



YOUR GUIDE TO ZERO WASTE LIVING

SIMPLE STEPS TO A SUSTAINABLE LIFESTYLE



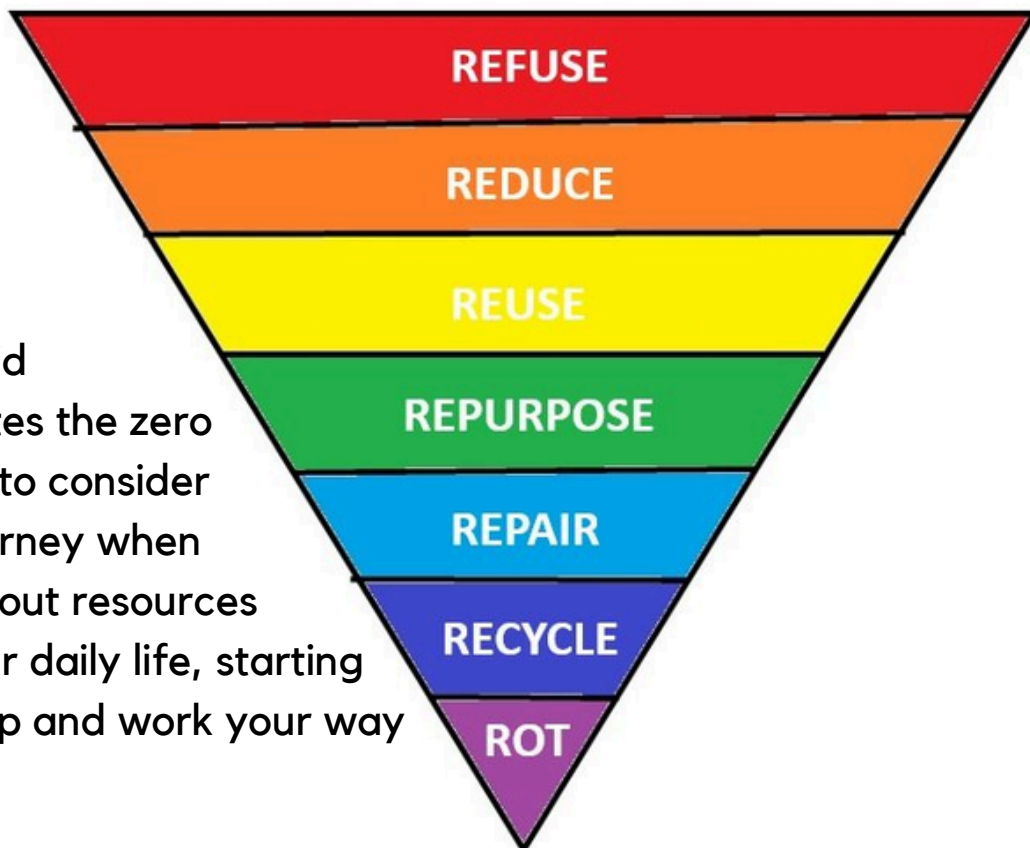
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WHAT IS ZERO WASTE LIVING?

Zero waste living is a lifestyle that aims to send nothing to landfills. It is essentially about reducing what we need, reusing as much as we can, sending little to be recycled and composting whenever possible.

WHY IT MATTERS

- Reduces our environmental impact through actions that reduces our contribution to air and water emissions
- Saves money in both the short and long run
- Demonstrates leadership towards a more sustainable future



This pyramid demonstrates the zero waste lens to consider on your journey when thinking about resources used in your daily life, starting from the top and work your way down!



ZERO WASTE LIVING

PRACTICAL TIPS - IN THE KITCHEN

Bulk Buying

- Use stores that allow you to fill your own jars, cloth bags or containers
- Look for stores that offer package-free options
- Buy frequently used items in larger quantities

Food Storage

- Use glass containers instead of plastic
- Try beeswax wraps as an alternative to plastic wrap
- Store produce in damp cloth bags to keep it fresh for longer

Meal Planning

- Plan meals to reduce food waste
- Use a "eat me first" box in the fridge for items nearing expiration
- Think about reuse opportunities for any food packaging

Composting

- Start a backyard / invest in an indoor composter or even a worm bin - for the best compost ever!
- Look for or start a community composting program near your home
- Reuse compost on your garden, indoor plants and/or gift it to your neighbours



