

September 18th, 2010

spec social

Tips from Taina Uitto for better plastic manners:

- Rethink your consumer habits through the lens that every plastic item ever created, still exists, and will exist for hundreds or thousands of years.
- Know that convenience is the killer when it comes to plastics, so prepare for your day accordingly.
 - Make yourself a shopping kit of large cloth grocery bags, small cloth bags, and some wax paper. If you leave home without it, force yourself to carry stuff home in your arms. You won't forget again.
 - Always carry a large purse or small backpack so you can better prepare for the day. Don't be caught without your takeout kit with a container, cutlery, a straw, and a cup.
- Dare to make your own when a non-plastic or unpackaged alternative does not exist. It can be the most rewarding part about going plastic-free!
- Compost! Once you eliminate the wet stuff, you can likely eliminate trash bags.
- REFUSE, REFUSE, REFUSE! Change comes from within, and withOUT.

Tips from Deanna Rogers, the Zero Waster about how/where to start:

- Have fun with it and make it a challenge. Take it on with a neighbour or loved one.
- Focus on one aspect of your life (like food) and start small.
- Add 1 additional way to reduce waste to what you already do.
- Organize your home so that it is simple to place everything in the recycler, not the trash. Take garbage cans out of all rooms and have one area to deal with waste.
- Compost!
- Always have bags and containers with you.
- Buy in bulk using your own containers.
- Use your own containers for take-out or the deli.
- Avoid soft plastics.
- Make your own bread! Learn to cook, eat less processed foods.