

If you could help prevent 1 billion toothbrushes from going into landfill, what would you do?

A guide to going ~~zero~~ low waste

My journey



Early beginnings

As a child learning about the ozone layer hole, I'd get upset with anyone opening the refrigerator door longer than few seconds



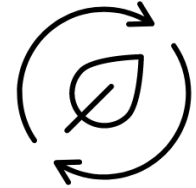
Indian roots in zero waste

Indian culture has always been infused with sustainability – from lunchbox deliveries to small recycling businesses



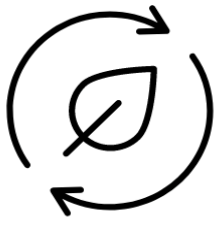
College in NY

Sustainability took a backseat to work, math, and extra-curriculars. While I still cared, I wasn't able to put in the time I would've liked to



Zero waste

Starting late 2018, I began to go back to my spark for being sustainable and zero waste and have been more mindful and minimal since



~~Zero~~ Low waste

Progress not perfection

No one is truly "0" waste. Being a math person, this term bothers me ...a little. The goal is to reduce your waste more than you did previously; be more sustainable than you were before

Use what you have first

The best thing you can do to reduce your waste is to use what you already have first. There is no need to buy new things or throw out what you own that is classified as non-sustainable, that would defeat the purpose!

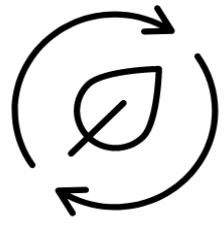
Be willing + open to learn

There is always a lot to learn in every aspect of life. Even in the realm of sustainability and low waste.

First, "stop the bleeding"

- Stop buying wasteful stuff before you tackle what you already own
- The most sustainable thing you can do is use what you have to the fullest
- Once the bleeding is taken care of, create a plan to tackle the rest with focus





Low waste



Pick a category, you can't do everything all at once;
One step at a time



Once you've picked a category,
dive deeper into understanding
your habits in that category and
do research in that category



Make a plan, be patient

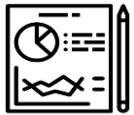
Game plan

Kitchen (non-food + food),
Bathroom, Cleaning, Laundry,
Bedroom, Others

I started with bathroom; figured out
what I needed to change and learnt
of options via YouTube, Websites
and Instagram - "low waste
bathroom"

List things you can swap now and in
future for the category you selected

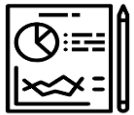
Low waste bathroom



Item	Today	Low waste future
TP	Costco	Reel
Dry Shampoo	Spray	Corn starch + cocoa powder
Shampoo	Dove	Shampoo bar
Conditioner	ACV + water	
Exfoliator	-	Oats + lavender + almonds
Tone	ACV + water	ACV + water
Moisturize	Generic lotion in plastic	Mah Hippie anti-oxidant face oil Coconut oil
Face mask	Generic in plastic	Aloe vera
Clean	Face wash	Water



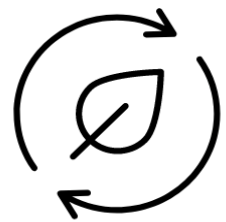
Low waste bathroom



Item	Today	Low waste future
Soap	Costco	Castile soap + coconut milk
Hand soap	Costco	Carbon bar
Sunscreen	In plastic	Mad Hippie
Shower curtain	Plastic	-
Toothbrush	Plastic	Bamboo
Toothpaste	Costco	David's
Mascara	Maybelline	Eco-friendly brand
Deodorant	Secrets unscented	No Tox Life
Pads	Compostable pads	
Razor	Disposable	Safety razor

'Zero' waste/Zero cost

- Compost
- Recycle! King County is awesome when it comes to recycling
- Fund the recycling industry
- Ecosia search engine
- Ship w/o plastic
- Bring your own box/cup for to-go
- Sell items on Facebook market place or donate to thrift stores
- Shop secondhand first
- Pick trash up when you are on a hike or a beach
- Say "no straw, please" proactively
- Say "no receipt" and encourage them not to print one
- Use your local "Buy Nothing" groups
- Buy the lone bananas
- Re-use old fabric for cleaning
- Re-use pasta (or other jobs)
- Stale bread for bread crumbs!



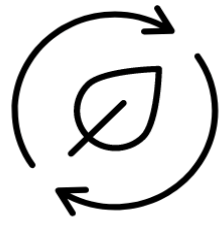
Low waste

1. A regular tooth brush
2. Paper towels
3. Dryer sheets
4. Disposable razors
5. Shampoo + conditioner



Simple swaps

1. A compostable toothbrush
2. Cloth towels
3. Wool dryer balls
4. Safety razors
5. Re-fillable shampoo + conditioners



Low waste

1. Plastic phone case
2. Tea bags
3. Plastic veggie bags
4. Grocery bags
5. Groceries
6. Plastic confetti

Simple swaps

1. Compostable phone case
2. Loose leaf tea
3. Re-usable cloth bags
4. re-usable grocery cloth bags
5. Bulk/no plastic swaps
6. DIY confetti from leaves

Seattle-specific resources

Bulk stores:

PCC, Whole Foods, Central Co-Op

Non-plastic produce:

Uwajimaya, Central Co-Op

Zero-waste stores

Scoop, Eco-collective, Metropolitan market (soaps, etc.)

Facebook group:

Seattle Zero Waste, Buy Nothing

Food waste: Things you can compost

- King County composts and you should too!
- Left over food
- Hair, nails
- Plant trimmings
- Fruits
- Eggshells
- Nut shells
- Shredded paper
- Wood chips



Combining my passions

- Sustainability x Tech
- Resource list ('sustainable amazon')
<https://github.com/anavin/sustainableeverything/blob/master/README.md>
- Progress, not perfection
- Start small, build up the muscle
- Get creative
- Use YouTube/Instagram to learn more from others!



Find me on Instagram
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