



ways to reduce waste at home: simple alternatives



Lets talk trash. In 2018, the United States alone generated an estimated 292.4 million tons of waste, nearly 4.9 pounds per person per day. At this rate, estimates predict our landfills could reach maximum capacity as soon as 2035. The reality of this situation is many of the resources used to create these wasteful single use products are finite & nonrenewable, much as coal, oil, and trees. We cannot continue to maintain our quality of life, ecosystem biodiversity, & earth's natural resources without making some serious changes in our lifestyles. Now more than ever we need to start shifting towards more sustainable methods of growth and development. Every little transition is a step in the right direction and saves your household money in the process.

simple switches you can make:

- ▶ reusable straws
- ▶ reusable ziplock bags
- ▶ shop secondhand
- ▶ bar shampoo, conditioner, & body wash
- ▶ avoid plastic utensils
- ▶ laundry detergent sheets
- ▶ eliminate paper products
- ▶ e-reader (kindle, ipad)
- ▶ reusable bags
- ▶ reusable cotton rounds
- ▶ wool dryer balls
- ▶ reusable water bottles
- ▶ bite toothpaste bits

<https://thefoundationblog.com/blog/17swaps>

<https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/national-overview-facts-and-figures-materials>

Images: <https://bali-boo.com/product/bamboo-toothbrush/>

<https://glowingnest.com/best-reusable-ziploc-bags/>