

How To: Start a Zero Waste Lifestyle

UNDERSTAND WHAT IT MEANS TO GO ZERO WASTE

Going zero waste means limiting as much trash from your household as possible, aiming to send nothing to the landfill.

ESTABLISH YOUR "WHY"

What is your goal in going zero waste? Do you want to reduce your environmental footprint? Become more minimalistic? Use this goal to keep yourself on track.

ASSESS YOUR WASTE

Look in your trash. What are the most common items? Look around your home, what will end up in the trash in the near future? Use this as your starting point.

CHOOSE ONE AREA TO BEGIN YOUR ZERO WASTE JOURNEY

What area of your home is creating the most waste? The kitchen? The bathroom? Choose that area to begin cutting down.

How To: Reduce Kitchen Waste

CREATE AN "EAT ME FIRST" BOX

Put leftovers, food close to its expiration date and opened items you otherwise may not see in this box. This can help to reduce foodwaste by 20%

CUT BACK ON PURCHASING PROCESSED FOODS

These foods likely have lots of plastic packaging, reducing purchasing these products will decrease plastic waste.

BUY FOOD IN BULK

Buy (second hand) or reuse glass containers to buy and store food from the bulk section in Wegmans or the Syracuse Food CO-OP

START A KITCHEN COMPOSTING SYSTEM

Reduce waste from food scraps and compost food waste through either joining ESF's Compost Cab or setting up a backyard system

USE CLOTH RAGS INSTEAD OF PAPER TOWELS

Buy towels second hands and cut them to size or cut up old t-shirts and use these instead of paper towels.

How To: Reduce Bathroom Waste

RETHINK YOUR RAZOR

Next time you need to replace your razor, ditch the plastic and purchase a reusable steel razor

CHOOSE BIODEGRADABLE PRODUCTS

Purchase a biodegradable toothbrush, such as a bamboo one

SWITCH TO REUSABLE MENSTRUAL PRODUCTS

Instead of using single use pads and tampons switch to reusable products such as a menstrual cup or washable pad

BOYCOTT MICROBEADS

Microbeads are tiny pieces of plastic found in beauty products, if the product has these ingredient, dont purchase it! Polyethylene, polypropylene, polyethylene terephthalate, polymethyl methacrylate or Nylon

MAKE YOUR OWN TOILETRIES OR PURCHASE PLASTIC FREE ONES

Buy shampoo and conditioner bars instead of plastic bottles or look online to find DIY recipes

Trash is for Tossers

Simple swaps to decrease your waste

Saran Wrap



Beeswax Wrap

Plastic Soap
Bottle



Soap Bar or
Reusable Bottle

Plastic Razor



Reusable Stainless
Steel Razor

Plastic
Toothbrush



Bamboo Toothbrush

Toothpaste



Homemade Tooth
Powder

Plastic Bag



Cotton Bag

Cotton Rounds



Reusable Rounds

Tea Bags



Loose Leaves and
Reusable Strainers