

# JOURNAL TO BECOME:

# Zero Waste

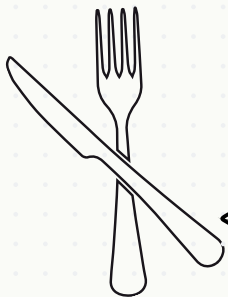


## OCTOBER ZERO WASTE LUNCH

HOW MANY DAYS CAN YOU GO WITHOUT CREATING PLASTIC WASTE AT LUNCH?

SUN	MON	TUES	WED	THUR	FRI	SUN

DON'T FORGET YOUR  
HSC SUSTAINABILITY  
REUSABLE SILVERWARE



TRY REUSABLE TO-GO CONTAINERS  
OR REUSABLE SANDWICH BAGS

## NOVEMBER REUSABLE WATER BOTTLES

30 DAYS WITH NO  
PLASTIC DRINKING WASTE



30 DAYS →

25 DAYS →

20 DAYS →

15 DAYS →

10 DAYS →

5 DAYS →

BRING A  
REUSABLE  
BOTTLE TO  
YOUR NEXT  
EVENT OR  
MEETING!

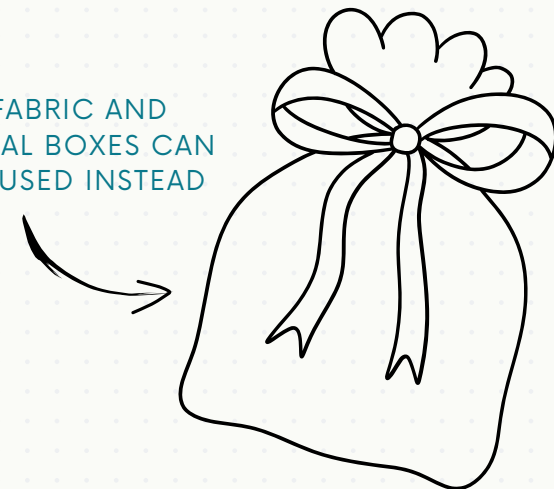
SWITCHING TO A REUSABLE BOTTLE  
SAVES AROUND 156 BOTTLES FROM  
ENTERING LANDFILLS. IF YOU USED A  
PLASTIC BOTTLE, MAKE SURE TO  
RECYCLE IT!

## DECEMBER TRY REUSABLE GIFT BAGS

GIVE A GIFT USING REUSABLE  
PACKAGING! WHAT WAS IT?

AN ADDITIONAL 1 MILLION TONES  
OF WASTE IS GENERATED DURING  
THE HOLIDAYS

FABRIC AND  
METAL BOXES CAN  
BE USED INSTEAD



YOU CAN ALSO MAKE THE  
PACKAGING PART OF THE GIFT!  
GIVE GIFTS IN REUSABLE FOOD  
CONTAINERS OR SILICONE BAGS

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## JANUARY BAR BODY/HAND SOAP