PHOTOS BY CANVA

PRACTICAL TIPS - IN THE BATHROOM

Personal Care Products

- Switch to bar soap, shampoo and conditioner, or even better - make your own in bulk!
- Use razor's with replaceable blades
- Use a bamboo toothbrush



Skincare and Cosmetics

- Make your own face masks with natural ingredients
- Use reusable cotton pads and cloths
- Look for plastic-free packaged makeup or try making your own



Cleaning

- Make all-purpose cleaner with natural ingredients such as vinegar, baking soda and citrus scents
- Use microfiber cloths instead of disposable wipes
- Try a toilet brush with a wooden handle and replaceable head

Feminine Hygiene and Diapers

- Consider reusable options like menstrual cups or cloth pads
- Look for plastic-free, organic tampons if preferring disposables
- Use reusable diapers for the little ones



PHOTOS BY CANVA

PRACTICAL TIPS - FASHION AND CLOTHING

Mindful Shopping

- Invest in quality, durable clothing that lasts
- Shop second-hand at thrift stores or online platforms
- Research and support sustainable, ethical clothing brands



Clothing Care

- Learn basic mending skills to repair clothes
- Wash clothes less frequently and air dry when possible
- Use a microplastic fiber collection bag in your washing



Wardrobe Management

- Create a "capsule wardrobe" with versatile pieces
- Host or attend clothing swap events with friends
- Rent or borrow outfits for special occasions instead of buying

Responsible Disposal and Reuse

- Donate wearable clothes to charity or shelters in your community
- Upcycle old clothes into cleaning rags or other useful items



PRACTICAL TIPS - AT WORK OR AT SCHOOL

Paper Reduction

- Go digital with notes and documents
- Use both sides of paper when printing is needed
- Invest in reusable notebooks or whiteboards for temporary notes



Eco Friendly Supplies

- Choose refillable pens and mechanical pencils
- Use a reusable water bottle / coffee mug
- Bring your own cutlery, dishes and cloth napkin for lunches

Sustainable Commuting

- Walk, bike or use public transportation whenever possible
- Set up a carpool system with colleagues
- Consider remote work options if available



Waste Reduction

- Set up a composting and recycling station in the office if one does not exist
- Encourage sustainable practices and policies in the workplace and at home



DIY PROJECTS FOR ZERO WASTE LIVING

Beeswax Wraps

1. Cut 100% cotton fabric into desired shapes and sizes.
2. Preheat oven to lowest setting (150-220°F).
3. Line a baking sheet with parchment paper and place fabric on top.
4. Sprinkle beeswax pellets evenly over the fabric.
5. Place in oven for about 5 minutes until wax melts completely.
6. Remove from oven and quickly spread melted wax evenly with a brush.
7. Hang to dry immediately while still pliable.
8. Once dry, use to wrap food or cover containers!



Upcycled T-shirt Tote Bag

1. Lay a clean t-shirt flat and cut off the sleeves.
2. Cut a wider, curved neckline.
3. Turn the shirt inside out.
4. Sew the bottom hem closed with a straight stitch.
5. Turn the bag right side out.
6. Optional: Cut thin strips along the bottom for a fringed look.
7. Your t-shirt is now a reusable tote bag!



SUCCESS STORIES

Bea Johnson and the Zero Waste Home

Bea Johnson, author of "Zero Waste Home," has been living a zero waste lifestyle since 2008. Her family of four produces just one jar of waste per year. Bea's journey began with small changes, like bringing reusable bags to the store and has grown into a global movement.



PHOTO BY ZERO WASTE HOME

Lauren Singer and Trash is for Tossers

Lauren Singer, founder of the blog "Trash is for Tossers," has been living a zero waste life since 2012. She fit four years of her trash into a single mason jar. Lauren now runs a zero-waste shop which is package free and sells various sustainable products.



PHOTO BY TRASH IS FOR TOSSERS



ZERO WASTE LIVING

CONCLUSION

Zero waste living is a journey that starts with small and manageable changes, and has the potential to make remarkable differences in the longer term both individually and through the people you inspire along the way.

By making conscious choices and adopting sustainable practices, we can significantly reduce our impact on the environment. Remember, every little bit helps, and together, we can make a big difference.

Don't be afraid to share your creative ideas with family and friends to build awareness - and to have some fun along the way!

SOURCES

- Website: Zero Waste Home, <https://zerowastehome.com/bea/>
- Website: Trash is for Tossers, <https://trashisfortossers.com/>
- Website: Eco Rother Action, <https://ecorotheraction.org/news-1/recycling-alone-wont-save-the-planet-but-it-does-help>