



Place an X under the column that best describes your response

	Already do this	Sometimes do this	Could easily do this now	With a little planning could do this	Maybe could do this some day	Can't imagine doing this	Environmental Impact
REFUSE AND REDUCE	5	4	3	2	1	0	The first step in committing to a Zero Waste lifestyle is to think about your purchases and reduce what you buy. Questions like, "Do I really need this? Can it be reused? Where will it end up when I can no longer use it?" help to limit choices that will end up in the landfill.
We think about "why" we are purchasing a product and consider the environmental impact							
We recognize when we are "impulse buying" and return the product to the shelf							
We are willing to pay more for a product that will last longer							
We purchase high quality clothing that is sustainably made or wear second-hand clothing							
We say "no thank you" to free samples of cheaply made items							
We buy less than two "convenience" grocery items per week							
We buy in bulk and package individual portions ourselves							
We consider the packaging of an item before we buy it							
REUSE	5	4	3	2	1	0	We are producing over 380 million tons of plastic every year, and some reports indicate that up to 50% of that is for single-use purposes – used for just a few moments, but on the planet for at least several hundred years. Only 9% of plastic has been recycled since its invention in the 1950's. By the year 2050 if we don't make a change there will be more plastic than fish in the ocean. As we continue to learn about the impact of our choices, we can stop purchasing single use products and begin to swap them out for products that can be reused or composted at the end of their life.
Product Swaps for Plastic:							
Metal or glass water bottle							
Cloth or reusable grocery bags							
Cloth or reusable produce bags							
Glass/tin for tupperware							
Food bags to replace ziplock							
Bee's wrap for cling wrap							
Compostable toothbrush							
Shampoo bars							
Soap bars to replace liquid soap or refill liquid soap container							
Product Swaps for Single Use:							
Dishcloths for paper towels							
Handkerchief for kleenex							
Cloth napkins for paper							
Compostable brushes/sponges to replace disposable sponges							
Bring own take out containers for "to go" meals							
Use regular (or BPI certified compostable) plates/glasses and silverware for events							
Re-use gift boxes and bags							

	Already do this	Sometimes do this	Could easily do this now	With a little planning could do this	Maybe could do this some day	Can't imagine doing this	
FOOD AND COMPOST	5	4	3	2	1	0	
We are aware of the quantity of our family's food waste							In the USA, 21% of the waste in landfills is made up of food and organics, which generates methane, a potent greenhouse gas. The average family wastes nearly one third of the food they buy-about 250 pounds per year. When food waste is disposed of in your family's trash bin, it goes to the landfill where it doesn't break down and adds to the methane released into the atmosphere. When food waste is composted, it becomes a valuable nutrient for the soil used to grow new food.
We divert our food waste by composting or using a pickup/dropoff service							
We watch portion size and plate size to reduce food waste							
We create a meal plan to reduce food waste and use leftovers							
We separate our food waste for composting							
We eat less than three meat based meals per week							
RECYCLE AND REFURBISH	5	4	3	2	1	0	
We avoid "wishcycling" and stay current regarding what belongs in our curbside recycling bin							As we strive to accumulate nothing that will end up in our land fills, it can be frustrating to try to find products without plastic packaging. This is particularly discouraging when 91% of plastic is not being recycled and consumers are often contaminating recycling bins by throwing in items they wish could be recycled. Therefore, it is important to stay current on all options for recycling our possessions and particularly knowledgeable about recycling rules in our local region.
We take special recycling materials to our local recycling center							
We are aware of the quantity/type of our family's recycled items							
We make simple DIY household products							
We repurpose materials for household projects							
We repair favorite clothes and participate in clothing swaps							
We research where to donate old clothes so they don't end up in a landfill							
SUPPORT COMMUNITY	5	4	3	2	1	0	
Stores that offer bulk shopping							Individual choices have a greater impact when they are supported by what is available in our community. Our purchasing power can go a long way to create change when we ask for services that have a better environmental impact.
Restaurants that offer compostable take out containers							
Locally grown and produced food							
Review the items in columns 3 + 4. Set one-four goals for your household to achieve in the next six months:							
1							
2							
3							
4							