

Your Guide to Zero Waste



The process of reducing, reusing, recycling, and composting with no waste going to landfill or incineration.

Zero Waste in the Residence Halls

Instead of using normal products, try using these!



Reusable Water Bottle

Metal, ceramic, or plastic bottles



Reusable Containers

Mason jars, bento boxes



Reusable Utensils

Bamboo or stainless steel



Reusable Straws

Silicone or stainless steel



Compostable Toothbrushes

Plant-based toothbrushes!
Plastic toothbrushes take over 400 years to decompose.

The 5 R's of Zero Waste

REFUSE

buying what you don't need

REDUCE

consumption of things you do need

REUSE

things you buy! Wash jars, repurpose old clothes, etc, and choose reusable over disposable

RECYCLE

items you cannot refuse, reduce, or reuse

ROT (compost)
all organic waste!



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Zero waste is about redefining the system. We currently live in a **linear economy** where we take resources from the earth and discard them after use. The goal of zero waste is to move to a **circular economy** where we write trash out of existence.



Clothing

- Try buying second hand first!
- Donate old clothes or sell them to places like Buffalo Exchange, Crossroads, or on apps like Depop or Poshmark.
- When buying new, buy high quality, ethical brands that will last.
- Avoid fast fashion brands like H&M, Forever 21, and Zara.

Groceries & Food

Choose grocery items that do not have excessive or needless packaging.

- ➔ Rainbow Grocery, Other Avenues, Whole Foods, and Green Earth Natural Foods offer minimal or no packaging.

Beauty Products

- Use fewer products.
- Make your own products like lip scrub or dry shampoo.
- Look for sustainable brands like Elate Cosmetics or Ecotools.
- Some companies, like Mac, will recycle any packaging you bring back to the store.
- Using reusable makeup rounds instead of wipes can make a big difference.



Resources for Going Zero Waste

goingzerowaste.com

zerowastechef.com

www.zerowaste.com

Questions? Contact Us!

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