

SOMEWHERE THAT'S GREEN

SMALL GREEN STEPS TO
"ZERO-WASTE"

HOW TO SAVE MONEY, TIME AND SPACE

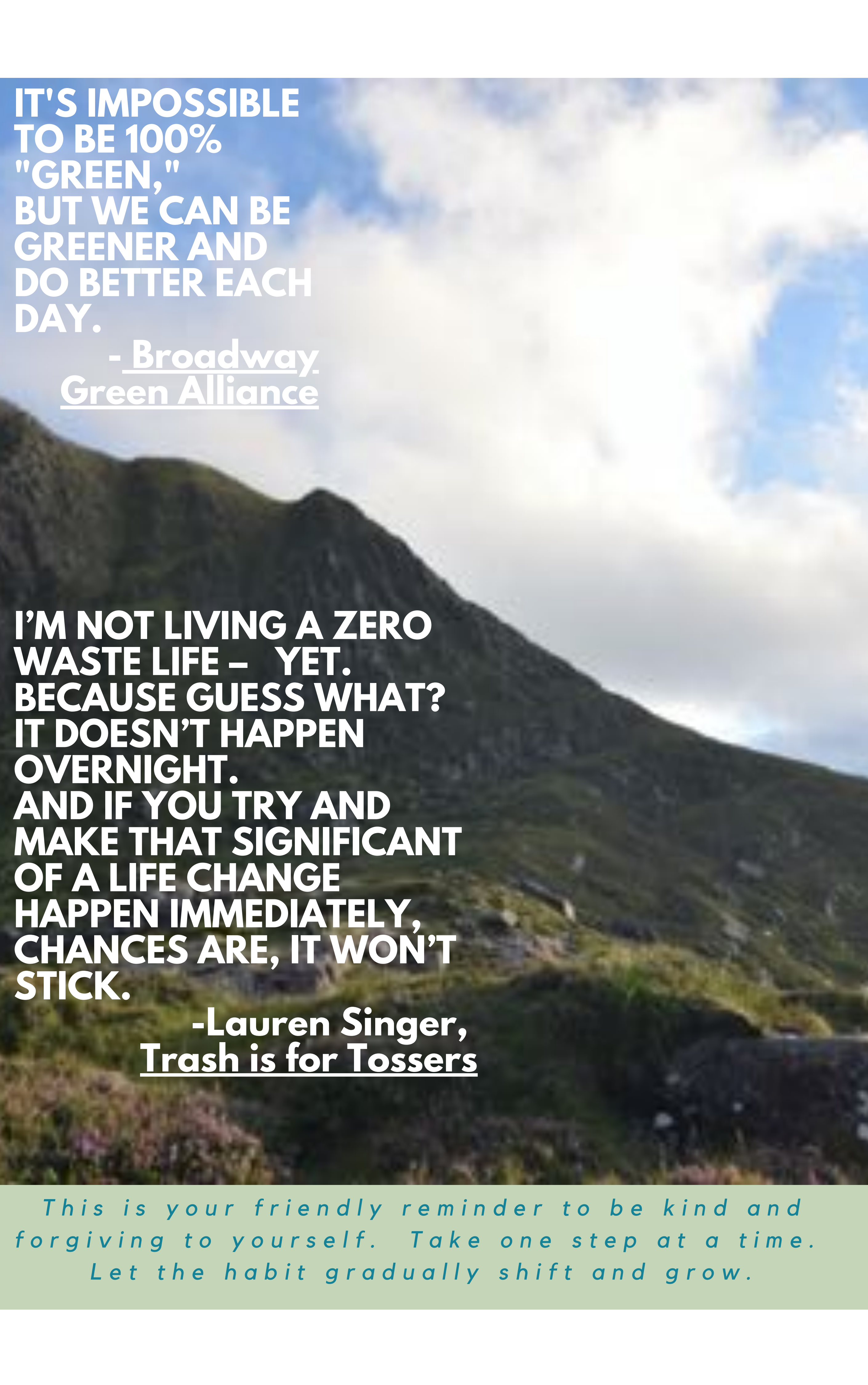
COMPILED BY MARA DAVI GAINES

"WE DON'T NEED A HANDFUL
OF PEOPLE DOING ZERO-
WASTE PERFECTLY. WE NEED
MILLIONS OF PEOPLE DOING
IT IMPERFECTLY."
-ANNE MARIE BONNEAU, ZERO
WASTE CHEF

