

Zero Waste

Day-to-day tips



by Roll'eat®

What does Zero Waste mean?	3
Write down the 'why'	4
Going to the grocery	6
Zero waste kitchen	7
Hygiene	8
Go for it, kids!	9
At work	10
Free time and travelling	11
Women, ground-breaking, Activists	12
Last tips	13
More actions	15
Welcome to Zero Waste	16

What does Zero Waste mean?

Do you throw the trash every day? Have you ever wondered where all this waste ends up?

Residues, trash or garbage do not disappear overnight. There is no planet B where all the trash can be sent to. And our consumption level is no longer sustainable.

Zero Waste movement stands up for sustainable consumption and giving products a second life with the main aim of protecting the planet: **The best residue is the one that does not exist.** Recycling is not enough; its goal is to eliminate residues to the land, oceans and air which can be a threat to us all.

This lifestyle advocates returning to old shopping habits, the way the elderly used to do the grocery shopping. That is, shopping responsibly by avoiding all kind of waste like plastic bags or single use wrappers which damage the environment.

Many people believe that Zero Waste is a hippie movement associated with veganism and yoga.

Others think that this movement is not consistent with a modern lifestyle.

And, others believe that this trend is only a passing fad of privileged people who can, either, afford a more expensive shopping basket than the average or spend time caring about becoming more sustainable.

See for yourself. Keep reading to find all the answers!



Write down the 'why'

Our current production and consumption levels are no longer logic nor sustainable.

Two planets and a half would be needed to maintain the average population current living standards. This is not very intelligent, isn't it?

Worldwide production and consumption rest on the use of natural resources, in a way that continues to have a fatal impact on the planet. Over the last years, the social and economic progress has been accompanied by environmental degradation, increase in air pollution and detrimental impact on the ecosystem that is endangering the pillars on which our present and future development depends.

Do you know about plastic health?

Chemicals in plastic have been linked to health problems. At least 20 different plastic components, especially phthalates and phenols, have been found in urine analysis made to 20 famous people.

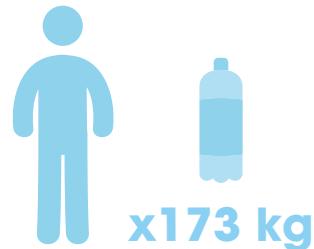
The initiative of conducting urine analysis to Spanish public figures like, the actress Silvia Abril, the painter Miquel Barceló or the soccer player Mariona Caldenteny, among others, was driven by Rezero (Catalan Foundation for Waste Management and Responsible Consumption). The results revealed plastic components in urine, and those have triggered the plastic health campaign.

Better late than never!



What's more! Did you know...?

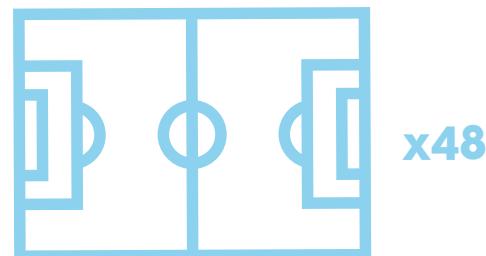
Each European inhabitant generates 173 kg of packaging waste per year, adding to 14,5 million tonnes of plastic packaging generated. And only 22,6% of this plastic packaging waste is recycled.



In 6 years, 1.080 meters of aluminium foil are consumed by 1 kid, approximately, the same amount of aluminium foil to triple the Eiffel Tower height! The air pollution generated is equivalent to a car travelling from Barcelona to Milan, generating 158 Kg of CO₂.



In 6 years, 324.000 m² of aluminium foil are consumed by 1.000 pupils. That is enough aluminium foil to shrink-wrap 48 soccer stadiums!



We can live without plastic but we cannot live either without water or clean air. A fair and transparent change is needed right now. Let's get the ball rolling!

Going to the grocery

Doing the grocery shopping generates many plastic and residues. **Planning is the key to successfully purchase more efficiently, cheaper and more responsible.**

Plan once a week a menu, a shopping list...

Bring your own container, a wrapper or a reusable bag to put fish, lunchmeat, coffee, etc. You will avoid using non secure wrappers in cafés, supermarkets and stores. And...tote bags and mesh bags are the fruits and vegetables best friends.

Shop at local bulk food stores where you can find seasonal products. In those stores, you will have access to unpacked goods that you can put inside your reusable containers.

Get used to carry an extra cloth bag in you backpack or purse for unforeseen circumstances, they are original and sustainable! By doing so, you will avoid using plastic bags. If it is not possible, reuse the plastic bag as long as possible.

Avoid buying beverages or other products in carton containers, glass is always preferable.

Say goodbye to single-doses: try to buy in big quantities or in familiar size.



Zero Waste kitchen

The first step is to cook your own meals. Take a look to new recipes, explore... You will have a good time and you will eat healthier.

The more you cook with agricultural raw materials, the better. What's more! If you can grow your own food, that is marvellous! If this is not possible, you can cook big quantities and freeze the leftovers in reusable containers.

Avoid aluminium or plastic foil.

Reuse glass jars to store food. It is not only fancy but it helps to have control of food quantities as well as to plan better.

