

## A ZERO WASTE LIFESTYLE

### REUSE YOUR BAGS:

Bring your own shopping bag. Keep the bags by the door or in your car so you don't forget them.

### USE YOUR OWN REUSABLE CONTAINERS:

Ask for help in calculating tare weight for your containers.

### BREAK THE NEW PLASTIC HABIT:

If you forgot your cloth bag for shopping, choose a paper bag. If you still use plastic zip-locks bags, rinse and dry for reuse.

Go naked! Produce is always washed when you get home, perhaps you don't need a bag at all?

Forget the plastic wrap. Glass jars, reusable zip-locks, or beeswax wraps are all alternatives.

### KEEP REUSABLE CUTLERY & DISHES WITH YOU:

Bamboo forks and spoons, metal mugs and reusable straws can become your go-to to-go option!

### COMPOSTABLE VS. RE-USEABLE:

Compostable silverware, food bags, and biobased pet waste bags cannot be composted in our county yet.

**D.I.Y.:** Try making your own condiments and store in glass jars. How about lotion, skin balm, bath salts, shampoo?



D.I.Y.



Bulk Liquid  
Soaps &  
Lotions

Shampoo  
Bars

Dental  
Lace

Toothpaste  
Powder

Bamboo  
Toothbrush

## PERSONAL CARE



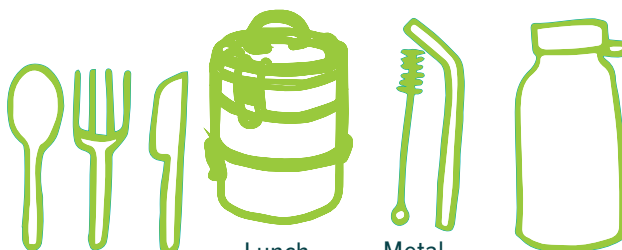
Kitchen  
Compost

Glass  
Containers

French  
Press

Beeswax  
Wraps

## IN THE KITCHEN



Re-usable  
Cutlery

Lunch  
Tiffin

Metal  
Straw

Water  
Bottle

## CARRY WITH YOU



Cloth & Re-usable  
Plastic Bags

Bring  
Your Own  
Containers

Shop  
Bulk

## WHEN SHOPPING

## SHOPPING FOR ZERO WASTE

**SHOP BULK:** We have many bulk options for food and household items.

### Pantry staples:

Beans, rice, grains, pasta, flours, nut butters

### Bulk liquids:

Honey, oils, vinegar

### Snacks:

Chocolates, nuts, seeds, candy

### Household:

Laundry soap, dish soap, gallons of white vinegar

### Body care products:

Shampoo, conditioner, soap, lotion

**SPECIAL ORDER:** You receive a discount, can stock your pantry and often save on packaging.

### SHOP SEASONAL PRODUCE:

When you buy locally grown food you spend less on distribution costs, the food is harvested by your community at peak season for optimal nourishment, and the money is cycled back into your local economy.

### USE THE JAR SAVER PROGRAM:

Help yourself to one of our jars and donate your jars from home.

### SALAD & SOUPS IN A JAR:

Our deli prepares a selection of to-go soups and salads in glass jars.



Bulk Laundry  
Soap



Reusable  
Cleaning  
Cloths



Soap  
Nuts

## CLEANING

## EVERYONE'S JOURNEY IS DIFFERENT

First of all, what is Zero Waste?

Zero Waste is simply the lifestyle choice of reducing trash. It looks at a system of how things are made, used and disposed of. It seeks to reduce the amount of trash in landfills by choosing products that are less toxic, can be recycled, reused or composted and made in a sustainable manner.

## WHERE DO I START?

1. It's helpful to establish why you want to reduce the amount of waste that your household produces. Use this as a focus to stay motivated!
2. Remember, it is not only about buying Zero Waste items. Reuse what you have, then replace with more sustainable choices. It can take years to transition to Zero Waste.
3. Choose what works for you. We all have different lifestyles and if something doesn't feel right or you are struggling, put it aside for later. Focus on one thing that you can change and find a system, that works for you.

Check our website for D.I.Y. recipes and Zero Waste projects. (coming soon)

USE IT UP  
WEAR IT OUT  
MAKE IT DO  
OR DO WITHOUT



[www.foodcoop.coop](http://www.foodcoop.coop)  
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OPEN EVERY DAY  
8AM-9PM



TIPS ON BEGINNING  
A ZERO WASTE LIFESTYLE

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