

Zero Waste Living

Mindful and minimal consumption habits can help to heal ourselves while healing the planet. Assessing your consumption behaviors and the amount of waste you create and making a plan for changing lifestyle habits can create more happiness, health, and support the strength of community connections, while saving money, and removing yourself from complex and harmful extractive capitalist systems. We hope this factsheet will serve as inspiration to lead a lifestyle that is healthier for you and the planet; we also encourage you to look beyond changing your own lifestyle and commit to exploring how you can have positive impacts on broader systems that your daily actions will not change; this may look like volunteering with an organization that resonates with your environmental ethic, supporting Indigenous land defense projects, decolonizing your life, and resisting capitalism and corporate interests.

Recipe for Zero Waste Success

1. **Identify Your Motivation** – Why do I want to aspire to live zero waste? This will help you understand the context and stay motivated
2. **Recognize Barriers** – What is holding you back? When you know what you are up against, you can work to overcome those barriers
3. **Think** – What areas of my life do I want to change to be less wasteful? This will help you set a list of priorities.
4. **Plan and Remember** – What do I need to remember? What do I need to make time for? How will I do that?
5. **Be Courageous and Creative** – Bravely ask for what you desire, refuse if it's not possible! This will help you affect capitalism in a positive way.
6. **Encourage Loved Ones** – What motivates my people?
7. **View EVERYTHING as a gift.**



Zero Waste Tips: Kitchen

- ◆ Use cloth napkins & tea towels and cloths rather than paper towels
- ◆ Compost all food scraps, eat or freeze food before letting it go bad (best before dates aren't expiry dates!)
- ◆ Buy foods in bulk, utilizing reusable containers/bags
- ◆ Rediscover the joy of cooking, baking and creating in the kitchen. Homemade goods almost always involve less food packaging
- ◆ Love your tap water, drink it up and use it wisely
- ◆ Avoid buying new things for the sake of going 'zero waste', make use of what you have!



Zero Waste Tips: Bathroom

- ◆ Make washable pee rags out of old sheets and towels, install a bidet on your toilet to minimize paper use
- ◆ Reduce the number of products you use on your body and to clean - what is actually necessary for your well being and to clean your space? Refill containers at bulk soap shops and opt for prod-

- ucts that are concentrated, most efficient, eco friendly and will last longest
- ◆ Source re-useable menstrual and baby diaper products
- ◆ Let your yellow mellow and save some water



- ◆ Repair items that break, or find someone who can
- ◆ Use nature to decorate your home for holidays
- ◆ Rethink before you buy anything!
- ◆ Walk, bus, bicycle, scooter, skate or rollerblade to get fresh air, exercise and reduce your carbon footprint



Zero Waste Tips: Office/Laundry

- ◆ Wash clothes only when they are truly dirty, and use cold water
- ◆ Dry on a clothesline or indoor drying rack
- ◆ Reconsider what you are printing, and if you really need to
- ◆ Source second hand office supplies
- ◆ Plug electronics into power bars that you switch off at the end of the night
- ◆ Ensure proper recycling & composting is happening

Zero Waste Tips: Lifestyle

- ◆ Ask your favourite take out place if you can bring your own containers
- ◆ If you're dining in, always have a container with you for any food you want to take home
- ◆ Give homemade zero waste gifts like homemade foods, body products, gift cards to refill stores
- ◆ Use a hankie

Zero Waste Resources in the CRD

- ◆ West Coast Refill - cleaning & body products
- ◆ Zero Waste Emporium - full service zero waste grocery items, bring your own containers
- ◆ Hama Organics - bulk foods direct retailer with free delivery to Victoria
- ◆ Victoria Tool Library - borrow tools rather than buying new

- ◆ For Good Measure - bulk food store 2 locations, bring your own containers



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Thank you to the City of Victoria for making this factsheet possible.