Buy pans and pots that last 'forever' (If they are getting old, replace them for new ones. Old utensils can be harmful to your health).

Use cloth napkins to set the table. They can be reused once and again by washing them on the washing machine.

What about water? Get rid of water bottles and install activated carbon filter on the tap. Plus, prepare your own milkshakes or vegetable beverages at home, avoid buying them.

Replace the synthetic dish scrubs for luffa or coconut fiber scrubs. And use cotton or cellulose reusable cleaning cloth, they are microplastic safe.

Buy bulk dishwasher soap or use home-made soap.

Are you a coffee lover? No problem! Use a moka pot or buy coffee at a bulk store, you can re-fill reusable capsules.

Leftovers? Freeze them before they go bad.



Hygiene

The bathroom: the place where millions and billions of jars and other mysterious objects are stored without any sense.

The first step is: use solid shampoo and conditioning bars or buy shampoo in bulk using your own glass bottles. There are millions of options to replace shampoo plastic bottles which are more beneficial for your skin and that will last longer. Use a luffa sponge to soap you up.

Does your daily routine include lotions? You can use body oil in glass jars or you can prepare your own lotion. Check solid lotions, as well. It's not rocket science!

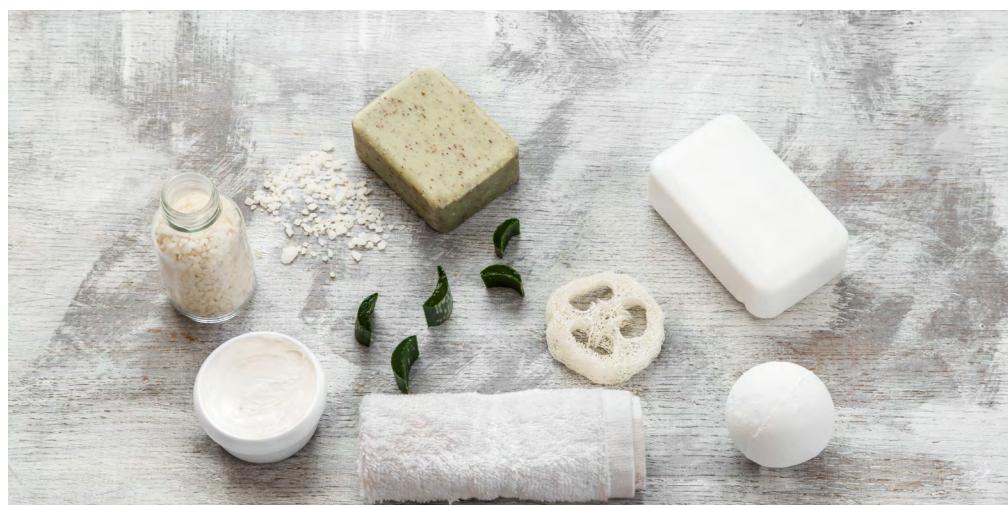
Wooden or bamboo toothbrushes are compostable and easy to find. Be aware that the bristles are sometimes still made of plastic, so remove them before recycling the toothbrush. AND...Use natural toothpaste without disposable package or microplastics.

What about deodorant? Use home-made deodorant like bicarb or alum stone.

Disposable menstrual products create mountains of trash. Use washable cloth pads or menstrual cups. They are both a good option!

Say goodbye to disposable make-up removal pad or disposable towels. Use washable, reusable cotton pads.

Last but not least... Toilet paper! Recycled toilet paper can be a valid option. But this is not the best alternative. In Asia, for example, water is used as a substituted. People use a bidet or WC expansible taps.



Go for it, kids!

Numerous schools around the world have already committed to educating children about disposable wraps. In 6 years, 1.080 meters of aluminium foil are consumed by 1 kid. This amount of aluminium foil is enough to triple the Eiffel Tower height! That is so crazy!



Educating children is the best way to contribute to a healthy future for the planet. You are your children superhero, act like one! (If you have to deal with a teenager, then, that is a different story). Start simple: educate in waste reduction.

Looking for some ideas?

Reuse school material and school uniforms. Check if you have spare pencils or old notebooks that you can use. Go to second hand stores and buy school uniforms there.

Cover books with paper or cloth.

Take your stainless steel bottles with you. An academic course lasts 37 weeks. That is approximately 185 days. If each pupil takes a plastic bottle every day, that is 185 plastic bottles per academic course. Multiply it for 25 pupils. That is 4.624 plastic bottles in 1 classroom!

Here's to lunchboxes! Lunchboxes are perfect to fill with takeout food. To bring snacks or sandwiches, replace the aluminium foil with snack bags or reusable cloth bags. Choose among millions of different and original models! Bring sustainability inside your school bag.

Wanna do more? Cooperate with your children's teacher: suggest solutions and alternatives to plastic, organize activities, etc. Everything adds up!



At work

Did you know that 31% of European workers eat their lunch at their work break area or at their desk?

Always carry your own bottles or glass to drink water. Encourage your boss to replace plastic water bottles with tap filters.

Bring your own food in sustainable food wraps and containers: you will save money, you will eat healthier and fewer residues will be generated.

