



# Zero Waste 101

*Simple ways to live more restoratively*

**Nina Perkins and Karen Powers**

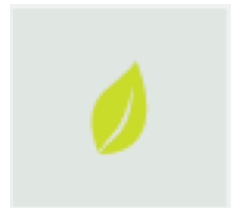


# Getting Started

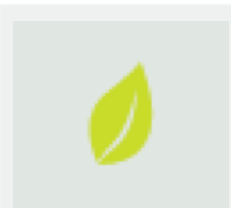
Zero Waste101 Discussion for:



Environmentalists



Nature Lovers



Best Practice Sharing





# Our Talk Today



## Topics We'll Cover

History of Zero Waste  
Tips on Zero Waste  
Facts and Figures  
What We Can Do

# What is Zero Waste?



It is a philosophy that encourages lifestyles and ways of creating products that produce zero waste. It can be part of the vision of a Circular or Donut Economy.



**The roots of zero waste**

**ZERO WASTE AS A  
CONCEPT BEGAN TO  
SPREAD IN THE US AND  
ABROAD IN THE  
2000'S.**

**IT IS NOW A GLOBALLY-  
RECOGNIZED MOVEMENT.**







## REUSING PLASTIC CONTAINERS

To go beyond single use



## CHOOSING REUSABLE PRODUCTS

Like straws and other products  
normally discarded



## SAYING NO TO PLASTIC CUTLERIES.

Bringing your own and letting take  
out places know you don't need any.

**THINGS  
YOU MAY  
ALREADY  
BE DOING  
TOWARDS  
ZERO  
WASTE**



## Using soap bars and organic dishwashers

Staying away from toxic cleaning products

## Repurposing glass, cardboard and paper


Getting more than one use out of the materials that come our way



**MINDFUL  
CLEANING**







Did you  
know?

**Global Waste is  
expected to grow to  
3.4 billion tonnes by  
2050, drastically  
outpacing population  
growth more than  
double by 2050.**

WORLD BANK 2018



# Disturbing Facts About Plastic

50% OF PLASTICS ARE  
USED ONLY ONCE

IT'S EXPENSIVE TO  
MANUFACTURE PLASTIC.

TYPICALLY, PLASTICS HAVE  
CONTAINED MANY TOXINS.

MOST PLASTIC ITEMS TAKE  
450 YEARS TO BIODEGRADE.



# What We Can Do

WHAT IMPACT CAN WE MAKE  
THIS MONTH OR IN THE NEXT  
YEAR?

ZERO WASTE  
101







The 5 Rs

**Refuse,  
Reduce, Reuse,  
Recycle, Rot**



# THE 5 RS: A QUICK INTRO

Some of the tips will be easy to implement, others not so easy. Do what's best for you and adjust when you're ready.







**What  
could you  
refuse?**

# **Refuse**

You could choose items you don't need or want, especially single use plastics or anything that has toxins in it.





# Reduce

PURCHASE REPAIRABLE ITEMS  
OVER DISPOSABLE ONES

TRY TO AVOID UNNECESSARY  
PURCHASES

DECREASE EXPOSURE TO  
TEMPTING ADVERTISING  
MESSAGES





PRACTICE BORROWING  
AND SHARING ITEMS



REPAIR INSTEAD  
OF REPLACE



RETHINK THE ITEMS  
YOU ALREADY HAVE

REUSE





A close-up photograph of several green leaves, likely from a plant like basil, covered in numerous clear water droplets. The leaves are vibrant green and have prominent veins. The droplets are of various sizes and are scattered across the surface of the leaves, some reflecting light. A solid yellow rectangular box is overlaid on the left side of the image, containing the word 'Recycle' in white text.


# Recycle

PLASTIC

PAPER

ALUMINUM AND TIN



A photograph of various food scraps, including banana peels, onion skins, and green herbs, scattered on a rustic wooden surface. A bright green rectangular box is overlaid on the left side of the image, containing white text.

**Throw food waste  
in a worm bin and  
let worms turn your  
waste into high-  
quality fertilizer.**

# Rot

Compost your food scraps, non-bleached coffee filters, chemical free yard waste. You could also encourage local composting at the community level.




**How can you  
start or expand  
your zero waste  
lifestyle?**

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101**







Reusable water bottles,  
bamboo toothbrushes,  
and reusable lunch bags

**Advocate  
eco-friendly  
alternatives**




**Join a  
local  
cleanup  
this year.**

**Check with your  
local community  
activities**







Ours is a finite  
earth - let's be the  
most mindful  
earthkeepers we  
can be.

**Be aware of  
your own  
impact**



ZERO WASTE LIVING  
IMPROVES NOT ONLY  
THE HEALTH OF THE  
EARTH, BUT OUR  
OWN HEALTH AND  
QUALITY OF LIFE. IT  
CAN BE A JOYFUL  
PRACTICE IN YOUR  
RESTORATIVE  
LIFESTYLE.

ZERO WASTE  
101

