

Zero Waste Beginner's Checklist

Kitchen:

- **Plastics Wrap Alternatives:** Abeego – Bees Wrap
- **Plastic Bag/Ziploc Alternatives:** Stasher – ChicoBag - Snack Taxi
- **Sponge Alternatives:** Skoy Cloths - Clean Sponge
- **Reusable Bag Sealer**
- **Reusable Napkins**
- **Reusable To Go Containers, Straws and Utensils:** Made of metal and glass

Food Shopping:

- **Mason Jars and Tares for Weight:** Don't pay for container weight!
- **Reusable Produce and Bread Bags:** Buy or make your own
- **Reuse Jars from Non-Zero Waste Shopping:** Use what you have
- **Bulk Food and Spice:** Buy what you need in your container, no packaging = cheaper priced food. Spices at Basil Bandwagon: Clinton/Flemington locations. Grinding your peanut butter in your own jar is fresher and try new flavors easily.
- **Bulk Coffee:** WFM or Fresh Market = Whole bean or grind your own coffee. Use your own container or store paper bag, which you can reuse or recycle.
- **Bulk Tea:** Teavana (all locations closing) or Basil Bandwagon: Clinton/Flemington
- **Milk in Glass Bottles:** Cow milk in glass with bottle deposit, WFM and Shoprite
- **Opt for Paper/Cardboard in Packaged Foods:** Avoid plastic wrapped

Bathroom:

- **Safety Razor:** All metal razor holder plus paper wrapped razors
- **Create Your Own Shaving Lotion:** Aloe Vera and liquid coconut oil
- **Nearly Plastic Free Floss:** Glass or paper container for floss
- **Bamboo Toothbrush:** Beware of plastic wrapped sustainable products
- **Reusable Tissues:** Make your own from any material or thrift store
- **Make Your Own Bathroom Spray:** Your favorite essential oils + water
- **Lunette Menstrual Cup:** Reusable for years with proper care



Office:

- **Return Address Rubber Stamper or Embosser:** Avoid sticker labels
- **Staple-less Stapler:** Punches up to 3 pages together without metal staples
- **Traditional or Little Free Library:** LFL at 84 Mountain Ave., Summit
- **Unsubscribe from Direct Mail Lists:** Contact solicitor directly or request from Data and Marketing Association (www.dmachoice.org)
- **Opt for Digital Versions:** Newspapers, magazines, and bills available online

• ***Fix It Yourself or Utilize 'Repair Cafes' to Keep Items Out of Landfills*** •

Links to some of my sustainability related articles:

Leafygreen.info/zero-waste-meal-beginners-guide

Leafygreen.info/four-tips-for-your-bulk-spice-shopping

Leafygreen.info/my-favorite-zerowaste-food-shopping-supplies

Leafygreen.info/zero-waste-gift-guide-earth-lovers

Leafygreen.info/5-environmental-documentaries-you-will-love

Links to some of my favorite sites, documentaries, blogs & social media accounts:

ZeroWasteHome.com – Bea Johnson, a Zero Waste expert, created bulk food locator app

BeZero.org – A grassroots non-profit inspiring others to make less trash & live simply

LessPlastic.co.uk/blog - Inspiration, strategies & products to help you live w/less plastic.

TerraCycle.com – Drop off or ship hard to recycle products to them in Princeton, NJ

WornWear.Patagonia.com – They tour the US repairing Patagonia clothing, and recycle your garments when they're beyond repair.

ReuseDocumentary.com – “This film isn't about our waste problem. It's about solutions.”

StrawsFilm.com - Documentary film about straws & other plastic pollution in our oceans.

StoryOfStuff.org/movies – Informative short films about a variety of sustainable actions

Instagram.com/_wastelandrebel_ - vegan, zero waste, palm oil & plastic-free minimalist

Instagram.com/rocket_science - Aerospace engineer working towards a zero waste life

Instagram.com/zerowasteguy – Zero waste vegan in Los Angeles