

A wooden pantry with three shelves. The top shelf holds a bottle of wine, a jar of jam, and a container of cereal. The middle shelf is filled with jars of pickles, vinegar, and other condiments. The bottom shelf is packed with numerous jars of grains and beans. A wicker basket is visible on the left side of the pantry.

# GREEN HABITS & RECIPES FOR THE HOME

Practical, creative  
solutions for minimizing  
household waste

Emily Collins, Green Snohomish



**We don't need a handful of people doing zero waste perfectly. we need millions of people doing it imperfectly.**

Anne Marie Bonneau § Zero Waste Chef

**IT'S NOT  
ABOUT  
PERFECTION**

THROUGHLINE

## Reframing History: The Litter Myth

August 13, 2020 · 12:01 AM ET

LAWRENCE WU

34-Minute Listen

PLAYLIST



Join the pollution fighters.

They are people like you. Doctors, nurses, lawyers, vice presidents, professors, kids, cops, cabbies, comptrollers, pilots, plumbers, models. Why not join them?

PLAY LIVE RADIO

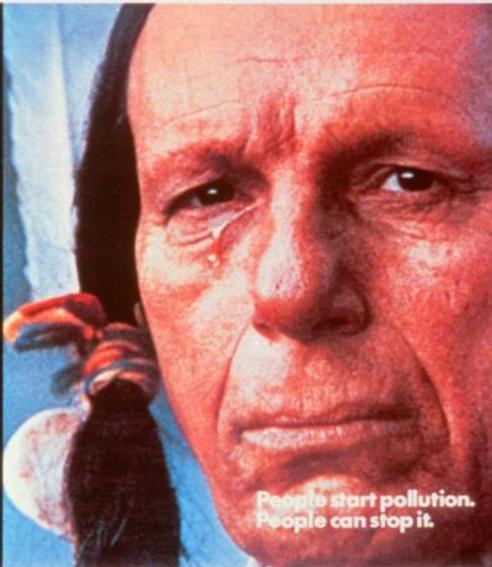
HOURLY NEWS LISTEN LIVE PLAYLIST

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# GET INVOLVED NOW. POLLUTION HURTS ALL OF US.

You can help by becoming a community volunteer. Write:  
**Keep America Beautiful, Inc.**  
 99 Park Avenue, New York, New York 10016

**Ad Council**  
 A Public Service of Transit Advertising & The Advertising Council



People start pollution. People can stop it.

# THE PARADIGM SHIFT

The plastic industry taught us to expect disposability, and dodged responsibility by placing blame on “litterbugs.” We can become engaged, ethical consumers and limit our waste AND lobby for corporate accountability.

# SOME GUIDING PRINCIPLES

1

Apply a “nose to tail” philosophy

2

Consider the whole cost

3

Reduce, reuse, recycle – in that order

4

Start a habit of asking for no plastic, e.g.:

“Water-no-straw”



IF IT'S GOOD  
FOR THE  
ENVIRONMENT,  
IT'S GOOD FOR  
YOUR HEALTH

# WHAT YOU CAN DO RIGHT NOW

Refill!	Use refillable soap dispensers and buy soap in bulk
Switch	Use bulk bar soap whenever possible – for shampoo, body, hands, even dishes
Stash	Stock your car with reusable bags, produce bags, reusable takeout containers, and a growler (or 2)
Bulk	Buy in bulk – tea, pantry items, baking ingredients, growlers of beer
Think	Think “create, not consume” – if you really need it, can you make it? (if it’s practical!)

# THINGS YOU DON'T HAVE TO THROW AWAY



Old t-shirts, socks, etc. - use as reusable paper towels



Carrot, radish, turnip, beet greens – sauté with your kale or collards or make a pesto



