



Green Goes Global

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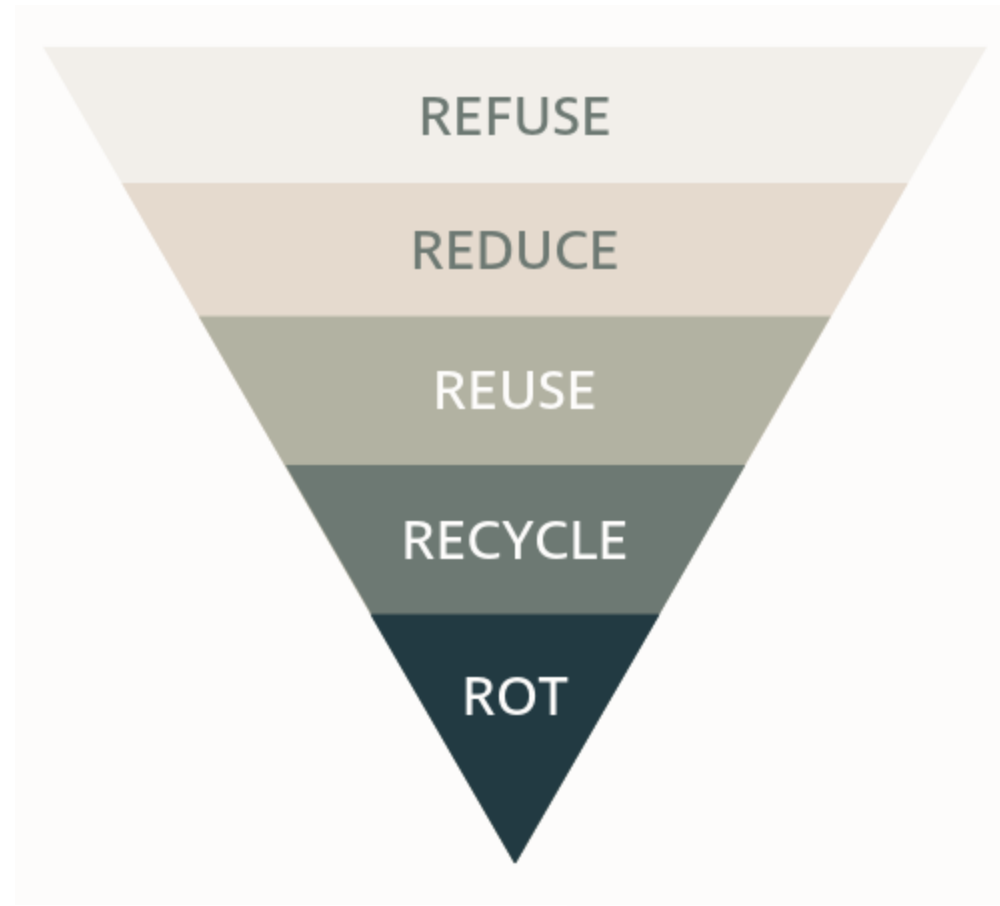


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What is ZERO WASTE?



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- 1) **Refuse:** Single use plastics and plastic freebies should always be refused. Want a straw for that drink? No! A bag to carry your groceries? No! A free pen at a convention? The answer should always be no. Most of these items will only be used for a few minutes or just end up at the bottom of your purse. It takes resources to create and transport them, and these products will stick around long after us, increasing our strain on the earth. Of course, there are more environmentally friendly alternatives, such as paper bags and straws. Whereas these are preferential to plastic alternatives, the best option remains to take your own reusables, such as cotton bags, and bamboo cutlery.
- 2) **Reduce:** We should minimise the amounts of packaging and plastic products that we buy and consume. Try to swap products in plastic for products packed in paper, or better yet, products that come without any packaging. You can also decrease your consumption by buying only high-quality products with a long lifespan. These should replace cheaper products of low quality that have to be replaced every so often.



ZERO WASTE kitchen



cloth shopping bag



cloth napkin



reusable produce bag



reusable sandwich wraps



reusable snack bag



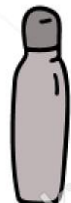
mesh market bag



glass jar



reusable containers



stainless water bottle



stainless steel straw



plastic free scrubber



metal lunch box



bamboo cutlery set



cloth bowl cover



tea globe infuser



reusable tea bag



reusable coffee cup



reusable coffee filter



french press



hand coffee grinder

3) *Reuse:*

Before throwing something out, consider if you can reuse it. Glass pots, for example, can be reused to stock food, as drinking glasses, to freeze soup or sauce, or to organise your kitchen cabinets. Another way to reuse products is by repairing them. Ripped shoes and clothes can often easily be fixed, and in big cities, you can usually find repair shops to repair electrical appliances. By repairing instead of throwing out, you reduce the demand for new products and resources, you prevent waste ending in landfills, and you often save some pennies as well!



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BIODEGRADABLE

No legal definition. Term is illegal in California.

Means it will breakdown over time. It may take centuries (e.g., plastics).

