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**RESPONSIBLE CONSUMPTION:
BE A ZERO HERO**
A beginner's practical guide to zero waste living
Florence-Léa Siry

Toward a zero waste, 100% fun lifestyle!

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The zero-waste lifestyle is gaining ground worldwide. Faced with this trend, you, of course, tell yourself that you would be considered a better human being if you did this too ... but you don't know how? You admire the efforts of those who produce less than one litre of waste a year, but honestly, you're miles away from even approaching this goal, and the very idea of doing away with all the packing products in your life terrifies you? Perfect! This book was especially written for you, and you will most definitely and quickly become the hero!

Through the six very simple stages of a fun and straightforward programme, friendly expert Florence-Léa Siry offers a hand to all those with good intentions, but who don't know where to start. Her goal: to help you change your consumption habits and, without issuing orders, encourage you to reduce your waste by means of simple initiatives that you can adopt at your own speed. Using humour and confessional anecdotes to keep you from feeling guilty, this guide full of tips, recipes and out-of-the-ordinary DIY projects encourages you to incorporate into your daily life small actions that will make you the responsible consumption zero hero YOU want to be! An innovative guide, 100% fun and guaranteed painless.

Strong points

- A straightforward, flexible, no-guilt approach to zero-waste living, making it fully doable and realistic for everyone.
- Recipes for household products and simple DIY projects that emphasize the practical and fun side of zero waste.
- A multitude of tips and tricks to help everyone adopt the approach bit by bit and adapt it to suit their needs.

Florence-Léa Siry is a zero food waste expert. Cooking with surplus food and food waste in her role as a caterer and food service provider on film sets for more than 17 years introduced her to this lifestyle, which she has since adopted in every area of her daily life. With her endless supply of ideas and humour to spare, she relies on an approach to responsible consumption characterized by simplicity, flexibility and accessibility. In 2017, along with ten other committed citizens, she founded Montreal's Zero Waste Festival.

