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## Subscribe

We only send emails once or twice a month and only about good things.

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Recycling

A photograph showing several workers in blue uniforms and hard hats sorting through a large pile of waste on a conveyor belt in an industrial recycling facility.

Composting

A close-up photograph of a pile of organic waste, including banana peels, apple cores, and vegetable scraps, ready for composting.

DIY

A photograph of a woman with red hair, wearing a white shirt and brown overalls, working on a white wooden crate outdoors.

Home  
Goods

A photograph showing a pair of hands carefully placing a small green seedling into dark, rich soil.

Recycling



Composting



DIY



Home Goods



## Recycling & Scrap Material

We've put together some tips on living sustainably!

Click through to see different categories we cover

Recycling

Composting

DIY

Home  
Goods

## Recycling & Selling scrap material

Every year we dispose of 2.12 tonnes of waste... Recycling is an important part of trying to reduce waste and is vital for helping us to protect the environment. Below we show you the different forms of materials which are most commonly recycled. We have also provided different places where you can recycle in India.

Used newspapers and other forms of papers, used glass bottles and used plastic materials are most commonly recycled or sold.

You can approach the local raddiwala

Nearby shops/ markets such as kabadiwala

There are also apps available, such as 'The Kabadiwala'

[Click here to read about other sustainable topics:](#)

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Recycling



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## Composting

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## Organic Waste and Home-grown Food

Composting is a great way to upcycle your fruit and vegetable waste. You can either buy it from a local nursery or make your own compost very easily at home, and the result is a nutrient-rich and eco-friendly fertilizer that you can use in your garden or home plants or maybe give back to a farmers market or local nursery.

Create a small pit in your backyard or set up a small clay pot in your apartment where you can dispose of dried leaves, coffee grounds, vegetables and fruit peels, basically all compostable organic materials. After a period of time, you will be able to use this as a form of natural fertilizer that is rich in nutrients for healthy soil.

If you want to know more about how to compost, we made a video on our YouTube channel about [73 questions about composting!](#) There are tons of great tips in that video.

Can be bought from a local nursery.

### Foods which you can grow at home:

Grow your own herbs at home such as mint, coriander, basil or thyme (check out our tab on DIY as you can learn to plant your herbs in recycled waste, such as old drawers or tin cans)

Homegrown Chillies, whichever color you prefer; yellow, green, red or green and red

Aloe Vera; a great plant to have aesthetically in the house, but also a great plant to use for creams or burns

Tomato plants - make sure to give them lots and lots of sunlight!

Any other fruits and vegetables such as carrots, potatoes or rhubarb.

### Great organic food to buy for your home:

Organic Dairy Products

Fresh Guava, Mango, Chikoo, Pomegranate, Bitter Gourd, Jackfruit and Banana

Organic Amla powder, Curry leaves, drumsticks, Groundnut and Jaggery

Instead of packed pulses and flour, look out for organic pulses, mix grain flour, and organic sugar.

Organic wholemeal wheat

Organic vegetables such as ladyfinger (okhra)

Cold pressed oils.

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## DIY - Do it Yourself!

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Click through to see different categories we cover



## DIY Upcycling Projects

A jolt of cardboard boxes lies behind your door, a container overflowing with a corner is overflowing with plastic, and glass bottles are conveniently growing around the house. Do you ever wonder what to do with all the waste around your house and how you could reuse them? As a society we are told to constantly consume and dispose, consume and dispose... but we are never told that we can reuse and upcycle so much of our everyday waste. Disposing and recycling are one option, but upcycling and carrying out DIY projects is another to explore.

This section of the sustainability guide gives you some examples of how to reuse and upcycle your waste around the house, giving them a more practical and beautiful life.



### Your very own DIY Rainwater Collection System:

Rainwater harvesting has existed with us for a very long time: this technology can be traced back to over 12,000 years! At first glance, this may seem like a very complicated process, but creating your own rainwater collection system is not that hard, here's what you will need:

- You need a gutter system on your roof (which many houses already have)
- A large plastic garbage can
- Waterproof sealant
- 1 metal washer and 1 rubber washer
- 1 spigot plug
- 1 drill
- Old Mosquito Net (or mesh cloth for filtering)

This will come in handy especially during the monsoon seasons. Not only will you get grey water which you can reuse around the house for flushing a toilet or watering your garden, but it also has a positive environmental impact: it promotes water conservation, reduces groundwater demand, and shows you how you can reuse old stuff.

### DIY Flower Vase with an Old Can

Instead of buying a new flower vase you could just make it at home with an old can and some old clothes! With this you can create a really rustic and unique vase design that no one has! All you need for this is:

- A Big Old Can
- Some old clothes
- Flowers
- Glue

These are just some examples of how to reuse items for plants, go wild and crazy with this, don't hold back!

### Homemade Carrier Shopping Bag

Every year about 500 billion plastic bags are used and disposed of everyday, and they take about 100 years to degrade. A great way to reduce your plastic footprint is by bringing your own shopping carrier bag to the shop. Making your own carrier bag is not that hard, all you need is:

- Old material
- A needle and thread/sewing machine
- Scissors

Go crazy creative with this, mix together different materials, colours and styles!

### Eco-friendly Bird Feeder out of an Old Shoe

Who does not love waking up to the sounds of little birds tweeting in the morning. Waking up to birds gleefully flying around the house is always a joy. You can easily make a simple bird feeder out of a shoe! All you need for this is:

- An old Shoe
- Drill/Hammer and screws
- Bird seeds, bread/crumbs or worms

This may look very funny but it is very effective and it is a great way to reuse old shoes!