WHILE SAVING THE PLANET

WHILE SOCIAL DISTANCING





**IT'S IMPOSSIBLE
TO BE 100%
"GREEN,"
BUT WE CAN BE
GREENER AND
DO BETTER EACH
DAY.**

**- Broadway
Green Alliance**

**I'M NOT LIVING A ZERO
WASTE LIFE – YET.
BECAUSE GUESS WHAT?
IT DOESN'T HAPPEN
OVERNIGHT.
AND IF YOU TRY AND
MAKE THAT SIGNIFICANT
OF A LIFE CHANGE
HAPPEN IMMEDIATELY,
CHANCES ARE, IT WON'T
STICK.**

**-Lauren Singer,
Trash is for Tossers**

This is your friendly reminder to be kind and forgiving to yourself. Take one step at a time. Let the habit gradually shift and grow.

THE 5 R'S

1. REFUSE

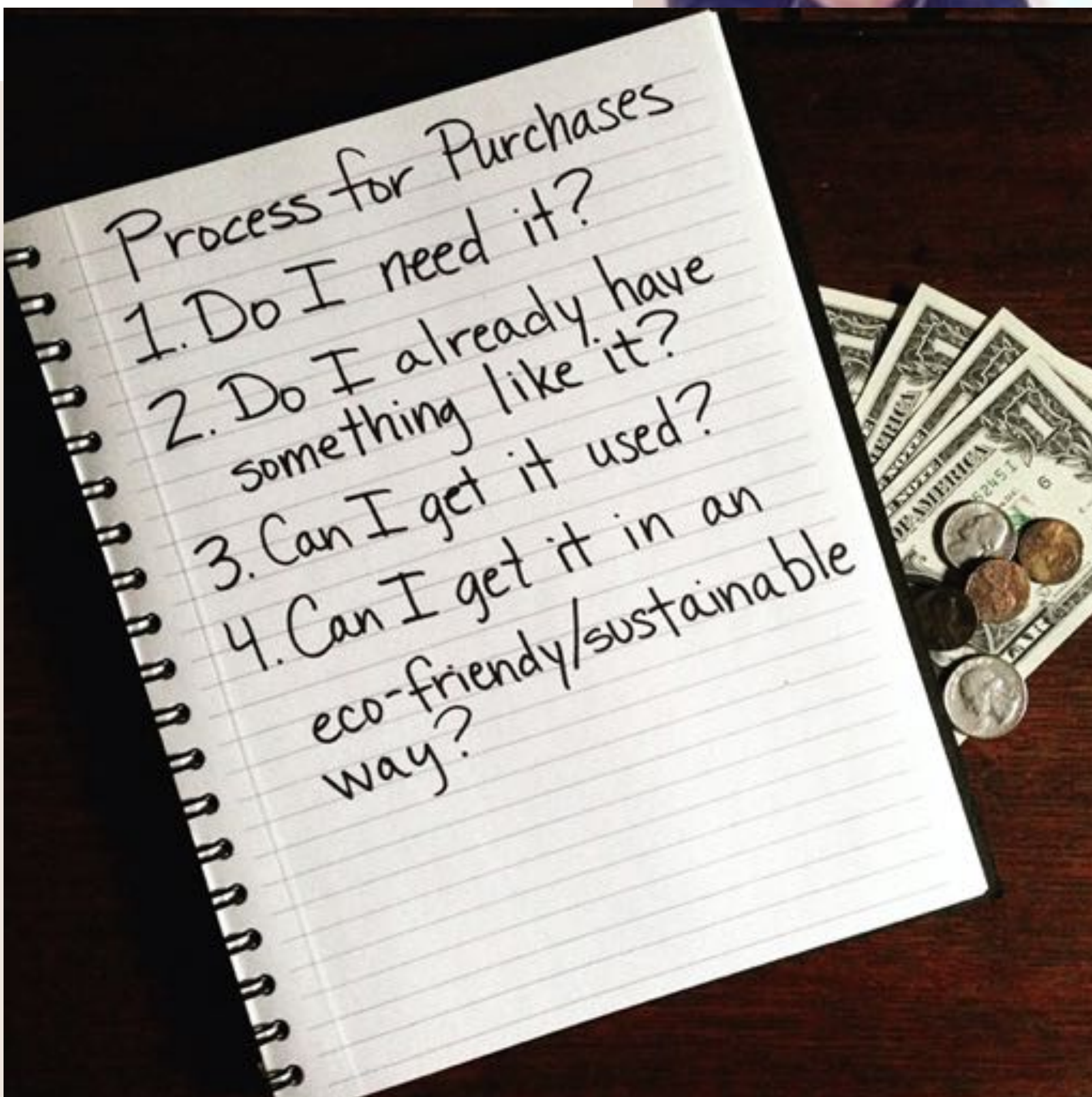
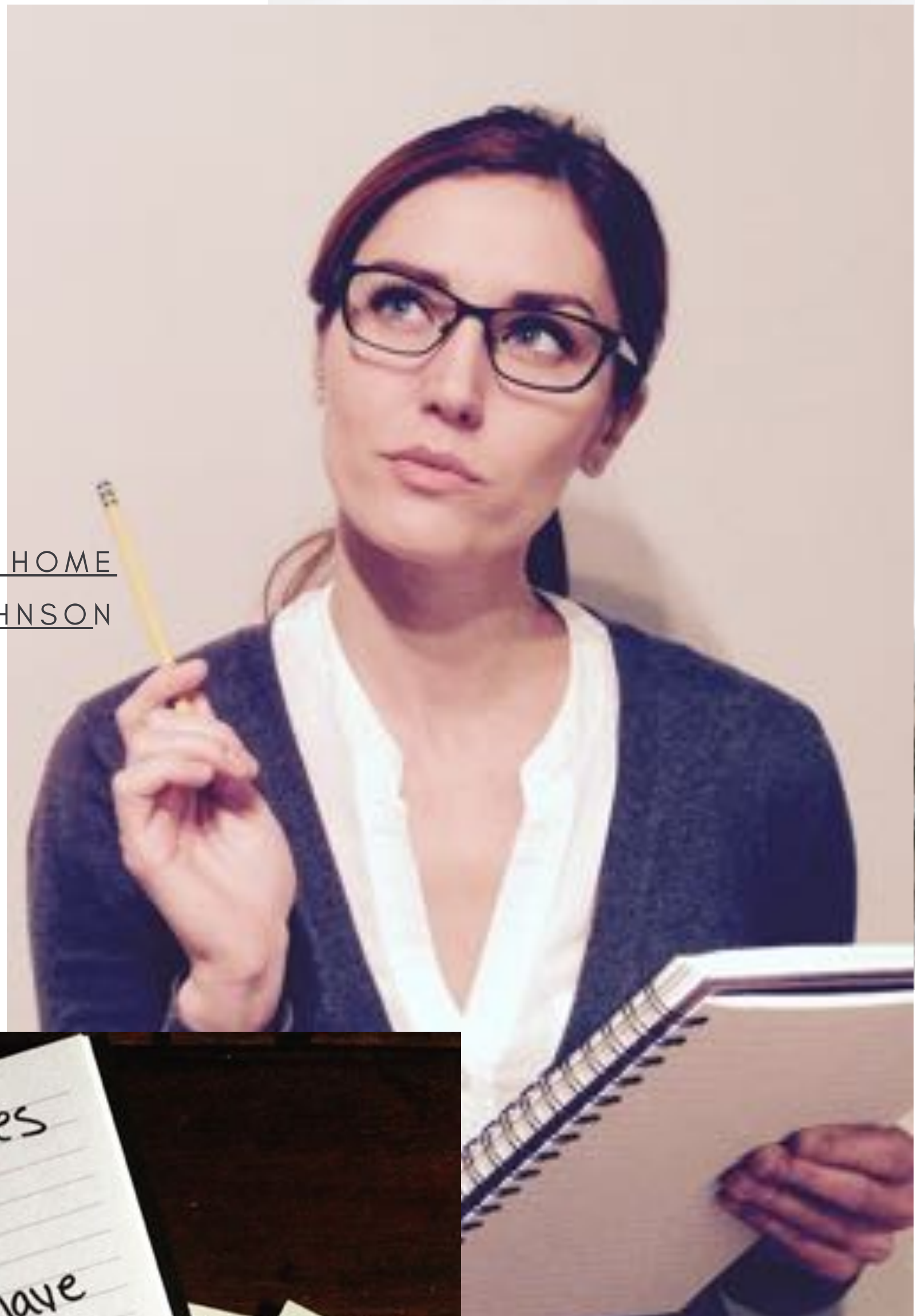
2. REDUCE

3. REUSE

4. RECYCLE

5. ROT

-FROM ZERO WASTE HOME
BY BEA JOHNSON





REFUSE

1. DO A TRASH INVENTORY

Literally go through your trash. What is creating the most waste for you? (In my house it was food scraps and plastic peanut butter jars.) Now you know where you can reduce waste and quickly make progress!

