

# Zero Waste Starter Kit Checklist



Beginning your journey towards reducing waste and living more sustainably.



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## General

1. Secondhand and Thrift Shopping: Consider buying used items when possible to reduce demand for new products.
2. Conscious Consumer Habits: Make mindful purchasing decisions, prioritizing products with minimal packaging and sustainable materials.



Remember, the journey to zero waste is a gradual process. Start by implementing a few changes at a time, and over time, you'll reduce your environmental impact and contribute to a more sustainable lifestyle.



## On the Go

1. **Reusable Cutlery Set:** Carry a set of reusable utensils for meals on the go.
2. **Cloth Tote or Backpack:** Use a durable bag for carrying items, snacks, and essentials.
3. **Portable Container:** Carry a compact container for takeout or leftovers.



## Office & School

1. **Refillable Pens and Pencils:** Choose writing instruments that can be refilled instead of disposable ones.



2. **Recycled Paper and Notebooks:** Opt for products made from recycled materials.
3. **Digital Solutions:** Reduce paper waste by using digital tools for note-taking and scheduling.

## Kitchen Essentials

1. **Reusable Shopping Bags:** Invest in durable cloth or mesh bags for groceries and other shopping needs.
2. **Stainless Steel Water Bottle:** Choose a reusable bottle to eliminate the use of disposable plastic water bottles.
3. **Travel Mug or Coffee Cup:** Bring your own coffee cup to cafes and eliminate disposable cups.
4. **Stainless Steel or Glass Straws:** Replace plastic straws with reusable alternatives.
5. **Cloth Napkins:** Swap paper napkins for cloth ones that can be washed and reused.
6. **Food Containers:** Opt for glass or stainless steel containers for storing leftovers and packing meals.
7. **Beeswax Wraps or Silicone Food Covers:** Use these to replace plastic wrap and aluminium foil.
8. **Compost Bin:** Start composting your food scraps to reduce kitchen waste.



## Bathroom & Personal Care

1. **Bamboo Toothbrush:** Switch to a biodegradable toothbrush with bamboo handles.
2. **Reusable Razor:** Choose a durable safety razor with replaceable blades.
3. **Cloth Towels:** Use washable cloth towels instead of disposable paper towels, makeup wipes or cotton pads.
4. **Bar Soap and Shampoo:** Replace liquid products in plastic bottles with package-free bar options.
5. **Cloth Nappies (if applicable):** For families with babies, cloth nappies reduce disposable nappy waste.



## Cleaning Supplies

1. **Reusable Cleaning Cloths:** Use washable cloths for cleaning instead of disposable wipes.
2. **Bulk Cleaning Products:** Buy cleaning supplies in bulk to reduce packaging waste.
3. **DIY Cleaning Recipes:** Create your own eco-friendly cleaning solutions using simple ingredients like vinegar and baking soda.

