

DAY 6 - GREENER ZERO WASTE



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MY TRASH COLLECTION



TRASH

Pocky wrapper

RECYCLING

College mail

COMPOST

Banana peel
Egg shells
Lime
Zucchini Peel

My trash collection for today was quite small, but I think I can still work on downsizing my waste even more.

1. College Mail: I've been getting a lot of college mail from schools I'm not interested in. I'm going to try and find the source of where they're coming from and see if I can somehow unsubscribe from these places. Even though I can recycle this mail, I think it's better to save as much paper as possible and so this type of mail can go to people who are genuinely interested in receiving it. The amount of unwanted college mail people receive accumulates over time which is definitely a huge waste of paper.

2. Pocky wrapper: This was the only real trash I had, which also represents all the other snacks I eat that come in single use plastic (chips, candy, etc.). It's generally hard to find snacks in more sustainable wrapping, so I will try to avoid snacking frequently or replace these snacks with fruit! This will be better not only to reduce the amount of waste I generate, but to improve my overall health as well.

MY CONVERSATIONS



Tim Guy

Tim and I talked about the trash we produced today. I shared my bag of trash, and then I had him share the trash he accumulated today. It consisted of egg shells, yogurt, and a crumpled piece of paper from printing the wrong thing. I had him tell me which bin each of the items should go, and he got them all correct! I also talked about what I learned from the Story of Stuff and we discussed ways we can both live more sustainably, which included making sure to sort correctly, following the 5 Rs, and having more conversations about what we can do to reduce our waste.



Ally Chu

Ally and I also went over the trash we produced today, which happened to be pretty similar to my bag. I asked her to tell me where each of the pieces of trash she mentioned should go, and she also got everything correct! Here in the bay area, people are fairly knowledgeable about how to sort waste. I proceeded the conversation by asking her to tell me the 5 Rs, three of which she knew (she didn't know refuse and rethink). A few things she does to accumulate less waste is by using a metal straw, using a reusable water bottle, and sorting her waste.

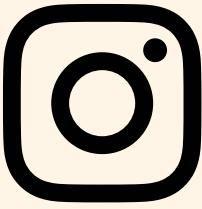
ADOPTING REUSABLE PRODUCTS



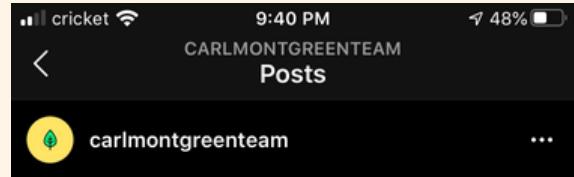
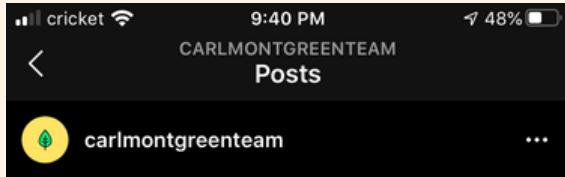
I plan to adopt reusable products by:

1. Using up what I already have first, and then looking at my local thrift stores or other second-hand shops to see if they have what I'm looking for. If they don't have my item, I will buy what I need from a sustainable/zero waste store, like Lauren Singer's Package Free Shop.
2. Making sure what I buy is actually something I need. If I'm buying something only because it's on sale, I will need to **rethink** that decision. I do not want to feed into consumerist habits!
3. Noticing the items that go into my trash the most and replacing them with more sustainable options. For instance, my family uses paper napkins and towels a lot, but they can easily be replaced with cloth napkins.

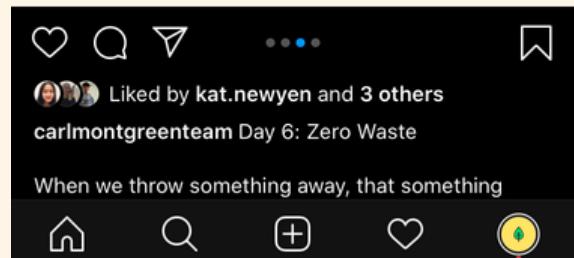
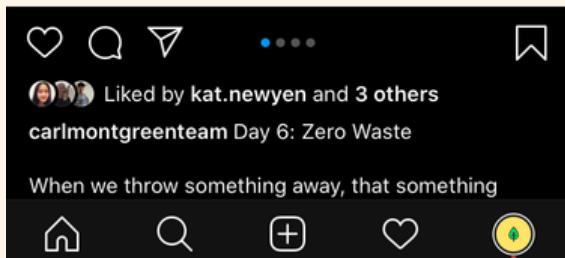
By making these simple changes to my life, I hope to reduce my waste footprint and inspire people around me to do the same. Maybe I'll start giving more sustainable birthday gifts to friends!



SOCIAL MEDIA POST



TODAY'S TRASH COLLECTION



Caption:

Day 6: Zero Waste

When we throw something away, that something never really goes away. It must go somewhere, whether it be the landfill, a recycling center, or a compost facility. The Story of Stuff discusses that a linear system on a finite system cannot continue indefinitely. The only way to move forward sustainably is by moving towards a circular economy, which is a system involving the continual use or resources designed to eliminate waste.

As individuals, we can work on adopting a zero waste lifestyle. This doesn't mean eliminating our waste completely, but changing our habits to live more sustainably and generate less waste. We can reduce our waste by following the 5 Rs in this order: refuse, reduce, reuse, recycle, and rethink. Although it may seem expensive to purchase reusable items instead of buying cheap, disposable items, a low waste lifestyle is actually more cost effective in the long run!