2. CANCEL YOUR JUNK MAIL

See resources on pg. 19 for links

3. VOTE WITH YOUR WALLET

Support businesses that sell eco-friendly products and have sustainable practices (see the resources on pg. 19)

4. REFUSE DISPOSABLES

When things wear out, replace them with Reusables/"Rottables".

(See the "Swap Guide on pg. 12)

REDUCE

5. **MAKE YOUR OWN HAND SANITIZER**

2/3 99% OR 91% RUBBING ALCOHOL,
1/3 ALOE VERA GEL,
FAVORITE ESSENTIAL OIL (OPTIONAL)

6. **GET RID OF "ENERGY VAMPIRES"**

Turn off the lights when you leave the room.
Unplug chargers and appliances,
and switch off surge protectors.

7. **SHOP PACKAGE-FREE IN BULK AND PRODUCE AISLES**

When braving the grocery store, you'll expand your options, save money and make less trash by shopping package-free. See Page 8 for How-to shop in bulk

8. **SHOP AT FARMERS MARKETS**

As of publishing, Farmer's Markets are still operating and considered necessary. Bring your own bags for package-free, fresh, healthy foods. Since they are locally farmed, there is also less carbon wasted in transportation.

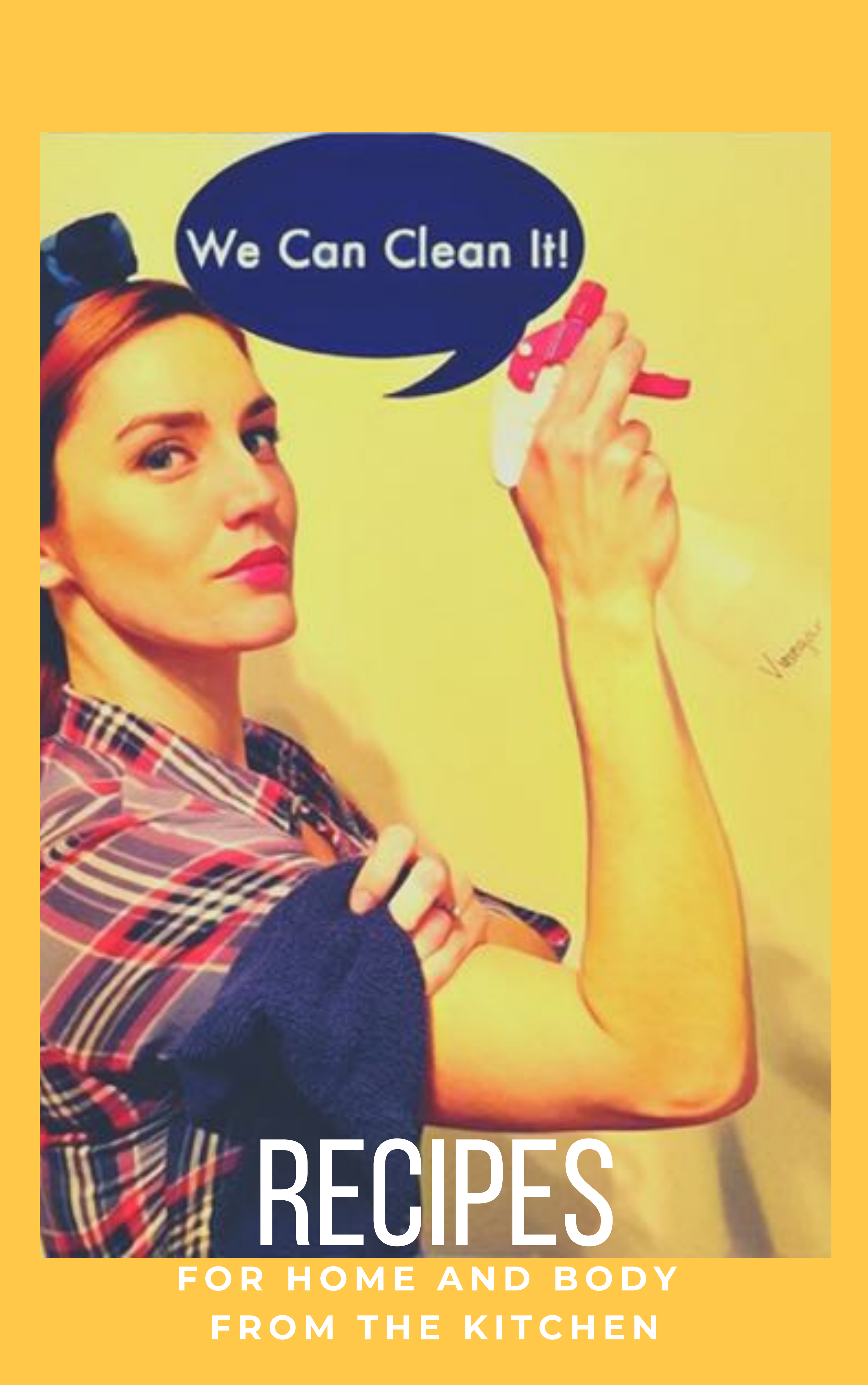