Usually made from plastics + other chemicals.

Requires microorganisms to degrade and produce CO₂, H₂O, methane, biomass and mineral salts.

Not compostable. Will contaminate organics bin. Usually ends up in landfills.

Will degrade in landfills. Breaks down into micro plastics. Leaves toxic residue.

Pollutes water + food supplies.



COMPOSTABLE

The term "compost" dates back to 13th Century France.

Means it will break down fully within specific time + conditions (e.g., 180+ days)

Usually made from organic (plant) materials.

Requires microorganisms, carbon, nitrogen, water, oxygen to fully compost into organic materials.

Can be home, garden or industrial compostable, (e.g., PLA Bioplastics).

Breaks down into non-toxic materials, water + CO₂. Will not compost in landfills.

Fertilizes/improves soil + a natural pesticide.

4) **Recycle**: Properly recycle products that cannot be reused. Sometimes you may need to separate the different materials in a product or package. For example when packaging is made of plastics and paper.

Approximately 9.2 billion tons of plastics have been produced since 1950. According to researchers from the University of California, only 9% of it was processed, 12% burned, and 79% went to landfills and the environment.



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5) **Rot:** As the ultimate zero-waster you are no longer buying anything that would end up in a landfill. Therefore, every bit of waste that cannot be recycled should be organic. After you are done using it, it should be left to rot. It is essential that organic waste does not end up in landfills. Here it is covered in waste, where it does not have the oxygen needed to rot. This causes it to stay around for a long time while emitting greenhouse gasses. Therefore, the best way to let your organic waste decay is by creating your own compost pile.

*6) **Repair** items and **remember** that your consumer choices and how you spend your time have an impact on the environment. Our consumer choices are important, but a single person cannot take responsibility from large corporations and unfair businesses - system changes are needed at the level of countries and international trade regulations. [CLIMATE JUSTICE!](#)

How to start?

Starting a zero-waste lifestyle does not mean that you have to change your life from one day to another. Zero waste should be seen as a goal or ideal, and every little step you take is a significant accomplishment. After all, every time you drink from your refillable bottle instead of buying a plastic bottle, this means one less bottle ends up in a landfill because of you. It is important to be gentle with yourself and to accept that in changing your habits you will make mistakes. Just try to learn from them and move on!

[12 Cheap & Easy Tips for Reducing Your Waste](#)



Let's discuss!

- What do you think about the idea of zero waste?
- Do you implement them in your life?
- How do you work with young people on these topics?



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Are you ready for ZERO WASTE CHALLENGE? 😊



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Inspiration

As the zero waste lifestyle is becoming more popular, it is also starting to play a role in social media and popular culture. Here are some platforms you can turn to for inspiration and tips.

- Zero waste home was founded by Bea Johnson. Although the zero waste movement existed before Bea came along, it really took off after she started writing about it in 2009. She published a book and began travelling the world to raise awareness for environmental problems and the zero waste movement. Make sure to check out her blog, social media accounts, and this inspiring Ted-talk.
- Going Zero Waste: A true zero waste veteran, Kathryn has been committed to and writing about the zero waste lifestyle for a long time. On her blog, you will find dozens of useful articles to get you started and to grow in your own zero waste lifestyle. Want to know how to make personal hygiene products such as toothpaste or face toner? Kathryn knows! Need tips on second-hand clothes shopping? Kathryn has them! Need advice on zero waste cleaning, cooking, or holidays? Turn to Kathryn!



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Inspiration

- Your RV Lifestyle wrote a comprehensive guide for living a zero-waste lifestyle while travelling or living in an RV. But even if you have never even seen an RV from up close, this guide is still super useful because of its advice on how to reduce your waste during your travels or at home. After all, RVs combine the best of both worlds.
- The Zero Waste International Alliance: Admitted, ZWIA is focused primarily on business, communities and governments that want to work towards zero waste. However, it also includes interesting articles about the zero waste movement and the way forward. Moreover, in case you have pull in a business, community, or government, ZWIA might just help you introduce the principles of zero waste.
- Ecocycle aims to build zero waste communities in the USA and provides useful information for everyone who wants to know more about the zero waste lifestyle. Moreover, it contributes to school programs teaching about the zero waste movement on schools. it also funds research about zero waste to add to the political discussion.



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Inspiraton

- [How People Make Only a Jar of Trash a Year](#) - national geographic article
- [Eco cycle guide 2019-2020 ZERO WASTE](#)
- [Podcast with dr Palmer](#)
- [TED talks Charles Moore - seas of plastic](#)
- [YT video „I Tried to Go Zero Waste for 7 Days...Here's how it went”](#)
- Documentary movie „ [No Impact Man](#)”
- There are many groups on Facebook which you can join to share problems and lessons learned with other like-minded people. Some examples are ‘Begin the Journey 2 Zero-Waste’ and ‘Journey to Zero Waste’. Looking for a group where your native language is used? Just use the Facebook search engine to search on ‘zero waste’, and you are sure to find one.



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