

The Zero-Waste Kitchen Cheat Sheet

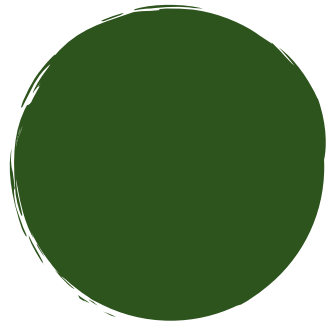
HOW TO CREATE LESS WASTE IN THE ROOM YOU ARE IN EVERYDAY

GROCERIES



- Bring reusable produce and grocery bags
- Choose farmers' markets for produce for seasonal, local, and plastic-free produce
- Source local establishments to use your own containers for meat, cheese, bread etc...
- Opt for metals, glass, paper, and recycled plastic containers over new plastic
- Save all unavoidable containers for reuse

- Find stores as close as possible to you that will allow you to fill your own containers
- Keep a running list of bulk items so you always know what you need
- Purchase as much as you can in one go for fewer trips
- Store items in air-tight containers for long-term storage



BULK

SNACKS



- Choose one day a week where you commit to making at least one snack made from (mostly) bulk ingredients
- Buy treats from bakeries and cafes using your own containers
- Give yourself a break and allow yourself a "packaged treat" every so often
- Write e-mails or letters to companies encouraging them to use eco-friendly packaging

- Compost all food scraps
- Save veggie scraps for broth and fruit scraps for tea
- Store leftovers in fridge in the order that they need to be eaten
- Understand what "best before" and "eat by" dates really mean
- Meal plan to avoid over buying food that will just go to waste



WASTE

CLEANUP



- Use cloths/rags to replace paper towels and napkins
- Buy dish soap and detergent in bulk, recycled plastic, or make your own!
- Make your own toxin-free all-purpose cleaner
- Use the dishwasher as it wastes less water than hand-washing

- A tea infuser for loose, bulk tea
- A pressure cooker or Instapot for dried pulses, legumes, and beans
- Reusable silicone mats that replace single use parchment and wax
- A travel mug for beverages on the go!



TOOLS