

## ZERO-WASTE:

### **Hey peeps!**

I just finished 3 days of intensive research about the « zero waste » concept, which aims at producing minimum trash, or recyclable trash as much as possible... So basically no plastic.

You know well that our waste is poured directly into the ocean, polluting the seas hence the fish you eat and destroying underwater life, or simply buried underground, destroying miles of land we could have use to plant stuff and deforesting on its way.

So i made a list of what you can replace at the house to avoid plastic (which is bad for the environment but also for your health) and makes you save a fuckload of money you stingy nuggets! Because as you will see a lot of things you will only need to buy once for the rest of your life!

Then the next level is concerning food : ideally you would buy in bulk/without packaging or with a carton/paper/glass/steel packaging (glass and steel are endlessly recyclable).

You'll end up with only organic waste (paper, food...) that you shall compost!

Either you compost at home with a composter in the kitchen or in the garden, either you keep the organic waste in a compost basket (that you can put in the freezer to avoid rot and odors) that you empty in a collective composter in your neighbourhood.

### **The List:**

- coton pads > little microfiber washable cloth
- q-tips > an oriculi (a japanese wooden q-tip)
- paper tissues > cloth tissue like our fancy grandpas
- paper towels > washable cloth
- shampoo/conditionner > solid versions
- dry shampoo > cornstarch
- soap > solid version (i recommend bamboo charcoal soap)
- plastic bags > reusable grocery bags
- mineral water > portable water purifier/kishu charcoal filter (a little stick you put in your tap water)
- water bottle > steel/glass washable tumbler
- flyers > say no in the street, put a little « no ads please » sticker on your mailbox
- toothbrush > bamboo toothbrush that you can compost when finished
- toothpaste > solid version (rub your toothbrush against it)
- trash > compost basket/composter/worm composter
- plastic/aluminum foil > wax wraps
- baking sheets > silicone baking mat
- sponge > washable sponge / tawashi
- all purpose cleaner > 70% white vinegar + 30% water + 15 drops essential oil of your choice (lemon/lavender...)
- dishwashing detergent > 100% pure solid marseille soap (rub the sponge against it)
- laundry detergent > powder version, bulk liquid version (just refill your bottle at the store)
- plastic cutlery > portable washable bamboo/steel cutlery
- straws > washable steel/bamboo/glass straws
- razor > safety razor (just change the blade) / electric razor

- hairbands > biodegradable versions
- newspaper, books, notebooks > digital versions
- pencil > pencil you can plant when done
- pen > pen with rechargeable ink
- band-aids > compostable band-aids
- hairbrush > compostable bamboo version
- condoms > organic version with no carbon footprint
- periods > washable period pantie/pad + menstrual cup
- toilet paper > paper wrapped organic rolls / japanese toilet / bidet attachment
- beauty > lush has everything you need, they adopted the zero waste lifestyle so a lot is unpackaged or you can bring back the containers at the store and get discounts
- exfoliator > coffee grounds
- coffee > coffee in bulk/compostable pods/ stainless steel rechargeable pods
- coffee to go > ask the employee to put your coffee in a reusable mug you brought
- food takeout > ask the restaurant to put the food in your own containers, (if it's pizza, ask them to cut it into pieces so they fit) ask for no cutlery/chopsticks/paper towels.
- food delivery > ask for no cutlery/chopsticks/paper towels and glass/carton containers
- containers > glass or stainless steel versions.
- shopping > buy second hand, thrift stores, charity stores, exchange with your friends
- grocery shopping> buy in bulk with cloth bags and glass/steel containers, or chose carton packaging when necessary.
- pets > look up on the internet what you can do depending on what you have
- go vegan ! A vegan driving a 4x4 will always have less impact than a zero-waste omnivore on a bike so picture both! One person can really make a difference ! Plus, it doesn't kill/torture any animal and is better for you (vegans live up to 7 years longer than omnivores)

Or go cheagan ! (AKA cheating vegan > vegan 90% of the time but cheats sometimes/vegan only a few days per week)

At least minimize animal product, switch from dairy to plant-based substitutes (oat milk, cashew cheese, almond cream, soy yogurt, etc..) and reduce meat intake to twice a week. It's really important. The animal industry is the leading cause of global warming! Most of all plant/cereal plantations are actually used to feed the animals you then eat, it doesn't make sense!

Personally i'd say just go vegan, that way you're clear, none of what's in your plate has horrible consequences or cost any animal's life, and you get so much health benefits. (spoiler alert : even your little organic farm has to separate the calf from his mother and sell him for his meat to keep the milk. Milk which by the way is constituted of pus, antibiotics, saturated fat, growth hormones, cholesterol and feces. Oat milk on the other hand ? Just oats and water)(And also eggs kills too since you have to product chickens and have to kill 90% of the males babies because they are useless!)

In 2019, every omnivore food has at least one vegan substitute (yes, even omelette, parmesan, prawns and macarons!) and no they are not made with crazy weird chemicals that's a myth. And most breakfast cereals, bread, pasta and alcohol is already vegan!

-no solution for now : medications

Please share! Even if it is only one element from this list it's already so much waste/pollution saved!

Imagine if every one knew about it and aspired to that?

happy new year!