

ZERO WASTE LIVING

INTERNATIONAL COUNCIL FOR CIRCULAR ECONOMY

IT'S THE NEED OF THE HOUR

STEPS TO
FOLLOW
ZERO
WASTE
LIFESTYLE

EVERYONE COUNTS

EACH STEP IS WORTH

LET'S CONTRIBUTE OUR BIT



WHAT IS ZERO WASTE LIVING?

ZERO WASTE LIVING

Zero waste is an ethical, environment friendly, green, efficient way of living that helps to live a sustainable life. It encourages us to redesign our lives so that all the products that we use are reused so that the trash that we produce at individual level reduces drastically. The ultimate objective being to reduce overall trash that goes to landfills, oceans or incinerators to zero.

This would help saving our natural resources and rebuilding economies in support of community health and sustainability.

Cradle-to-cradle is a theory that focuses on closed-loop cycles where waste products can be recycled and reused. The cradle-to-cradle model is sustainable and considerate of life and future generations.

CtoC framework has evolved steadily from theory to practice. In the industrial sector, it is creating circular closed loop cycles where materials circulate providing waste of one industry as raw material to the other industry.



**ONE CAN START
LIVING A ZERO
WASTE LIFESTYLE BY
MAKING VERY FEW
BUT SIGNIFICANT
CHANGES IN OUR
DAILY LIVES...**

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- 01** **CARRY THE FOLLOWING TO OUR PLACE OF WORK:**
 - I. Water bottle
 - II. Mug/Cup/dispenser
 - III. Cutlery -spoon & fork
 - IV. Cloth napkin

- 02** **CARRY OUR OWN CLOTH BAG FOR SHOPPING**

- 03** **GIVE UP ON BOTTLED DRINKS - GO FOR FRESH JUICES INSTEAD**

- 04** **LESS USE OF AEROSOLS LIKE DEODORANTS, SPRAYS, ROOM FRESHENER**

- 05** **USE OF INCENSE STICKS, SCENTED CANDLES OR OILS INSTEAD**

- 06** **REPLACE PAPER TOWELS WITH REUSABLE RAGS**



07 SAY NO TO ZIP PACKS AND ALUMINUM FOIL. USE REUSABLE AND WASHABLE LUNCH BOXES AND PACKING MATERIAL

08 USE MORE OF PUBLIC TRANSPORT OR POOL WITH YOUR FRIENDS

09 STOP USING DISPOSABLE DINNERWARE. USE WASHABLE AND REUSABLE CROCKERY LIKE STAINLESS STEEL

10 COMPOSTING YOUR LEFT-OVER FOOD, CUTS AND PEELS

11 PREFER USING LOCAL FOOD ITEMS, DISCOURAGE EXOTIC VARIETIES

12 PREFER BORROWING BOOKS OR USE DIGITAL FORMATS OVER NEW ONES



13

SAY NO TO:

- a. Freebies in Hotels
- b. Earplugs in airlines
- c. Printed tickets
- d. Luggage tags

14

PREFER BORROWING BOOKS OR USE DIGITAL FORMATS OVER NEW ONES

15

DONATE ITEMS IN GOOD CONDITION TO SUPPORT SECOND-HAND MARKET

16

THINK SECOND HALF FIRST WHEN PURCHASING SOMETHING

17

FIX YOUR LEAKING TAPS AND FAUCETS

18

USE EFFICIENT LED INSTEAD OF OTHER LIGHTS

BENEFITS OF ZERO WASTE LIVING

- It reduces our climate impact – The waste that we produce, lands up in the landfills. In landfills it decomposes to release green house gases. Landfills are major contributors of methane. Zero waste living helps reducing greenhouse gas emissions. By adapting to 3R's we can reduce our C-emission and C-footprint.
- It helps in conserving resources and minimizing pollution – Circular economy leads to lesser extraction of natural resources. Recycling keeps waste out of landfills and provide raw material to manufacturers. Recycling an aluminum can takes 20 times less energy than producing it from raw materials.



THERE'S A BIG DIFFERENCE BETWEEN SIMPLE LIVING AND ZERO WASTE LIVING

- It promotes social equity and build community – donations help unprivileged people to have access to food, cloth, furniture etc. It enhances sharing skills. Adapting to this lifestyle at your home, workplace allows everyone to participate in protecting environment. It also helps in reducing air, water and soil pollution.
- It supports local circular economy and create jobs – in circular economy one person's waste is someone's raw material. This creates good, green jobs as resources are recirculated instead of being destroyed or disposed. Recycling, composting and diversions create 10 times more jobs than disposal. This helps local economy to grow.



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