

SSSPC

"ZEROWASTE"

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Mother Earth Chokes



Zero Waste Awareness

What is Zero Waste?

Avoiding landfill

Sustained usage of stuff

Conventional Living

- Material for convenience
- Conventional supermarkets for shopping.(huge plastic waste being produced)
- Shopping for experience or fun

Zero Waste Living

- Things are used out of need/necessity
- No plastic packaging.
- Shopping out of necessity, preferably Organic.
- Refusing, reducing, reusing, recycling and rotting(composting)
- Giving things a second life(shopping second hand/using stuff for a long time) or passing on used, quality stuff to underprivileged to prolong it's life.

Ways To Reduce Waste

- Composting (reduces upto 40% household waste)
- Bringing our own water bottle, straws, shopping bags, veg produce bags, drink jars, steel take-away containers (in the car/bikes).
- Saying no to any single use items when taking away food (avoid that plastic thing in pizza)
- Saying no to single use straw (replace it with glass, steel straw, bamboo straw, even spaghetti straws)
- Buying quality toys, long lasting (wooden, used up quality toys), toys/books swap with friends and families. Passing it on. Using Libraries
- Cloth- organic cotton, no or less synthetic are preferred. Minimal wardrobe. Using them for long time. Passing it on.
- Minimal accessories.
- Long holidays to one destination instead of many short holidays

Own Product Making

- Making our own toothpaste (baking soda+virgin coconut oil)
- Facial beauty(baking soda+virgin coconut oil) scrub,
- Lip balm(shea butter+essential oil+coconut oil)
- Shea butter+coconut oil, whisking in a processor for body butter.
- Foot care(Epsom salt in warm water)
- Coconut oil as conditioner
- Plain soap as handwash. Many regular handwash are using plastic container and hazardous chemical called Triclosan.
- Plastic package free buying soap bars/conditioners/eco products online(supporting sustainable businesses)
- Baking soda and vinegar for chemical free cleaning at home
- Indoor plants for improving home air quality
- Homemade snacks(avoiding packaged and preservative free, quality foods)
- Drinks outside home using our own containers for take away and well as eating in to avoid the food packaging

Change-How To

- One man's vision can change the planet
- That one is you
- Mahatma Gandhi says, Be the Change you want to see
- Websites-Change.org, plastic free july challenge, 1 million women.com, greenpeace, eden projects, trees for cities, 38 degrees. Life without plastic. Zero waste home. Trash is for tossers.
- Stuffocation-book by James Wallman
- Zero waste home- book by Bea Johnson
- Simply Co. – Lauren Singer

Plastic- Facts

Plastics use petrochemicals for its production, that means it uses non renewable energy.

Plastic leaches and reacts with the food

Plastic contamination with other types of plastics results in them non-recyclable

Only 18% of the global plastic is being recycled

Plastic after recycling gets converted into products which are non recyclable, which , means every item of plastic created in the world still exists.



One dead Albatross



Zero waste ideas



Zero waste ideas



Zero waste ideas



Cloth Rags



Zero waste ideas



Zero waste ideas



Zero waste ideas



Zero Waste Shop

Pulses, pasta, rice, millets, oats, corn etc

Produce bags(for veg)

Shampoo bars

Refillable liquid shampoo/conditioners

Snacks, bread

Toffees/chocolates

Bamboo toothbrushes, Cloth bags

Bamboo reusable coffee cups

Straws, coir vessel scrub, loofah(vegetable body scrubber)

Femenine hygiene products like cloth pads, menstrual cups, family cloth, reusable baby wipes, reusable cloth makeup removal wipes.

Handkerchiefs, towels, recycled tissue papers, cotton buds/ear swabs with wood or paper base.

Organic no plastic make-up products(cardboard/ paper packaging)

Simple home cleaning essentials



Our Duty

- Aware of our household waste(open the trash bin and analyse)
- Spread the awareness
- Watching documentaries and educating future generations
- Reducing our carbon footprint, plastic footprint at home, school, office, holiday spots
- Checking our lifestyle to fit onto our values.
- Try a Zero waste fun party using reusable plates, cutlery, drink cups.
- Can we replace gifts by memorable experiences??

Bea Johnson



Lauren Singer



Mother Nature Pledge

- Dear Mother Earth, you gave us your love, nurtured us with our essential air, water, place to live, food to eat, trees to provide food, shade, dress and all the basics of life and beauty to enjoy.
- Now, we give you back by loving our air by keeping it pure. Water to sustain for the future generations to come. Clean land so all beings find a safe place to call home.
- We are part of the ecosystem, so we help and love other animals, birds, trees and oceans and giving them back by keeping it clean for all beings on this planet to live happily.
- We thank you dear Earth, for all the care and love you gave to humanity and to all the animal and plant kingdom.