9. **ORDER "UGLY" FOODS OR A CSA BOX**

These are good options for fresh, quality produce delivered to your door. See Resources for more info.

10. **MINIMIZE AND NATURALIZE YOUR SUPPLIES**

Make everything for clean home and body from just
HYDROGEN PEROXIDE, BAKING SODA, CASTILE SOAP,
VINEGAR AND OLIVE/COCONUT OIL



A woman with a red headband and a plaid shirt is shown from the chest up. She is holding a white spray bottle with a red nozzle in her right hand and a dark blue cloth in her left hand. A blue speech bubble with white text is positioned above her head. The background is a plain, light-colored wall.

We Can Clean It!

RECIPES

FOR HOME AND BODY
FROM THE KITCHEN

HOME

VIRUS SLAYER

Spray undiluted Hydrogen Peroxide onto surface and let it sit for 1 minute.

ALL-PURPOSE CLEANER

1 TB Baking Soda
1 TB Castile Soap
3-5 drops Tea Tree oil
Water

HARDWOOD FLOOR CLEANER

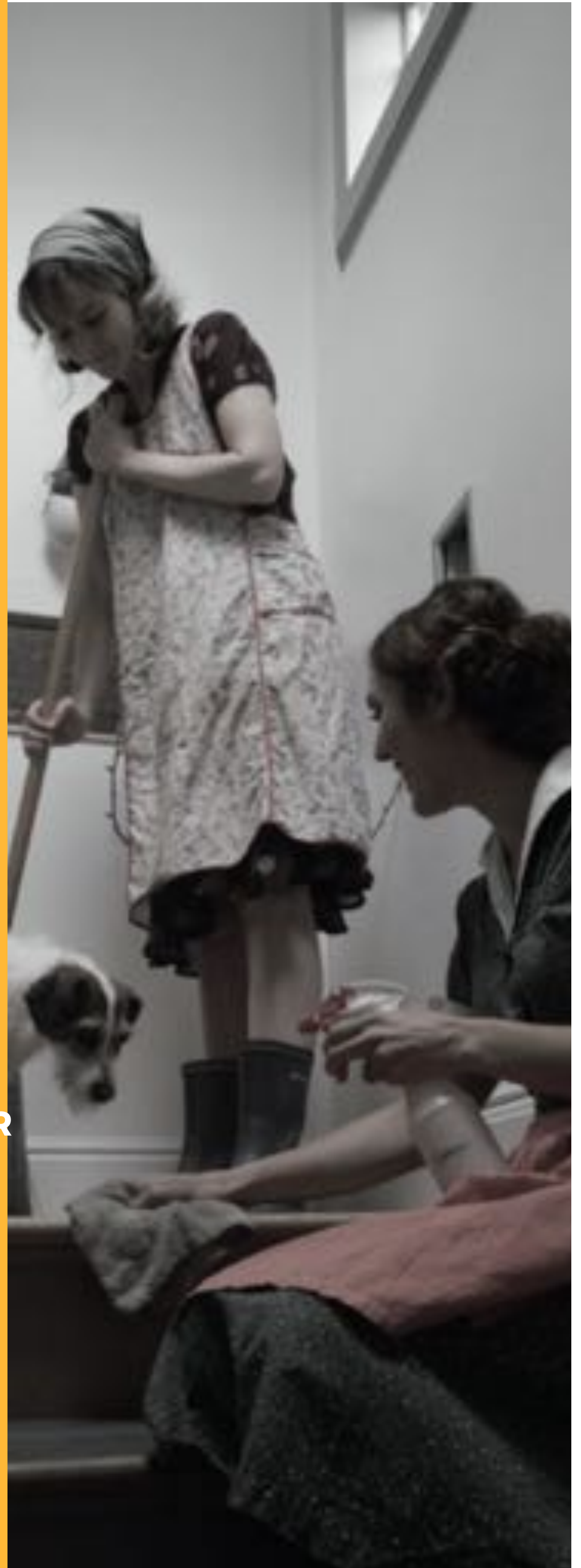
1 tsp. castile soap, 4 cups water, 10 drops essential oil (optional) in a spray bottle

SURFACE STAIN REMOVER

Spray stain with hydrogen peroxide, then cover it with baking soda. Let sit for 30-60 minutes.

