

31 days to

ZERO WASTE

S M T W T F S

		Stash your trash	Buy nothing new	Assemble a zero-waste kit	Cook a clear-it-out dinner	Shop the farmers' market
Plan how you'll compost	Pack a low-waste lunch	Examine your trash stash	Meal plan	Bulk shop	Freeze your vegetable scraps	Take a hike
Buy bread in a cloth bag	Switch to cloth pads/ menstrual cup	Choose bar soap	Brush with bamboo	Wash your hair	Make your own deodorant	Eat in a favorite restaurant
Go to the thrift shop	Ferment something	Drink more tap water	Buy lunch in a container	Go a day without snacks	Visit the library	Brew a cuppa at home
Replace paper towels	Clean your home	Make something	Join a local zero-waste community	Reward yourself		