



THE 5 R'S

of zero waste living

LIFE  UNPACKED

REFUSE

SAY NO

Say no to freebies and swag at events, take photos of business cards or pamphlets, avoid purchasing items wrapped in plastic, invest in items that will last you a lifetime instead of disposables, shop at farmer's markets.

REDUCE

CONSIDER WHAT YOU REALLY NEED TO BUY

Avoid impulse purchases, borrow items from a friend, rent things you know you'll only need once or twice, donate or sell items that are cluttering up your home, borrow books from the library.

REUSE

OPT FOR ITEMS THAT CAN BE USED AGAIN AND AGAIN

Carry a reusable water bottle, choose a safety razor, use a reusable travel mug, wash dishes with a cloth instead of sponges, pack lunches in glass containers instead of plastic wrap, use a French press instead of pods.

REPURPOSE

GIVE THINGS A NEW LIFE

Upcycle, get creative with DIY projects, repair clothes or use them as cleaning rags, turn wood crates into shelving, make candles from old glass containers, use scrap paper for notes, save dryer lint for campfires.

RECYCLE

DESPITE THE CHALLENGES, CONTINUE TO DO IT

Avoid contamination by emptying and rinsing containers, sort properly (if you're not sure, find out), ensure trash goes in the garbage, buy products based on their packaging (choose glass and aluminum when possible).