What does zero-waste mean? A focus on waste prevention with the overall goal of minimizing what gets thrown away.

**DAILY ROUTINE**
- Think about how your bathroom products are packaged
  - Replace bottled products for bar soaps
  - Switch out your plastic toothbrushes for bamboo ones and toothpaste tubes for toothpaste tablets
  - Consider reusable menstrual products
  - Try bulk lotion or lotion bars
- Pet owners: reuse plastic bags for pet waste
- Use bulk baking soda and vinegar instead of buying new cleaning products

**ON CAMPUS**
- Think before you print & stick to double-sided
- Before you throw your pen or pencil away – can you refill it?
- Refuse freebies – they weren’t free to the environment!
- Be conscious of your paper towel use – use only what you need

**SHOPPING**
- Purchase durable, repairable, and/or reusable goods in place of disposable goods when possible
- Prioritize second-hand stores
- Remember to bring reusable bags – consider reusable produce bags too
- Reuse glass jars to buy in bulk – check out Scoop Marketplace and Central Co-op
- Only buy what you really need and use what you have before you buy new – the most sustainable product is the one you left on the shelf

**FOOD**
- Bring your own lunch
  - Plan ahead – pack food before coming to campus
  - Leftovers make the perfect lunch!
  - Pack your food in reusable to-go ware and don’t forget utensils and snacks
- Eating on campus
  - Choose the dine-in option instead of to-go
  - Avoid single-use to-go ware and bring your own
  - 1. Ask for your food “for here”
  - 2. Place food in your reusable to-go ware
  - 3. Return the plate to the kitchen
- Avoid items packaged in single-use materials when possible
  - Examples: chip bags, protein bars, drinks
  - Prioritize drinks in glass bottles or aluminum cans
  - To-go ware at campus food service locations is compostable

**OTHER FOOD IDEAS**
- Be conscious of tea bags – they are not always compostable
  - Put them in the trash if you are unsure
  - Consider getting tea in bulk instead
  - Try cooking your own food instead of buying pre-made
  - Examples: Granola, protein bars, banana bread and other quick breads, trail mix, etc.
- Bring reusable travel mugs and water bottles
  - Drip coffee is $1.25 on-campus if you bring a mug!
  - Refill your water bottle in C-Street behind Puget Pour

**WHAT IF I PRODUCED TRASH?**
- Don’t panic – it’s okay.
  - Think about what led you to purchase that item
  - Did you need this item? If not, avoid it next time.
  - If yes, is there a reusable substitute? Choose that item next time.

**TIPS TO GO ABOVE AND BEYOND**
- There’s more to waste than just trash.
  - Walk, bike, or bus to campus
  - Find ways to reduce your energy and water use
  - Consider a plant-based diet
  - Check out the CEJS guide to sustainable living!