



Brit Hazon: Reduce Household Waste

These are actions you can take to reduce household waste that are effective both because a) they really matter in terms of environmental impact and b) because you really can stick to them.



Action 1 – On The Go

Make the switch to reusable to-go cutlery and straws. For six weeks, bring your own utensils and straws from home when you pack lunch. And, when you grab take-out be sure to say "I have my own utensils!" Bonus: Bring your own reusable to-go container, as well.



Action 2 – BYO Bag & Bottle

Commit for six weeks to not use any single-use plastic or paper bags. Dust off those reusable bags and commit to remembering them when you go shopping. And, get a reusable bottle/thermos and bring it everywhere. Plus, coffee shops often have discounts for customers who bring their own thermos!



Action 3 – Rethink Single Use

We use disposable products because it's convenient, but the hidden costs to our planet and our pockets are significant. For six weeks, try replacing paper towels with washcloths and ziplock bags with containers. You don't need fancy glass containers or silicone bags, that old tomato sauce jar or takeout container will do just fine.



Action 4 – Shop Smarter

For the next six weeks: 1) use your own containers to buy bulk goods (grains, flours, legumes, coffee, etc). 2) Buy non-perishable goods in larger containers that are not subdivided (e.g., buy the big bag of chips, rather than a big bag full of separately packaged little bags of chips). 3) Buy concentrates (of juices, cleaners, etc.) and dilute them yourself into reusable containers.



Action 5 – Level Up

Upgrade your recycling game. In order to increase the amount of material you recycle and know that you are recycling in the correct way, spend the next six weeks learning about plastics numbers, breaking down your cartons, cleaning your recyclables, and finding drop-offs for recyclable items like electronics that aren't accepted curbside.



Action 6 – Bars Not Bottles

Many soaps (hand, body, dish, shampoo, and laundry) are available in bar form or powder packed in a biodegradable paper or cardboard wrapper. These items not only reduce the amount of waste you produce but often last longer, cost less, and work just as well.

RESOURCES

Check out these organizations for an abundance of tips and tools to help you reduce household waste:

[Going Zero Waste - A Beginners Guide to Reducing Household Waste](#)

[This Land - A Project Of University of Illinois Extension](#)
[Huff Post - 9 Simple Ways to Reduce Household Waste](#)

[Today's Parent - 25 Ways to Reduce Waste at Home, Even if You Are Exhausted](#)

[Blueland: Eco-Friendly Cleaning Products](#)
[TerraCycle](#)