

Resources for Zero waste Lifestyle!

If you can't eat it, wear it or use it for something useful or as a last resort recycle it, **Don't Buy It!!!**

This list contains places you can get more information, resource organizations that are trying to fight the plastic pollution problem, and websites where alternative, reusable materials are available.

ELIMINATE SINGLE USE PLASTIC!

- ❖ **The Story of Stuff:** Where does stuff come from? What is stuff made from? Who makes stuff? What happens to stuff when we no longer need it? <https://storyofstuff.org>
- ❖ **Zero Waste Washington:** A Facebook page dedicated to helping WA residents clean up their act.
❖ <https://www.facebook.com/ZeroWasteWashington>
- ❖ <https://www.goingzerowaste.com>
- ❖ <https://www.onegreenplanet.org/environment/how-to-host-a-zero-waste-party/>
- ❖ <https://www.tomsomaine.com/search.html#zero%20waste>
- ❖ “How to Give Up Plastic” by Will McCallum
<https://www.penguinrandomhouse.com/authors/2189047/will-mccallum>

Many of us have misconceptions about what can and cannot be disposed of in an environmentally friendly way.

THINGS YOU CAN'T PUT IN YOUR RECYCLE BIN,

- ❖ Bottle Pumps & Bottle Spray Mechanisms (mixed materials)
- ❖ Plastic lids (too small or too flat to get sorted properly)
- ❖ Tetra-Pak packages (shelf stable liquids-broth, nut milks, soups, etc)
- ❖ Paper towels / napkins / etc. (shred and compost or use fabric and wash for reuse)
- ❖ Styrofoam cups, plates, restaurant boxes (Do not buy, and refuse to accept. Bring your own containers for coffee refills, and restaurant “doggie bags” .
- ❖ Styrofoam block foam (can be dropped off at refuse collection centers)
- ❖ Aluminum foil, pie plates, cake pans, etc. (not in the bin- but can be dropped off in scrap metal containers.
- ❖ **Kitsap County:** <https://spf.kitsapgov.com/pw/Pages/solidwastehomepage.aspx>

AVOID PLASTIC AT THE GROCERY STORE:

- ❖ Take your own mesh or muslin bags for produce and bulk foods.
- ❖ Use a canvas or fabric reusable bag instead of buying a plastic tote.
 - <https://www.organiccottonmart.com>

WANT TO GET RID OF JUNK MAIL? <http://www.ecocycle.org/junkmail/stop-junk-mail>

Resources for Zero waste Lifestyle!

A good way to reduce buying plastic bottles is to make your own home and garden products.

If you have spray bottles or jugs with those products in them now, when they are empty just refill them with your own concoction when they are empty. This page has several recipes you may find useful.. Products which contain essential oils are better stored in glass bottles. When you empty bottles with sprayers on them, see if your sprayer will fit on an empty vinegar bottle. They are a good size, and easily obtainable.

DIY PRODUCTS FOR HOME AND GARDEN!

NATURAL LAUNDRY SOAP RECIPE

- ❖ Grate the bar soap. In a large bowl, mix the bar of grated soap and 1 cup each of washing soda and borax. Mix well and store in a closed container.
- ❖ Use 2 tablespoons to 1/4 cup per load of laundry.
- ❖ Washing Soda-Arm and Hammer Brand available at most store
- ❖ 20 Mule Team Borax available at most grocery stores
- ❖ Dr. Bronner's, Ivory, or other natural, Castille soap
- ❖ Waste Free Laundry Detergent: <https://www.dropp.com>

DIY BATHROOM CLEANER:

Disinfects as well as cleans and smells lovely!

- ❖ 1 1/2 cups of warm water.
- ❖ Add 1/4 cup washing soda. Stir until dissolved.
- ❖ Add 1/2 cup of vodka.
- ❖ Now add 10 drops each of tea tree essential oil and lemon essential oil.
- ❖ Stir well. And decant into spray bottle.

DIY SPRAY STARCH (Who knew vodka would stiffen clothes?)

- ❖ Mix 2/3 cup vodka (the cheap stuff is fine) with 1 1/3 cups water in a spray bottle.
- ❖ Shake and spray!
 - ❖ The tea-totaler version:
 - ❖ Mix 2 1/2 cups water with 1 1/2 tablespoons cornstarch. Bring to a boil.
 - ❖ Let cool and pour into a spray bottle.

DIY INSECTICIDAL SOAP:

For a fabulous all purpose insecticidal soap spray for your garden- check out Danny Lipfords "Today's Homeowner" website! <https://www.todayshomeowner.com/how-to-make-homemade-insecticidal-soap-for-plants/> There is a solution for every garden need.

