

WASTE ZERO™

at home

Stop waste before it happens!

Use this checklist and list of resources to reduce waste, conserve resources, save money and create a more sustainable home.



Use Durable, Reusable and Washable Items

- Coffee cups and travel mugs
- Water bottles
- Cloth grocery and shopping bags
- Plates and cups
- Silverware/serving utensils
- Cloth napkins and tablecloths
- Food storage containers
- Cloth towels, rags and wipes
- Cloth diapers, wipes and bibs
- Garment bags
- Lunch totes

***NOTE:** If you use disposable kitchenware, consider compostable plates and recyclable cups. When ordering food "to go," ask the restaurant not to include napkins and single-use silverware.



Use Less Paper

- Use "print preview" and only print what you need
- Set your printer default to double-sided
- Purchase paper with a high recycled content
- File documents electronically
- Subscribe to newspapers and magazines online
- Receive bills electronically
- Stop junk mail
- Cancel phone books
- Cancel catalogs

Shop Sustainably

- Use reusable shopping bags
- Purchase products made with recycled content
- Look for products with less packaging
- Buy food in season and shop at local farmers markets or stores selling local products
- Choose lotion and toothpaste in tubes instead of pumps
- Purchase milk from local farms in reusable glass containers
- Dehydrate and can fruits and veggies for year-round use of local, seasonal harvests
- For birthdays, holidays and special occasions, give homemade gifts or buy gift certificates for services and experiences
- Reuse boxes, bubble wrap and other packaging materials or drop-off for reuse at mailing or shipping businesses

Rent, Share and Purchase Secondhand

- Garden tools
- Shop/auto tools
- Power tools
- Clothing/accessories
- Baby, toddler and kids' gear
- Sports equipment



MORE WASTE REDUCTION TIPS

Be a Greener Cleaner

- Use cloth rags and wipes
- Make homemade household cleaners
- Buy environmentally friendly cleaning products

Garden Naturally

- Compost food scraps at home with a worm bin or "green cone"
- Mulch and grasscycle
- Plant native plants
- Grow your own food
- Compost yard waste in your backyard
- Use rain barrels
- Manage pests and lawn without toxic products
- Raise chickens!



Build Green

- Research green home remodeling resources
- Purchase environmentally friendly products
- Use low VOC paint and reclaimed wood
- Purchase low flow faucets and toilets
- Replace lights with compact fluorescent light bulbs (CFLs)
- Recycle construction, demolition and land clearing debris



Go Green Together

- Conduct an audit of your trash and recycling containers. Make a list of what is thrown away/recycled in one week. Use this list to identify ways you can reduce waste or replace single-use items with durable alternatives.
- Talk about why reducing waste is important and brainstorm waste reduction ideas as a family
- Share recycling and food composting chores so everyone learns what goes where
- Shop and cook together as a family
- Start a garden with shared and assigned areas



Safely Dispose or Recycle These Products*

- Used motor oil
- Oil-based paint, thinner and solvents
- Pesticides and garden chemicals
- Electronics and cell phones
- Pool and hot tub chemicals
- Auto and boat chemicals
- Large propane tanks (5 gallons)
- Non-alkaline batteries
- Fluorescent light bulbs & tubes
- Unwanted or expired medicine

*None of the products listed here are allowed in the garbage in Seattle or King County



HELPFUL RESOURCES

- Seattle Junk Mail Project** seattle.catalogchoice.org
- King County Junk Mail Reduction Project** your.kingcounty.gov/solidwaste/wasteprevention/junkmail.asp
- Cancel Yellow Pages** seattle.gov/stopphonebooks
- Cancel Catalogs** catalogchoice.org
- Insurance and Credit Card Offer Opt-out** optoutprescreen.com
- Seattle PaperCuts** seattle.gov/papercuts
- Greener Cleaners** watoxics.org
- Styro Recycle** styrorecycle.com
- ... **to reuse**
- King County Materials Exchange** your.kingcounty.gov/solidwaste/exchange/index.asp
- Goodwill** goodwill.org
- Freecycle** freecycle.org
- Seattle Craigslist** seattle.craigslist.org
- ... **to shop smart**
- Washington Farmers Markets** wafarmersmarkets.com
- Seattle Tilth Producers Directory** tilthproducers.org
- EPA Let's Go Green Shopping** epa.gov/wastes/education/pubs/shopping.htm
- Puget Sound Fresh** pugetsoundfresh.org
- EPA DofE Certified Products List** epa.gov/dfe
- ... **to remodel**
- King County Eco-Cool Remodel Tool** your.kingcounty.gov/solidwaste/greenbuilding/eco-remodel.asp
- City of Seattle Green Home Guide** cityofseattle.net
- CDL Recycle** cdlrecycle.com
- EPA Green Building Program** epa.gov/greenhomes/ReduceWaste.htm
- ... **to garden & compost**
- Garden Hotline** 206.633.0224
gardenhotline.org
- Seattle Tilth** seattletilth.org
- Seattle P-Patch Information** cityofseattle.net/neighborhoods/ppatch/links.htm
- King County Composting Resources** your.kingcounty.gov/solidwaste/naturalyardcare/howto.asp
- City of Seattle Natural Lawn and Garden Care** [search "Natural Garden Care"](http://search%20%22Natural%20Garden%20Care%22) seattle.gov/util
- King County Extension Master Gardener Program** king.wsu.edu/gardening/mastergardener.htm
- Urban Chickens** urbanchickens.net
- ... **to learn more**
- Waste Reduction Tips** weeklytips.recologycleanscapes.com
- WA Department of Ecology Kids Activities** ecy.wa.gov/programs/swfa/kidsPage
- EPA Kids Club** epa.gov/kids/
- King County EcoConsumer Waste Calculator** your.kingcounty.gov/solidwaste/ecoconsumer/index.asp
- EPA Consumer Tips** epa.gov/epawaste/wycd/funfacts
- King County What Do I Do With?** your.kingcounty.gov/solidwaste/wdidw
- ... **to safely dispose of hazardous items**
- King County Materials Exchange** your.kingcounty.gov/solidwaste/exchange
- King County's Hazardous Waste Management Program** lhwm.org
- E-Cycle Washington** EcycleWashington.org
- Take It Back Network** takeitbacknetwork.org
- Take Back Your Meds** takebackyourmeds.org
- Total Reclaim** totalreclaim.com