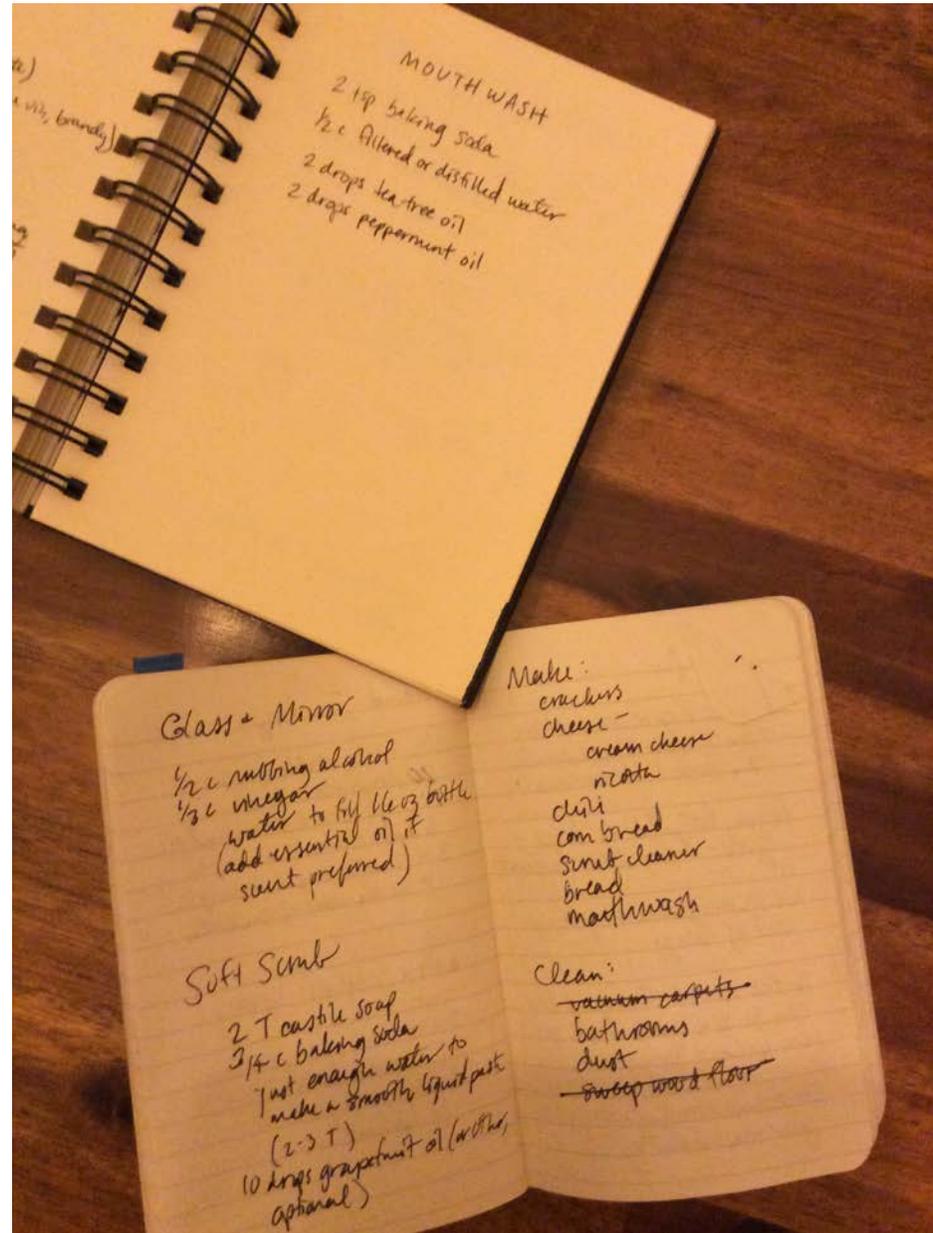
Bean water – aquafaba has myriad uses, and any bean water is great on plants or in compost

# ...CONTINUED

1. Pet hair/dustpan & vacuum trappings – great in compost, no need to take up space in your trash bag
2. Lemon/citrus rinds – so many things!
  - i. Store in vinegar, then strain and dilute with water for a cleaning solution
  - ii. Microwave cleaning
  - iii. Zest can be stored in the freezer and used in baking , salad dressings, marinades, etc.
  - iv. Pickles
  - v. Coffee cup stain remover
3. Discard sourdough starter – make crackers, biscuits, or fry it up as a breakfast pancake with scallions and spices



# DIY/RECIPES



# SOURCING

ZERO WASTE KITS **PACKAGE FREE** TRASH IS FOR TOSSERS

## LOOKING FOR SIMPLE SWAPS TO REDUCE WASTE?

Enter any product to discover its sustainable alternative.

**THREDUP**  
Secondhand Clothes. Firsthand Savings.

WOMEN KIDS OUTLET CLEAN OUT

Women Search 'J. Crew' or 'polka dot dresses'

### We Are What We Wear

Fashion is one of the most polluting industries in the world behind oil. That's a lot of dirt on our backs. If fashion helps us express who we are and what we stand for, then our clothing choices matter. It matters that we throw 26 billion pounds of clothing into global landfill every year. It matters that fashion will drain a quarter of the world's carbon budget by 2050. It matters that a single T-shirt takes 700 gallons of water to produce. The choices we make matter.

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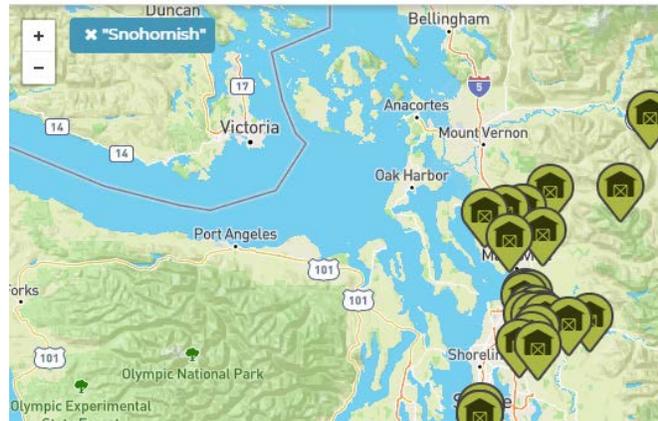
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## Delivered to your door

Well, to your front door. To your bathroom would be creepy.

**Order now**

## Find a Farm



...CONTINUED

Tilth organizations allow you to search for local farms and produce stands so you can buy directly from the growers!

- <https://farm-guide.org/farms/>
- <http://www.snovalleytilth.org/>

# ENERGY & WATER

- Utilize passive heating & cooling
- Invest in an induction burner
- Use your dishwasher as a dish drainer
- “If it’s yellow, let it mellow”



# STICKING WITH IT

- Make it beautiful (LOVE your systems)
- Compliment others (individuals and *especially* companies)
- Organize e.g., Ziploc bag drying and storing system
- Do a trash audit!
- Get a smaller trash bin if possible
- VOTE! With your ballot AND your wallet

<https://zerowastewashington.org/legislative-work/>



What do YOU do?

