

Zero Waste



# Sustainability Showcase

September 23, 2018

**“What we’re being called to do is to find our values and infuse them into our lives, and into the things that we do, make, and use.”**

*Strongwithpurpose.com*

# Alternatives in the Kitchen



# Alternatives in the Kitchen

1. Store your food in glass or metal containers.
2. No more baggies! When packing lunches, choose reusable glass or metal containers, brown paper sandwich bags or silicone snack bags instead of baggies or plastic wrap.
3. Choose reusable. Use utensils from your own drawer or use bamboo.
4. Get rid of plastic cooking utensils. Buy wood or metal ones.

## Alternatives in the Kitchen (cont.)

5. Forget bottled water. Bottled water is expensive and the plastic bottles are unhealthy. Choose filtered tap water in a reusable glass or BPA free metal bottle instead.
6. Bring your own reusable bags to the grocery store. Skip the single use plastic bags for produce and bulk items and use cloth or mesh bags instead.
7. Skip the non-stick. The non-stick coating on pots and pans is actually plastic. Instead, choose cast iron or stainless steel so you can cook plastic-free!

## Alternatives in the Kitchen (cont.)

8. Use Bee's Wrap, waxed paper, cloth bowl covers or silicone "food huggers" to wrap food up to refrigerate.
9. Use paper bags or newspaper to line your trash can instead of plastic bags.
10. Skip the sponge! Use dish cloths that can be washed and used many times.
11. Instead of using plastic straws, buy stainless steel ones.

## Alternatives in the Kitchen (cont.)

12. Keep a container in your car for bringing home left-overs from the restaurant.

13. Also, keep some utensils, from your drawer or bamboo, and a cloth napkin in your car instead of using plastic utensils and paper napkins for take-out foods.

14. Compost food waste!



# Alternatives in the Bathroom



# Alternatives in the Bathroom

1. Choose bamboo toothbrushes.
2. Use compostable silk floss.
3. Make your own toothpaste or buy ones that are nearly plastic-free or use baking soda.
4. Use bar soap rather than liquid soap packaged in plastic bottles.
5. Try to use toilet paper wrapped in paper instead of plastic wrap.

## Alternatives in the Bathroom (cont.)

6. Use a safety razor and save money as well as preventing a lot of plastic from entering the landfill.
7. Bar shampoos are a great alternative to buying all those plastic bottles of shampoo.

# Alternative Cleaning Supplies



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1. Buy detergents and cleaning supplies in boxes rather than plastic bottles. Use Eco Nuts for washing clothes, a completely natural cleaning product.
2. Vinegar and baking soda are wonderful cleaners, and they'll also save you money.
3. If you have to use dryer sheets, choose reusable ones—they're also chemical-free!
4. Use rags instead of paper towels—it is also a way to reuse old t-shirts and towels.

# Suggested Websites



**GOING** *Zero* **WASTE**