

# ZERO-WASTE TIPS



**What does zero-waste mean?** A focus on waste prevention with the overall goal of minimizing what gets thrown away.

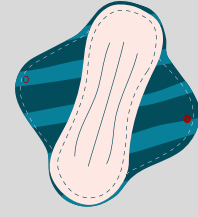
## DAILY ROUTINE

Think about how your bathroom products are packaged

- Replace bottled products for bar soaps
- Switch out your plastic toothbrushes for bamboo ones and toothpaste tubes for toothpaste tablets
- Consider reusable menstrual products
- Try bulk lotion or lotion bars

Pet owners: reuse plastic bags for pet waste

Use bulk baking soda and vinegar instead of buying new cleaning products



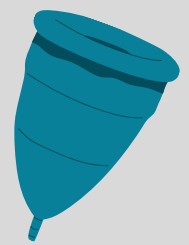
## ON CAMPUS

Think before you print & stick to double-sided

Before you throw your pen or pencil away – can you refill it?

Refuse freebies – they weren't free to the environment!

Be conscious of your paper towel use – use only what you need



## SHOPPING

Purchase durable, repairable, and/or reusable goods in place of disposable goods when possible

Prioritize second-hand stores

Remember to bring reusable bags – consider reusable produce bags too

Reuse glass jars to buy in bulk – check out [Scoop Marketplace](#) and [Central Co-op](#)

Only buy what you really need and use what you have before you buy new – ***the most sustainable product is the one you left on the shelf***



## FOOD

### Bring your own lunch

Plan ahead – pack food before coming to campus

- Leftovers make the perfect lunch!
- Pack your food in reusable to-go ware and don't forget utensils and snacks

### Eating on campus

Choose the dine-in option instead of to-go

Avoid single-use to-go ware and bring your own

1. Ask for your food "for here"
2. Place food in your reusable to-go ware
3. Return the plate to the kitchen

Avoid items packaged in single-use materials when possible

- Examples: chip bags, protein bars, drinks
- Prioritize drinks in glass bottles or aluminum cans

To-go ware at campus food service locations is compostable

### Other food ideas

Be conscious of tea bags – they are not always compostable

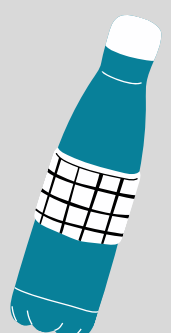
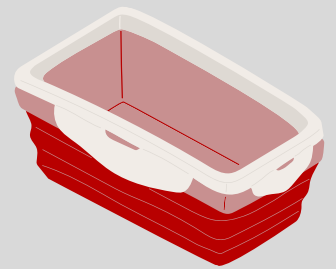
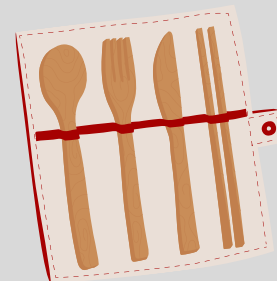
- Put them in the trash if you are unsure
- Consider getting tea in bulk instead

Try cooking your own food instead of buying pre-made

- Examples: Granola, protein bars, banana bread and other quick breads, trail mix, etc.

Bring reusable travel mugs and water bottles

- Drip coffee is \$1.25 on-campus if you bring a mug!
- Refill your water bottle in C-Street behind Puget Pour



## WHAT IF I PRODUCED TRASH?

***Don't panic – it's okay.***

Think about what led you to purchase that item

- Did you need this item? If not, avoid it next time.
- If yes, is there a reusable substitute? Choose that item next time.

## TIPS TO GO ABOVE AND BEYOND

***There's more to waste than just trash.***

Walk, bike, or bus to campus

Find ways to reduce your energy and water use

Consider a plant-based diet

Check out the CEJS guide to sustainable living!

