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Day 26 Greener

Lauren Singer is one of my eco heroes.

Lauren Singer is an eco-hero. Like many, she was an environmental science major in college. What started her on a different path than most was an annoyance or anger towards a fellow classmate who came to the environmental classes with single use plastic retainers for lunch that would always end up in the trash. This annoyed Lauren until one day she opened her fridge and realized she was no better. She then embarked on a journey to becoming zero waste and ditching plastic. As a recent college graduate she became well known for keeping a year's worth of trash in a single mason jar. She is now onto year five with the same 16oz mason jar. Anything not in the mason jar was reused, recycled or composted.

Since beginning this endeavor, Lauren has done tons of research on products most people do not think about to learn about their toxicity, sourcing and packaging. On her website "Trash is for Tossers," she has numerous tips, suggestions and videos to help other people strive for zero waste or less waste. Readers of her website can find helpful items to replace plastic items such as plastic toothbrushes. Readers can also learn various DIY projects including DIY deodorant and toothpaste.

Taking her passion a step further, Lauren along with her friend Daniel (Zero Waste Daniel) opened a zero waste store in New York, Package Free. In this store they provide various essentials for zero waste living along with Lauren's Laundry detergent brand, Simply Co. and Daniel's clothing brand.

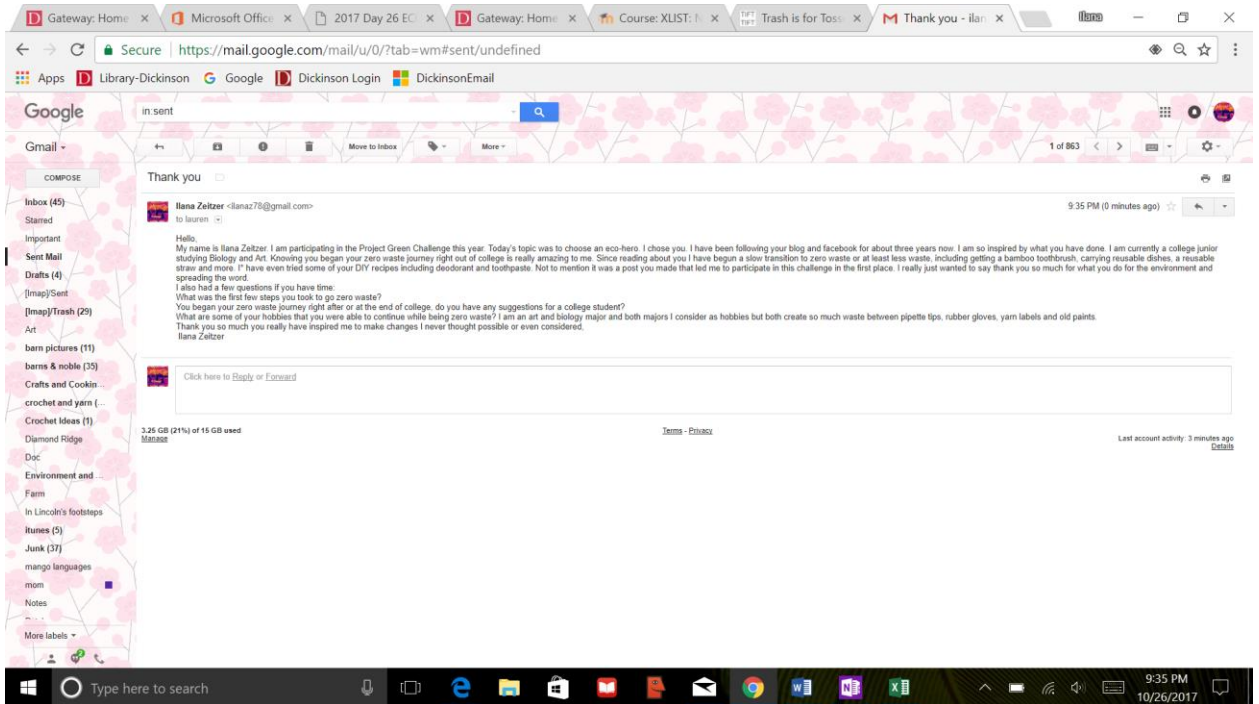
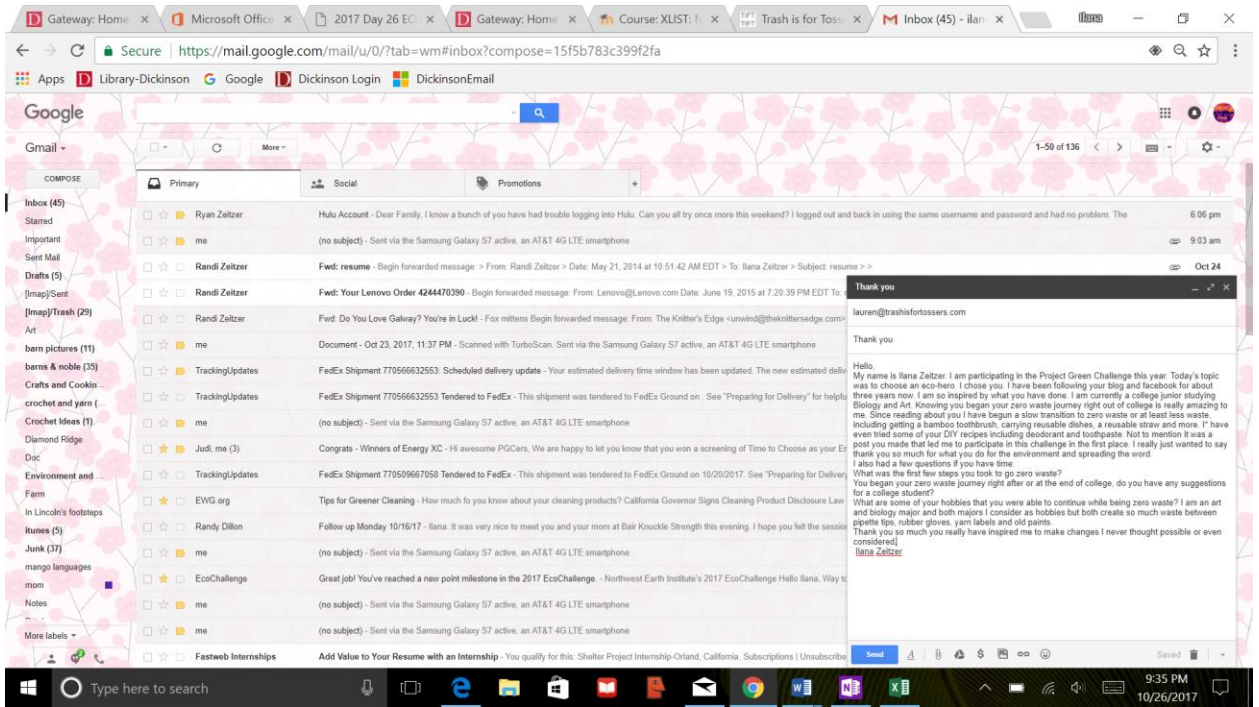
Lauren is an eco-hero because she saw the problems she was supporting with her lifestyle and chose to make a change and not a small or easy one. Not only did she change her lifestyle she also chose to blog about it to inspire others to do the same, so they could learn with her. Now she does talks at conferences on TV shows to spread the word and encourage people to change their lifestyle even if it is something simple like using a bamboo toothbrush. Taking her influence, a step further she opened a store to provide even easier access to items to help people go zero waste, which was only supposed to stay open a few months but has become permanent. She took a simple college frustration and realization and made it a lifestyle choice for the planet and the future!

Questions:

What was the first few steps you took to go zero waste?

You began your zero waste journey right after or at the end of college, do you have any suggestions for a college student?

What are some of your hobbies that you were able to continue while being zero waste? I am an art and biology major and both majors I consider as hobbies but both create so much waste between pipett tips, rubber gloves, yarn labels and old paints.



Email sent!