SOMEBODY THAT'S GREEN

SMALL GREEN STEPS TO "ZERO-WASTE"

HOW TO SAVE MONEY, TIME AND SPACE

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

COMPILIED BY MARA DAVI GAINES

WHILE SAYING 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

Process for Purchases
1. Do I need it?
2. Do I already have something like it?
3. Can I get it used?
4. Can I get it in an eco-friendly/sustainable way?
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")
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
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.
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)
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...
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
**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.
"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

So...

17. Please compost if you can!

18. Do research on your nearby compost facilities for when they open again.
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)!

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

WHERE TO SHOP IN BULK
Bulkfinder
Litterless Online Bulk Directory

REDUCE AND REUSE:
Access to Library E-books:
https://www.overdrive.com/apps/libby/
Buy and Sell Used Clothes
Poshmark
ThredUp

ZERO-WASTE ITEMS FOR
THE WHOLE HOUSEHOLD
Package Free Shop
Life Without Plastic
EarthHero
Mason Jar Lifestyle

RECYCLE:
Terra Cycle
Materials for the Arts
Earth 911

CSA AND UGLY FOODS
Find my local CSA
Misfits Market
Imperfect Foods
Hungry Harvest

ROT:
NYC Zero-waste Program
Community Compost Info for NYC
NYC Food Scrap and Textile Drop-off Updates

CLEANING PRODUCTS
Meliora
Blueland
Etee

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

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

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