

# ZERO WASTE

# Lifestyle + Work

get started

1. carry



GO FRESH instead!

2. give up

3. STOP

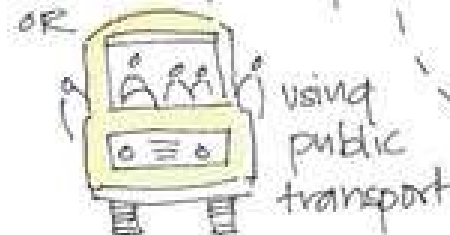
CHEWING GUM!



6. start



cycling  
walking  
car-pooling



whenever possible

LUNCH in re-usable containers.



5. pack

4. use



Agarbatti and scented candles/oils.

INSTEAD of Aerosol air fresheners

7. replace



WITH



# ZERO WASTE closets

sewing kit for shortening a hem/darning

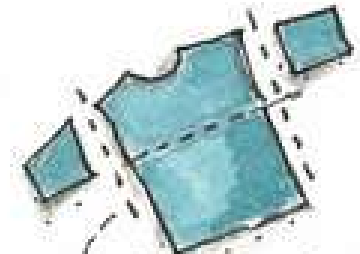
PICK ethical and slow fashion (khadi, natural fibres, support local business)

minimal bags, shoes & clothes

If you must buy new - buy quality with minimal tags.  
only buy it if you ♥ it

My sisters sweatshirt! Support handmade

save up for your annual shopping spree. (Avoid compulsive buying)



worn out clothes for rags.

leave the shoe box at the store

donate unworn clothes

Alter clothes at the tailor for fitting

carry a reusable bag for purchases

# ZERO WASTE Home Care



dry clothes on a line instead of the dryer

buy detergent in bulk  
plan laundry days to save energy

welcome natural cleaning alternatives

coconut soap on floors & sinks

re-usable mop

houseplant to clean the air

reusable broom

use alternative house cleaning tools

find a sustainable dry cleaner

baking soda for scrubbing jobs

vinegar for mildew and laundry rinsing agent

reusable cloth rags for almost anything (clean/wipe)