Use recycled paper and do not waste it. Read texts on your PC and do not print or print on both sides whenever possible.

Organize activities to raise awareness within your work colleagues.

Use reusable desk material like paperclips instead of staples.

Work on a dual screen computer, you will have less need to print. Time to go home? Turn the computer off, don't leave it suspended.

Do not forget your coffee or tea cup!



Free time and travelling

A must-have basic kit:

-  **Reusable water bottle.**
-  **Sustainable food wrappers.**
-  **Cloth napkin.**
-  **Reusable cutlery for picnics.**
-  **Bamboo or steel straw.**

Do not forget that...

When going to a show, bring the ticket in digital format.

If you go out, at a bar or a restaurant, carry a reusable food container to put leftovers.

Share your car or use public transport.



Women, ground-breaking, Activist

The Zero waste movement is gaining force all around the world. Each day more people are joining it, following some well-known pioneers steps.

[**@Bea Johnson**](#) is the Zero Waste lifestyle mum since 2008. She became one of the Zero Waste role models when she and her 3 family members produced no more than a jar of trash (neither organic nor recyclable) per person in a year. How do you feel about that?

What's more! This initiative was so well received that it has led to the publication of the bestseller book, already translated in 29 languages, 'Zero Waste Home'. [**Esther Peñarrubia**](#), PhD in Agricultural Engineering was in charge of the Spanish and Catalan book translation. **Who better than her to give us her opinion?**



On the other hand, the New Yorker [**@Lauren Singer**](#) is a very well-known activist and blogger in the Zero Waste movement. She has been a role model since 2012 when she started living a Zero Waste life. She was in one of her Environmental Studies class when she noticed that one of her colleagues carried her food in a single use plastic container. When she got home, she opened her fridge and realized that she was also storing all her food in disposable plastic containers. That instant was the AHA! moment that turned her life upside down.

[**@Kathryn Kellogg**](#) is also a New Yorker environmental Activist in the Zero Waste movement. After going through surgery to remove a tumour, she had a change of heart about the way she was living. Food, make-up...she realized that Zero Waste lifestyle was the answer to start living healthier.

All this amazing, entrepreneur, Activist women alongside with many other people that have joined the Zero Waste movement, are drastically changing their zero sustainable lifestyle for a totally sustainable one.

Last tips

As you can see, a Zero Waste lifestyle does not imply giving up anything, neither money nor time. Go step by step, start by changing daily consumption habits. Once changed, you will not dream of going back to the old ways.

Well begun is half done! Being conscious, analysing your waste and searching for waste reduction alternative is a big step.

Follow zero waste Activist, bloggers, influencers... They will provide plenty of new ideas to you. **Last but not least...!**

• Wardrobe

Before buying new clothes, double-check what you have in your closet! Something old can be a real relic. If you only need a clothing item once... let's ask to a friend to lend it. Reuse old clothes...Who knows!? Maybe some old trousers can become a really trendy headband...

• Cleaning

The key: avoid single use cleaning products. You can use a home-made multi-purpose cleaner made with white vinegar and baking soda.

Use your own ivy detergent to clean your clothes. You only need ivy and water. It is quite effective!



• Gifts

Are you looking for an original present? **Why don't you gift experiences?** There are millions of non-forgettable options.

Go for hand-made presents, natural soap or cookies (they are always a secure bet). A hand-made gift value is enormous.

If you finally decide to purchase a gift, avoid wrapping it with plastic. Use non-disposable and reusable wrappers.

• Kids

For your baby, use clothing diapers as long as you can.

Avoid purchasing new toys. Let your imagination fly! Make up new games or give a second life to old stuff and materials. This way, you will educate your children on sustainability.

Long lasting wooden toys are also a good option. In addition, you will avoid children to put plastic toys in their mouth.

Carnival time? Make your own costume (you will save money and spend a good time with your children)! You can also rent costumes in renting stores.



More actions

• Pets

Your pet can also live a zero waste life. Do you have any jar to store its food? Any old pillow that can be its bed? Think about alternatives before going to the pet store. You can also shop its food at a bulk store.

• Health

Think twice before going to the drugstore. Honey might be the solution for the sore throat. Why don't you have an Aloe Vera plant instead of buying an Aloe Vera lotion?

• Reading

Exchange books and magazines with your friends. Go to the public library. Second-hand books are also a very legit option. And remember, use cloth or reusable cases to cover them.

• Postal Code

Receive invoices or receipts via email.

• Transport

It is quite obvious that it is advisable to walk rather than to take the car. You can also go by bus or ride a bike. You will save money and improve your health.



Welcome to Zero Waste

Once here, feel proud of yourself and feel happy about appreciating what you have.
And the best part is that benefits go beyond you.

Congratulations for living more with less. Feel happy spending time doing what you love: being with your family, friends, going for a picnic, going hiking... This lifestyle is all about BEING (not about having).

Start working today towards a more sustainable lifestyle, without residues. Be a Zero Waste ambassador. Better late than never!

Enjoy the trip and be happy for all your tiny, but significant, steps.



*It is not about where you are, it
is about where you are going.*

by Roll'eat®