



STEPS TO BEING A ZERO WASTE CONSUMER

Before you acquire a product, ask yourself these questions:

CAN I GO WITHOUT IT?

Zero waste starts with consuming less! The first step to reducing is letting go of the consumption mentality. Before you take or buy, think critically whether you really need that thing or could you repurpose something you already have.

26 billion pounds of textiles end up in landfills each year.

Source: US EPA

In the past 50 years, humans have consumed more resources than in all previous history.

Source: US EPA

CAN I BORROW IT?

Buying less means decreasing demand for creating new products so less will end up in the landfill. Ask yourself - how often will you use it? Borrowing isn't just for books from the library, you can rent anything from formal wear to sports equipment if you dig a little deeper.

ZERO WASTE TIP: Did you know Solana Center has a tool library open to all San Diego residents?

CAN I GET IT USED?

Buying used eliminates the upstream impacts. It's not just clothes you can get used, you can also buy furniture, sporting goods, books, and more. You can find these in brick and mortar second hand thrift stores or online from handy sites such as Nextdoor, OfferUp, Facebook Marketplace, & ThredUp.

For every one can of garbage we put at the curb, 87 cans worth of waste have already been made from the extraction and manufacturing processes.

Source: World Resource Institute (WRI)

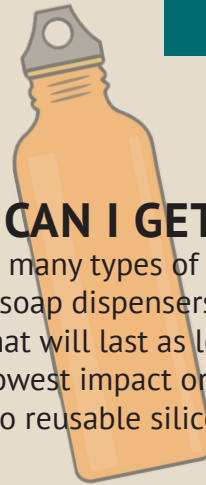
IF YOU NEED TO BUY IT...

The average American uses 156 disposable water bottles a year.

Source: Earthday.org

CAN I GET A REUSABLE VERSION?

There are many types of reusable items - from water bottles, to bags, to soap dispensers. When buying new, seek out products that will last as long as possible, ideally made with the lowest impact or from recycled materials. For example, switching to reusable silicon bags allows you to ditch single use plastic sandwich bags!



CAN I GET IT WITH LESS PACKAGING?

Sometimes packaging feels inevitable, but there are ways to avoid a lot of it! Bringing your own reusable containers allows you to go zero waste in the produce section, bulk bins, and even when getting take out. Keep an eye out for containers made of glass and metal which are 100% recyclable materials!

ZERO WASTE TIP: Have you visited the NADA Shop in Encinitas yet? Bring a jar to refill your personal care and home good items.

40 percent of plastic produced is packaging, used just once and then discarded.

Source: University of California, Santa Barbara

CLOSE YOUR WASTE LOOP

Before you throw something away, ask yourself these questions:



CAN I REPAIR IT?

It is often more cost effective to fix something instead of buying another one new. Use tailors, cobblers, and electronic repair shops to keep your things in use.

ZERO WASTE TIP: Look for products with lifetime warranties or pick up a new hobby and become a DIY expert! The internet has many resources available to guide you, search using keyword “Repair + name of item.”

Approximately 350,000 mobile phones are disposed of each day in the US.

Source: US EPA

Materials need to be heated to approximately 2500° F to make a glass jar.

Source: ExplainThatStuff

CAN I REPURPOSE IT?

Whether it was made to be reusable or not, everything can have another purpose with a little creativity. For example, try using an old t-shirt to clean rather than buy paper towels. Ideas are unlimited, check pinterest.com or find a zero waste blog for inspiration!

CAN SOMEONE ELSE USE IT?

Not only will it reduce waste but you are helping those in need when you donate things you no longer want. Try selling online, have a garage sale, offer it in a “Buy Nothing” group on Facebook, or gift to someone that might want it.

ZERO WASTE TIP: Host a swap party with friends as a fun way to share resources and refresh your wardrobe waste-free!

It takes 1800 gallons of water to produce a pair of jeans and 400 gallons to make one new T-shirt.

Source: Tree Hugger

75% of America’s waste is potentially recyclable, but right now we only recycle around 35% of our waste. Glass and aluminum are 100% recyclable and can go from bin to back on the shelf in 60 days!

Source: Rubicon, US EPA, RecyclingFacts.org & Earth911

Seek out special recycling for:

E-waste | Plastic Bags | Textiles | Tires
And more! Check out wastefreesd.org to locate sites closest to you.

CAN I RECYCLE IT?

Find your local recycling guide at edco.com to familiarize yourself with what is and what isn’t recyclable. Follow these general principles to recycle right:

Empty

No food or minimal residue remaining.

Dry

Rinsed and dried, no liquids remaining.

Loose

Do not bag recyclables.

Floppy Sloppy

Plastic that is floppy is NOT recyclable in your blue curbside bin.

Examples: plastic bags and plastic film.

Rigid Recyclable

Plastic that is rigid IS recyclable.

Examples: plastic bottles, (non-compostable) take out containers.

Scan to learn more about recycling in Encinitas!



Do NOT put in your curbside recycling bin:

Plastic bags (and other film plastic)
Food soiled items (a little residue is ok)
Cords, ropes and other tangling items (Christmas lights and hoses)
Hazardous waste (electronics, bulbs, batteries, propane tanks, paint etc.)