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 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 food waste 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 MENSTURAL 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 ingredients, don’t 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