



ZERO WASTE

Lifestyle Tips

Recycling is only one part of “Reduce, Reuse, Recycle.”
A more sustainable approach involves reducing consumption, reusing what you can and recycling what’s left.



DAILY HABITS

- Know how to recycle right: phoenix.gov/recycle
- Educate your family and friends on how to recycle right
- Carry a reusable water bottle or travel mug
- Opt-out of junk mail and credit card solicitations

SHOPPING

- Buy food and products in bulk to avoid unnecessary packaging
- Bring reusable shopping bags and reusable produce bags to the grocery store; keep these in your car for convenience
- Bring mason jars to hold foods from the deli counter or bulk section
- Shop resale stores
- Purchase local fresh produce from farmers' markets
- Create a weekly meal plan or shopping list to reduce food waste

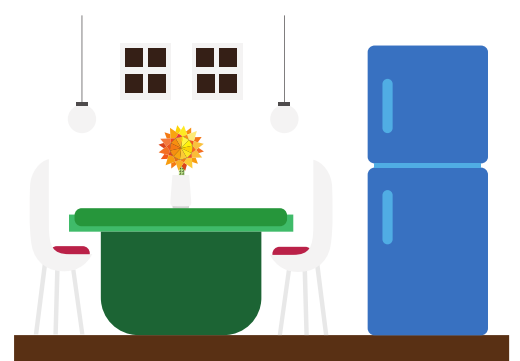


WORKPLACE

- Go digital and only print when needed
- Bring your homemade lunch instead of eating out to reduce to-go packaging
- Donate surplus office supplies to a local non-profit
- Keep reusable dishware and silverware at work

KITCHEN

- Replace paper towels with reusable rags
- Use reusable cloth napkins in place of paper napkins
- Store food in airtight containers to preserve freshness
- Repurpose old food jars for storage
- Try composting in your backyard



BATHROOM

- Place a recycle bin in the bathroom for your empty shampoo bottles, toilet paper tubes and other recyclable items
- Replace disposable cotton balls with reusable cotton rounds; wash these with your normal load of laundry
- Switch to bar soap to avoid unnecessary packaging

EATING OUT

- Bring a reusable travel mug to your local coffee shop; some coffee shops may give a discount
- Bring reusable containers to restaurants for leftovers
- Refuse a plastic straw
- Bring your own reusable utensils