**MAKE THE SWAP!  
SWITCHING TO BAR SOAP  
CAN SAVE UP TO 10  
BOTTLES IN PLASTIC A  
YEAR**



NATURAL  
GROCCERS,  
TRADER JOES,  
TARGET, AND  
WALMART ALL  
SELL SOAP BARS

**WHERE'D YOU GET YOUR SOAP  
BAR? DRAW WHAT SCENT YOU  
FOUND**

## FEBURARY MAKE A KITCHEN SWITCH

**SWITCH TO REUSABLE  
SANDWICH BAGS, BEESWAX  
WRAPS, SILICONE BAKING  
MATS OR SILCONE CUPCAKE  
LINERS**



COLOR IN A  
HEXAGON  
FOR EACH  
SWITCH

**OTHER KITCHEN SWITCHS CAN BE  
FORGOING PAPERTOWLS FOR CLOTH  
TOWELS OR SIMPLY SKIPPING SINGLE USE  
PAPER PLATES**

## MARCH SPRING CLEANING

**MAKE YOUR OWN DIY ALL  
PURPOSE CLEANER**



10-15 DROPS OF  
ESSENTIAL OILS OR  
CITRUS RINDS

1/2 CUP OF  
WHITE VINEGAR

1 AND 1/2 CUPS  
OF WARM WATER

**VINEGAR AND BAKING SODA  
ALSO MAKE A GREAT CLEANER**

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## APRIL REUSABLE BAGS

### DESIGN YOUR OWN REUSABLE BAG



SWITCHING TO A  
REUSABLE BAG CAN  
SAVE ANYWHERE  
FROM 100-700  
PLASTIC BAGS

KEEP EXTRA BAGS IN YOUR CAR, BY  
YOUR DOOR, OR KEEP A FOLDABLE  
BAG ON YOUR PERSON

## MAY MEATLESS MAY

### MEATLESS MONDAY? MORE LIKE MEATLESS MAY! TRY TO GO AS MANY DAYS AS YOU CAN WITHOUT EATING MEAT

SUN	MON	TUES	WED	THUR	FRI	SAT

TRY TO GET AT LEAST 10  
DAYS! BONUS POINTS IF  
YOU CAN GO ALL OF MAY

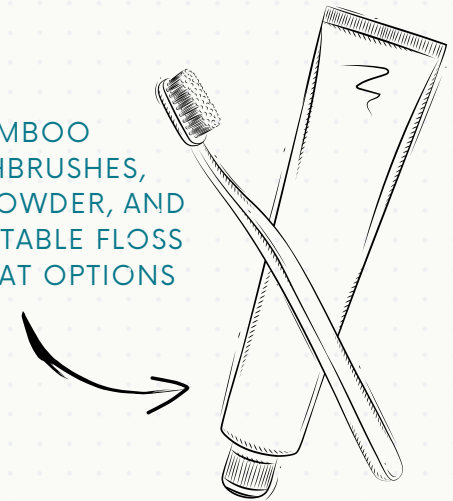
CHECK OUT THESE  
VEGETARIAN RECIPES



## JUNE BATHROOM SWITCH

### LET'S TACKLE THE BATHROOM

BAMBOO  
TOOTHBRUSHES,  
TOOTH POWDER, AND  
COMPOSTABLE FLOSS  
ARE GREAT OPTIONS



TRY REUSABLE MAKEUP  
REMOVERS, MENTRAUL CUPS,  
NATURAL BATH LOOFAHS, AND  
MORE! WHAT ARE SOME OTHER  
SWAPS THAT YOU CAN THINK OF?

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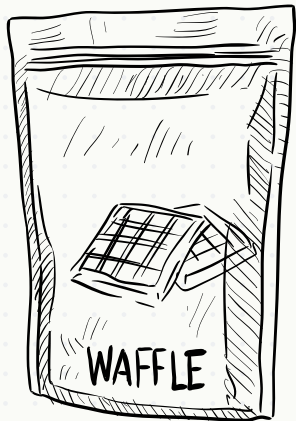
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## JULY PLASTIC FREE

**LOOK FOR PLASTIC FREE  
PACKAGING! WHAT WERE YOU  
ABLE TO FIND?**

**WHEN GROCERY SHOPPING, AVOID  
FOODS WRAPPED IN PLASTICS AND  
BRING A RESUABLE  
GROCERY/PRODUCE BAG.**

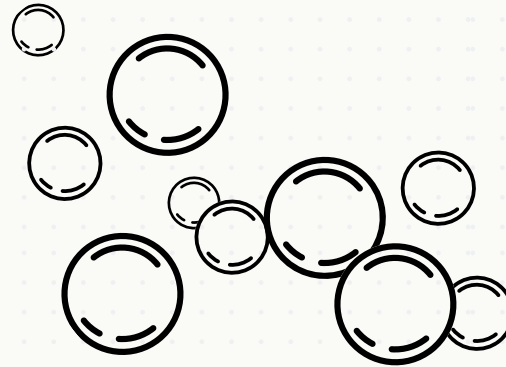


FARMERS MARKETS  
AND BULK  
SHOPPING IS A  
GREAT WAY TO  
AVOID PLASTIC  
PACKAGING



## AUGUST LAUNDRY ROOM SWAPS

**TURN DOWN THE TEMP! USING  
COLD WATER HELPS SAVE YOUR  
CLOTHES AND THE  
ENVIRONMENT**



COLOR IN A  
BUBBLE FOR EACH  
SWAP YOU MAKE



**USING DRYER BALLS, SWITCHING  
TO POWDER DETERGENT, ZERO  
WASTE DRYER SHEETS, AND  
USING A LINT BRUSH ARE ALL  
GREAT SWAPS**

## SEPTEMBER OFFICE/SCHOOL SUPPLIES



**GOING PAPERLESS IS A GREAT  
WAY TO CUT BACK. IF NEEDED,  
TRY A COMPOSTABLE  
NOTEBOOK, REUSABLE  
FOUNTAIN PEN, OR REUSABLE  
BATTERIES**

