

Zero -Waste

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Hey, welcome to my weekly blog post where I post about my self imposed challenge to live a zero-waste lifestyle! Since I've started, there were many people that wanted to try it for themselves, but didn't know how and where to start and asked me. So, it's long due that I tell you how – and why – you can and should become part of the zero-waste community!

First off I want to swiftly establish the definition of zero-waste so that we're on the same level. Like the name suggests, zero-waste means that you stop generating waste completely. This, of course, is the ideal goal, as it's very difficult and sometimes impossible even, That's why the art of living a zero-waste lifestyle is to reduce waste generation to a minimum and to become unreliant of it. Sounds though? Don't worry! With this post I'll give you some tips to start your journey to a more conscious life.

The first thing you want to avoid is using items that you throw away after using it once, like plastic straws, paper handkerchiefs or disposable razors. Instead, use sustainable alternatives like glass/metal straws, cloth handkerchiefs and reusable razors. Sure they may be more expensive at first, but being reusable, you are going to save more money in the long run – and you'll already reduce the amount of trips to the trash bin.

You should also watch out what the things you buy are made of, because the amount of toxic byproducts and pollution caused by producing the stuff you own also counts as waste you are responsible for. Plastic toothbrushes, dish sponges, even the less obvious like clothing, all these things cause unnecessary waste, which is easily preventable by – you guessed it – ecofriendly alternatives, such as wood and cotton.

But by far, the worst culprit hidden among your household items are your electronic devices, which are made out of countless materials that are transported around the world and produced by blowing tons of carbon dioxide into the atmosphere. Of course, you can't just stop using your smartphone, but there are a lot of people always buying the latest iPhone Super XXL Pro Plus instead of settling for one reliable product.

These are some ways for a zero waste household, but of course you shouldn't stop here. A lot of waste is also caused while shopping. Approximately one third of the things you carry from the supermarket is plastic packaging that you throw away immediately after first use. It seems easy to refrain from it when buying fruits or vegetables – just carry them in reusable bags – but how are you going to do it with rice, noodles or shampoo? Worry not, as a lot of people already came up with a solution. There are many supermarkets which are focused on shopping without packaging. In these shops you bring your own containers and fill them with the amount you want. These are then weighed at the cash register. A perfect way for zero-waste shopping, and you only buy the amount you need!

As you can see, a zero-waste lifestyle doesn't have to be difficult or tedious. It's fun and you even save money while contributing to the improvement of our world. Producing no waste is significant for saving us and our planet from global warming and its consequences.

So, if you are interested in becoming zero-waste, consider following my blogs and sharing this information with your friends and family. I would also love to hear your opinions on my social media. Now get out there and start your zero-waste life! Until next week!