POT SCRUBBER

Baking soda, a dishrag and elbow grease.



BODY

MAKEUP REMOVER

Coconut Oil

TOOTHPASTE

Option 1: Baking Soda

Option 2: 1 cup Baking Soda mixed with 10 drops Peppermint essential oil

Option 3: 3 Tb Coconut Oil, 1 1/2 Tb Baking Soda, 25 Drops Peppermint Oil

CLARIFYING SHAMPOO AND CONDITIONER

Mix 2 Tb Baking Soda mixed with 2 cups water.

Scrub into hair.

Rinse.

Mix 2 Tb ACV with 2 cups water. Pour over hair.

Rinse.

EXFOLIATING MASK

1 tsp Baking soda and a splash of water. Leave on for 5-10 minutes. Rinse.



HOW TO SHOP IN BULK



1. GATHER YOUR SUPPLIES.

PRODUCE BAGS: MESH BAGS OR REPURPOSED PILLOWCASES

CONTAINERS: MASON JARS OR OLD PLASTIC TAKE-OUT TUBS

PEN/MARKER: TO WRITE DOWN THE PLU AT THE STORE

2. WEIGH THE CONTAINERS WHILE EMPTY AND WRITE THEIR TARE WEIGHT ON THEM.

HOW TO FIND THE TARE: THE GROCERY STORE NEEDS THE NUMBER IN LBS. SO YOU'LL DO SOME QUICK MATH. WEIGH THE CONTAINER IN OUNCES. DIVIDE THE NUMBER BY 16. THAT'S THE TARE!





3. TAKE BAGS AND CONTAINERS TO THE STORE AND FILL WITH YOUR FAVORITE GOODIES. WRITE DOWN THE PLU ON THE CONTAINER OR KEEP TRACK IN A DOC ON YOUR PHONE.

4. YOU CAN ASK THEM TO FILL YOUR CONTAINERS AT THE CHEESE AND MEAT COUNTER TOO!

(NOT RIGHT NOW, BUT WHEN DELI COUNTERS ARE CLEARED TO OPEN AGAIN)



REUSE

11. **USE YOUR LOCAL LIBRARY ONLINE**

THEY HAVE A HUGE CATALOGUE OF E-BOOKS AND AUDIO BOOKS

12. **BUY AND SELL SECOND-HAND ONLINE**

CONTRIBUTE TO THE CIRCULAR ECONOMY BY SHOPPING USED. MAKE MONEY BY SELLING USED! SEE RESOURCES FOR MORE INFO.

13. **PUT TOGETHER YOUR ZERO-WASTE KIT**

- MAKE BULK AND PRODUCE BAGS
- WRITE THE TARE WEIGHT ON CONTAINERS
- MAKE A HOLDER FOR YOUR "TO-GO" UTENSILS
- PREP A "GO-BAG" WITH YOUR ON-THE-GO REUSABLES


14. **GET CRAFTY**

- REPURPOSE OLD T-SHIRTS AND TOWELS INTO NAPKINS AND CLEANING RAGS
- KNIT/CROCHET YOUR OWN DISHRAGS AND COTTON ROUNDS
- MAKE A COFFEE COZY OUT OF RUBBER BANDS

15. **SWAP DISPOSABLES FOR REUSABLES**

AS DISPOSABLES WEAR OUT, SWITCH TO A LONGER-LASTING REUSABLE OPTION...





ZERO-
WASTE
SWAP
GUIDE

KITCHEN:

SINGLE-USE COFFEE PODS

FRENCH PRESS OR REUSABLE
FILTER FOR YOUR COFFEE
SYSTEM.