metal scourer for stains

compostable brush for hard to reach places

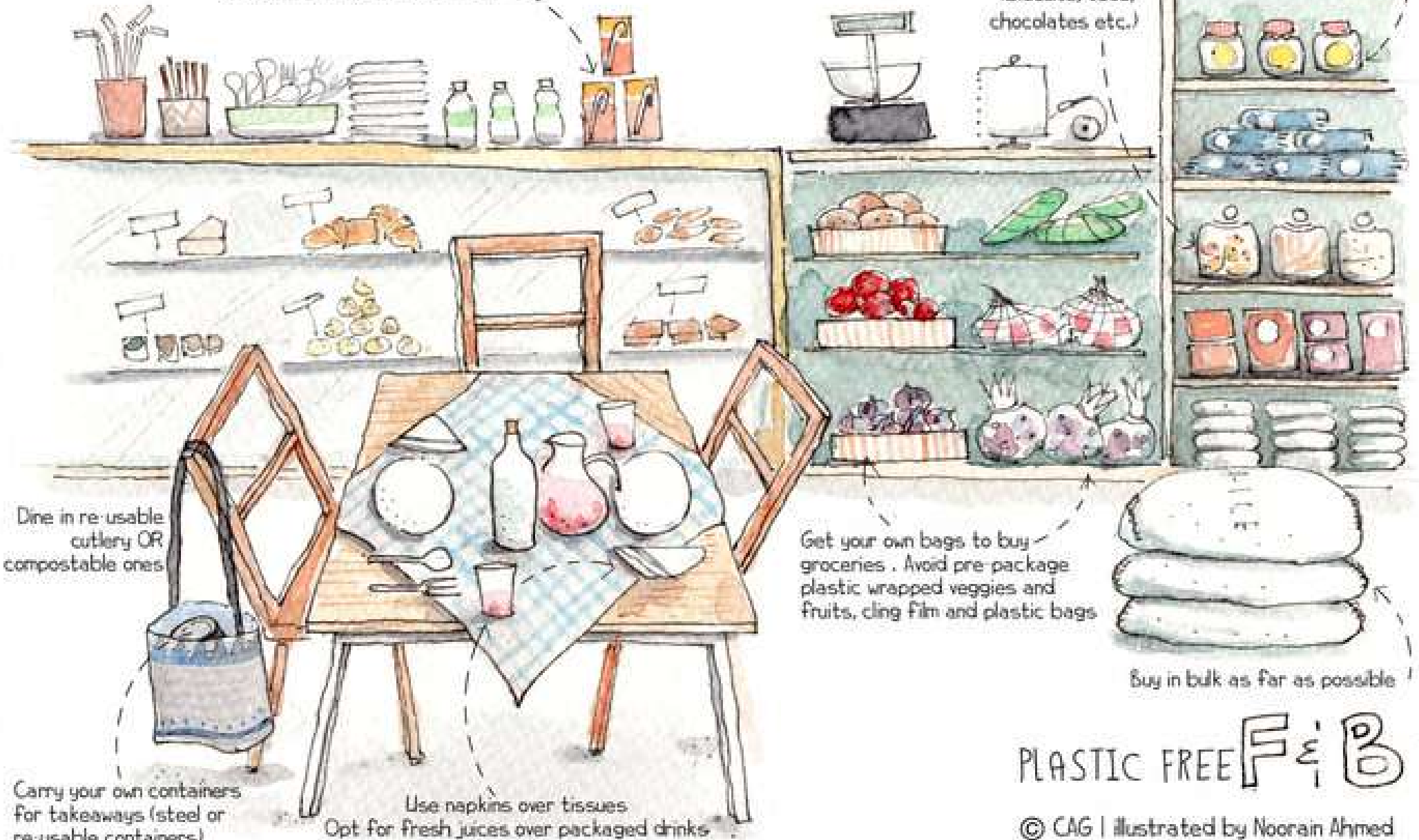
wooden brush for light scrubbing

coconut husk for dishes

Refuse disposables such as straws, stirrers, plastic cutlery, disposable bottles, and one time use plastics at restaurants and while ordering in

Buy with as little packaging or packaging free. (biscuits, teas, chocolates etc.)

Source products directly from makers, that sell goods in re-usable containers (jams, pickles, batters etc.)



Dine in re-usable cutlery OR compostable ones

Get your own bags to buy groceries. Avoid pre-package plastic wrapped veggies and fruits, cling film and plastic bags

Buy in bulk as far as possible

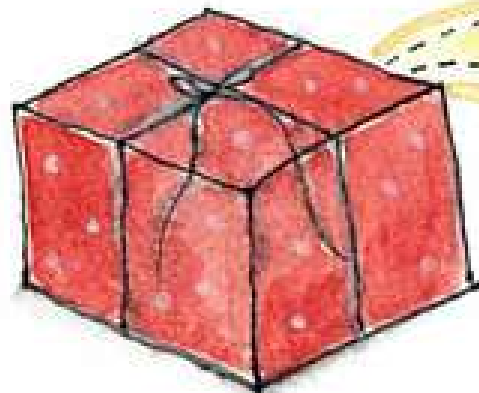
Carry your own containers for takeaways (steel or re-usable containers)

Use napkins over tissues  
Opt for fresh juices over packaged drinks

PLASTIC FREE F&B

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# ZERO WASTE gifting



Donate money  
to your friends  
favourite charity



Gift an experience!  
go hiking, scuba diving,  
kayaking with friends  
& family.

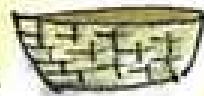


wrap without plastic  
tape. Use newspaper,  
paper bags or cloth bags  
as alternative  
packaging  
with twine

Party giveaway  
- potted plants  
- homemade  
treats in jars



Buy local gifts  
that support small  
businesses & enterprises



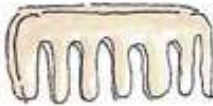
**DIY**

get crafty  
and **MAKE**  
handmade  
gifts.

give seeds or  
flower bouquets with  
no plastic associated



# ZERO WASTE... personal care

1.  USE A WOODEN COMB  
OR HAIRBRUSH

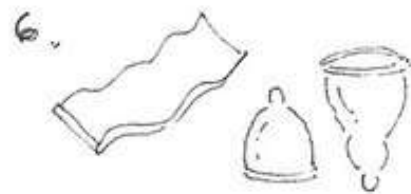
2.  USE A  
SAFETY RAZOR  
instead of  
plastic disposable  
ones/ single use  
wax strips.

4.  DO NOT USE  
earbuds!  
(WHO confirms  
they are best  
for you)


5. MAKE THINGS  
FROM SCRATCH!



3.  make your own  
TOOTHPASTE &  
Use compostable  
toothbrushes!  
(miswak/ neem  
sticks/ bamboo brush)



Use plastic free  
feminine hygiene  
products. (clothpads/  
menstrual cups)

7.  GIVE UP! personal care  
products that come  
in plastic containers.  
USE/BUY ones in  
glass/metal/paper packs

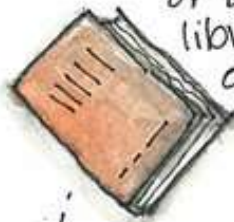


carry your own personal care products



say no to hotel freebies that come in little plastic containers

pre-download books or borrow from the library instead of buying new ones.



get your own headphones, so you avoid re-packaging & re-cleaning of airline headsets.



Get a pdf of your ticket on the phone instead of a print out.



download Beajohnson's bulk locator app for stores within vicinity



opt for re-usable luggage tags



OR make your own upcycled ones.



shop local while travelling (farmer's markets!)



carry your own mason jar (for water, coffee, toiletries or even waste)



carry your own cloth napkin



carry your own water bottle, spoon and fork



carry your own snacks! I love dry fruits & nuts in my little cloth bag

# ZERO WASTE Travel

Buy in bulk or bring your bags + jars (wet goods)

make your own salad dressing, jams, sauces, juice, cookies!

use a water filter + say no to plastic bottled water

steel/copper vessels instead of non-stick

re-usable cloth

use a pressure cooker to half the cook time

local fresh bread

milk in reusable glass jars + Reuse your egg carton

reusable carry bag

Package free fruits and vegetables from the local farmers market

compost food waste!

Use alternatives to disposables  
- steel box's  
- sandwich bags

Reinvent your leftovers before they go bad!

# ZERO WASTE Kitchen

