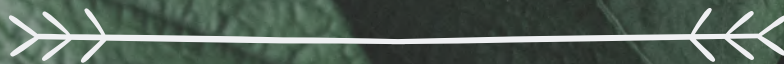




5 EASY SWAPS TO LIVE A ZERO WASTE LIFESTYLE



a guide

1

STRAWS

500 million straws are thrown out each day in the United States. That's enough to fill 150 school buses.

Skip the straw altogether or use a reusable one like a glass, stainless steel, or bamboo one.

2

GROCERY BAGS

500 billion to 1 trillion plastic bags are used across the globe each year. And on average, people will only use a plastic bag for 12 minutes.

Simple swap: bring your own reusable totes.

Cotton totes can be composted at the end of its life, but if you have sturdy plastic ones, use it!

3

PRODUCE BAGS

Much like grocery bags, the flimsy plastic bags for produce are overused. You can skip the plastic bags and place the veggies and fruits straight into your cart (and wash clean when ready to eat) or buy/make reusable ones! Keep them in your grocery bag for when you shop so you never forget them (or your grocery bags).

4

WATER BOTTLE

Americans alone use 50 billion plastic water bottles a year. With a recycling rate of about 23%, this leaves 38 billion water bottles in our landfills and oceans.

Find one that works for you (from your cabinet, thrift store, or local small business) and carry it around with you wherever you go.

5

THERMOS

500 billion single-use coffee cups are produced every year—and they are not recyclable. The cups are lined with a layer of polyethylene which makes the cup waterproof but makes it difficult for the cup to be effectively recycled because it can't be easily separated.

Skip the single-use cup and instead opt for making your coffee at home, drinking your coffee in the shop, or having the barista fill up your thermos.