your health.*

7

8

## A buzzing post

*Publish a post about organic farming! The best posts will be shared on our official account!*

9

## Get your pencils ready!

*Participate in Artists Seeds Challenge or encourage your friends and family to do so!*

10

## True or false?

*Test your knowledge of pesticides with our quiz, and don't forget to share your results!*



Share all challenges on networks with **#SPAP2024** et **#AlternativesPesticides**

Take part in the competition and find the detailed list of challenges on : <https://www.semaine-sans-pesticides.fr/defi-en-ligne/>