

# ZERO WASTE CHECKLIST FOR BEGINNERS!

(Quick and Easy)

## Shopping

- Reusable bags kept in vehicle
- Bulk food shop (pasta, rice, coffee, etc.)
- Only purchase naked produce
- Eat less or no meat
- Look for recyclable packaging (cans/cardboard)

## Kitchen

- Refill dish soap at Zero Waste Shop
- Rags & tea towels
- Reusable containers

## Bathroom

- Bamboo toothbrush
- Zero Waste toothpaste
- Soap bar for shower & sink
- Shampoo & conditioner bar

# Checklist Zero Waste Lifestyle

**Michael Brown**



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