*ALSO, COMPOST THOSE GROUNDS

CONVENTIONAL DISH SOAP

LIQUID OR BAR CASTILE SOAP

SPONGE

COMPOSTABLE AND REUSABLE
DISH SCRUBBER, OR
ORGANIC COTTON DISH RAGS

TUPPERWARE

MASON JARS AND TIFFINS

NONSTICK PAN

CAST IRON PAN

PAPER TOWELS

REUSABLE TOWELS

PAPER NAPKINS

CLOTH NAPKINS

BRITA FILTER

CHARCOAL STICK

@COPPERSPOONCOLLECTIVE

@COPPERSPOONCOLLECTIVE

BATHROOM:

BLEACHED TOILET PAPER

BAMBOO TOILET PAPER OR BIDET

PLASTIC TOOTHBRUSH

BAMBOO TOOTHBRUSH

DISPOSABLE RAZOR

SAFETY RAZOR

MAKEUP REMOVER PADS

COCONUT OIL AND REUSABLE COTTON ROUNDS

PLASTIC PACKAGED BEAUTY PRODUCTS

HOMEMADE SOAPS AND SOAKS, UNWRAPPED
SOAPS, PRODUCTS PACKAGED IN PAPER AND
ALUMINUM AND REFILLABLE OPTIONS (SEE
RESOURCES)

TOOTH WHITENER

CHARCOAL TOOTH POWDER IN GLASS JAR

TAMPONS AND PADS

MENSTRUAL CUP AND WASHABLE COTTON PADS





LAUNDRY:

DRYER SHEETS → ORGANIC WOOL OR HEMP DRYER BALLS

OUT AND ABOUT:

PLASTIC BAG → ORGANIC COTTON TOTE

PLASTIC STRAW → REUSABLE STRAW

PLASTIC UTENSILS → BAMBOO UTENSILS OR SILVERWARE

TAKE OUT CONTAINERS → MASON JAR OR TIFFIN

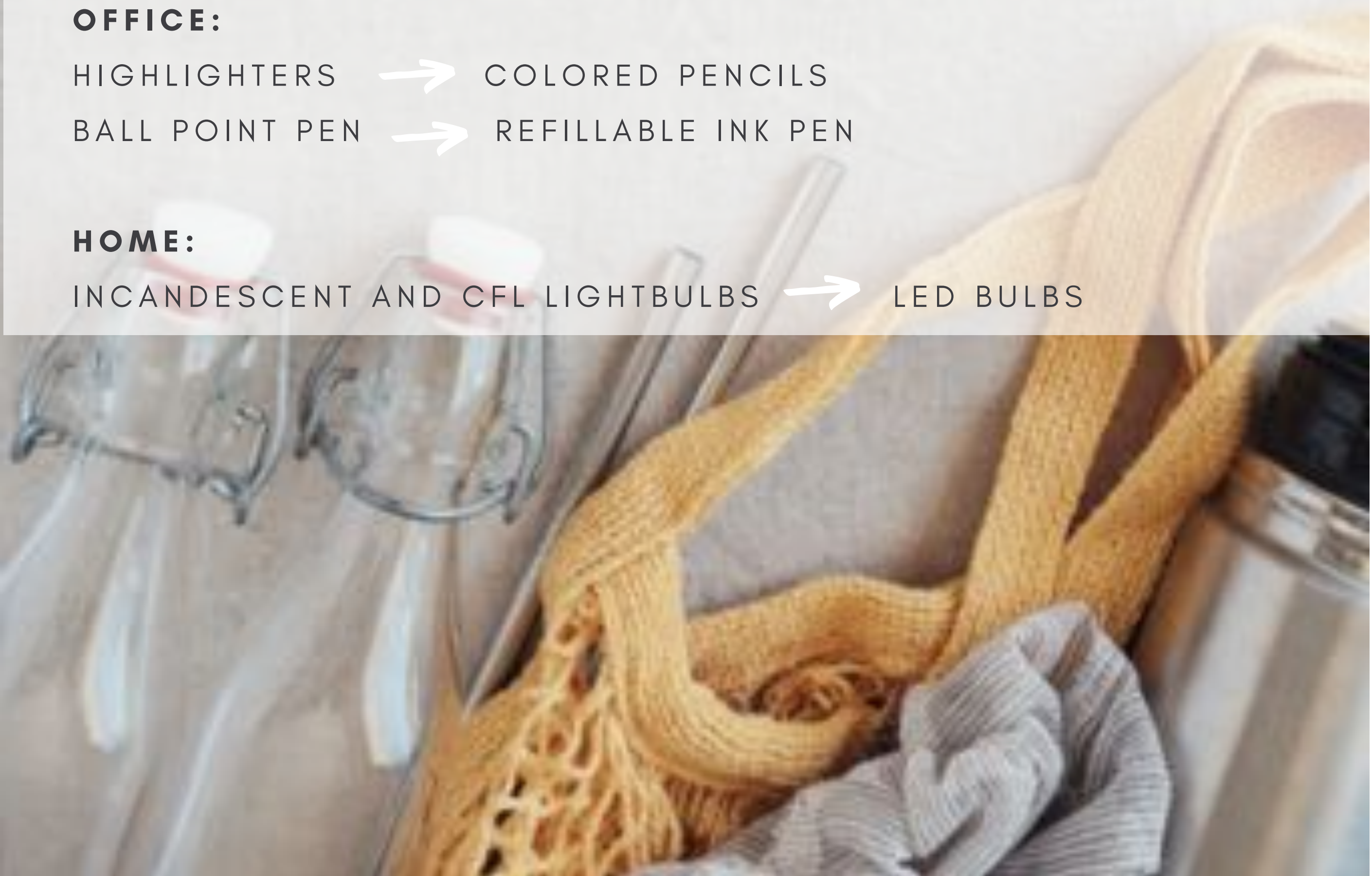
OFFICE:

HIGHLIGHTERS → COLORED PENCILS

BALL POINT PEN → REFILLABLE INK PEN

HOME:

INCANDESCENT AND CFL LIGHTBULBS → LED BULBS





RECYCLE

16. RECYCLE RIGHT! LEARN THE RECYCLING RULES FOR YOUR BUILDING AND TOWN

The picture below shows all the trash my husband and I made in our first year aiming for zero-waste in 2016. We packed all our small trash items into Ecobricks and had a small bag of trash left over.



ROT

"EPA ESTIMATES THAT MORE FOOD REACHES LANDFILLS AND INCINERATORS THAN ANY OTHER SINGLE MATERIAL IN OUR EVERYDAY TRASH, CONSTITUTING **22%** OF DISCARDED MUNICIPAL SOLID WASTE." -[EPA.GOV](https://www.epa.gov)

SO...

17. PLEASE COMPOST IF YOU CAN!

18. DO RESEARCH ON YOUR NEARBY COMPOST FACILITIES FOR WHEN THEY OPEN AGAIN



RESTORE

19. GROW PLANTS

Bring the outdoors indoors while you're stuck inside.

House plants are not only beautiful,
they can help purify your air.

And if you have any outdoor space, start your own Climate Victory Garden. Every bit of food grown at home helps regenerate our air, soil and all living organisms (while being one less thing you have to buy at the store)!



@COPPERSPOONCOLLECTIVE

20. BE PATIENT AND KIND TO YOURSELF.

KNOW THAT EACH SMALL GREEN STEP YOU TAKE IS
HELPING TO HEAL OUR PLANET.

RESOURCES

REFUSE:

Cancel those extra mailers!

www.DMAchoice.org,

www.catalogchoice.org,

www.valpak.com

Refuse Toxins in your Home!

[Environmental Working Group](#)

REDUCE AND REUSE:

Access to Library E-books:

<https://www.overdrive.com/apps/libby/>

Buy and Sell Used Clothes

[Poshmark](#)

[ThredUp](#)

RECYCLE:

[Terra Cycle](#)

[Materials for the Arts](#)

[Earth 911](#)

ROT:

[NYC Zero-waste Program](#)

[Community Compost Info for NYC](#)

[NYC Food Scrap and Textile Drop-off Updates](#)

FURTHER READING:

[Zero Waste Home](#)

Book by Bea Johnson

[The Story of Stuff Project](#)

Movies that make a difference

[Garbology](#)

Book by Edward Humes

[Trash is for Tossers](#)

Blog by Lauren Singer

CONTACT

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WHERE TO SHOP IN BULK

[Bulkfinder](#)

[Litterless Online Bulk Directory](#)

ZERO-WASTE ITEMS FOR THE WHOLE HOUSEHOLD

[Package Free Shop](#)

[Life Without Plastic](#)

[EarthHero](#)

[Mason Jar Lifestyle](#)

CSA AND UGLY FOODS

[Find my local CSA](#)

[Misfits Market](#)

[Imperfect Foods](#)

[Hungry Harvest](#)

CLEANING PRODUCTS

[Meliora](#)

[Blueland](#)

[Etee](#)

LAUNDRY

[Dropps](#)

[My GreenFills](#)

[Sapadilla](#)

TOILET PAPER AND BIDETS

[Tushy](#)

[Who Gives a Crap](#)

ORAL HYGIENE

[Brush with Bamboo](#)

[Bite Toothpaste](#)

BATH AND BODY

[Chagrin Valley Soap and Salve](#)

[Plaine Products](#)

[Meow Meow Tweet Tweet](#)

[Evolve Beauty](#)

[Skin Owl](#)

[Bee You Organics](#)