[Click here to read about other sustainable topics:](#)





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## Here are some more ideas on a sustainable lifestyle at home...

Here are just some other easy everyday tips on how to be more sustainable and conscious in your own home or apartment:

### Be sustainable in your bathroom:

- Improving underground water levels by connecting terrace rainwater outlets to bore wells, and using this water as a source of grey water to flush your toilets.
- Refills for soaps and shampoos at major retail stores should be an option across the country.
- Using shampoo, soap and conditioner bars instead of bottles.
- Replacing liquid cosmetics to solid ones to reduce plastic packaging (solid perfume, 23-1 products, deo, etc).
- Ensuring the implementation of the 3Rs: Reduce, Reuse and Recycle.

### Be sustainable in your kitchen:

- Carry your own cloth/jute bag while purchasing groceries to bring into your kitchen for a lively meal.
- Carrying your own water bottle instead of buying plastic bottles; you always need water when it gets hot in your kitchen.
- Reusing: old clothes, plastic containers, paper, bottles, electronic components, and other plastics before discarding it.
- Ensuring the implementation of the 3Rs: Reduce, Reuse and Recycle.
- Using a metal straw instead of a plastic one.
- Storing and recycling: cardboard boxes.
- Segregation of garbage into different categories: such as plastic, cans, glass, compost and landfill.

### Be sustainable in your bedroom:

- Use big plastic bottles for growing small plants - a great way to make your room even more beautiful.
- Practicing slow fashion and not contributing to franchise companies.
- Avoid using single-use stationary and accessories.
- Making wall posters using old calendars.



### Be sustainable in your garden:

- Reusing grey water for watering plants or the garden.
- Using strained tea leaves and cottage cheese water as fertilizers and proteins for plants.
- Installing solar panels in your garden or on your roof as an alternative energy source.
- Using biodegradable products which you can use to make compost for your garden.

### Be sustainable outside your house:

- Switching to electric cars.
- Choosing a more sustainable traveling option, for example for shorter distances choosing to walk or cycle instead of taking a car.
- Using and supporting local producers and businesses with cleaner practices, instead of big, corporate mass producing companies.
- Giving away things we don't need anymore to those who need help; such as rough sleepers (homeless people), donation banks, charities, for example to Robin Hood Army.
- Avoiding the usage of short lived plastic products.
- Lastly, don't get lost into capitalist overconsumption! - it is a major driver for living unsustainably.

[Click here to read about other sustainable topics:](#)

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## Learn about what we do at Saathi



### Our Impact

We realized that the impacts we're measuring aligned with various UN SDGs and are excited to be part of the solution. We have partnered with various NGOs, CSR to work on various projects to address period poverty.

[LEARN MORE](#)

### Body

Saathi pads are made of bamboo and banana fibers and help menstruators avoid rashes and irritation during their period. Plastics pads can damage our bodies in ways that we don't realize. The chemical-free nature of these materials makes them safe for the environment and the menstruator.



#### Phases of Menstruation

January 22, 2021

Saathi has taken our Instagram family on an interesting diary-reading journey, which has been expertly visualized in the form of doodles by Sumouli Dutta

#### Menstruation Not Just a Female Issue

June 29, 2020

The term menstruation has always been associated with girls and women. We often see and hear a woman's perspective on menstruation. But the process of menstruation occurs in anybody with a functioning uterus and ovaries irrespective of their transgender (a gender assigned to a person upon birth).

#### Yoga for Periods | Yoga Asanas and Benefits

June 21, 2021

Yoga for irregular periods, abnormalities and cramps. Yoga Asanas and menstrual health benefits. How to get less painful periods? How do I reduce my menstrual pain?

### Community

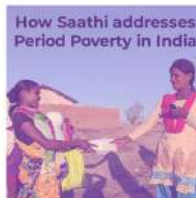
We have an all-women in our manufacturing unit which allows us to provide livelihood opportunities to women. Farmers growing banana trees gain additional income as we purchase their otherwise discarded agri-byproduct to make our pads.



#### How Can Sanitary Pads Impact Global Sustainability?

December 18, 2020

Sanitary pads and global sustainability. Everything is inextricably linked. This blog is a guide to what the United Nations SDGs are, how sanitary pads affect global sustainability, and what Saathi aims at achieving!



#### What is Period Poverty and How Saathi Addresses it in India

December 23, 2020

This is part 2 in our series of blogs about Saathi's mission to make **sanitary pads that are good for the body, community and environment**. Read on to know more particularly about what period poverty exactly is, and what are the consequences of it!



#### Why is a Sustainable Solution Essential to Creating Period Equity?

January 19, 2021

This is the third part in Saathi's series: Saathi's mission to make sanitary pads that are good for the body, community and environment.

### Environment

We eliminate plastic waste and CO2 emissions by manufacturing products that are 100% biodegradable, plastic-free and chemical-free.



#### Plastics: A Boon Turned Curse

October 8, 2021

Did you know that regular sanitary pads contain nearly 99% of plastic? These period plastics can take 600-800 years to just break down into microplastics.



#### The Ocean Series: Part 2 - The Problem of Menstrual Plastics

October 13, 2021

We will talk about how menstrual products contribute to plastic pollution which in turn harms the ocean.

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## CONTACT US

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## About us



Our purpose is driven manufacturing company that makes eco-friendly hygiene products. founded by graduated from silver oak, we are innovators in the use of alternative materials and zero-waste production. Our mission is to create hygiene products that are good for the body, environment, and community.

Reducing the waste we generate, especially non-biodegradable waste, is one of the most important things we can do for the environment.