

# ZERO-WASTE TIPS DURING COVID-19



**What does zero-waste mean?** A focus on waste prevention with the overall goal of minimizing what gets thrown away.

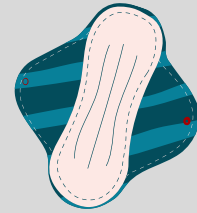
## DAILY ROUTINE

Think about how your bathroom products are packaged

- Replace bottled products for bar soaps
- Switch out your plastic toothbrushes for bamboo ones and toothpaste tubes for toothpaste tablets
- Consider reusable menstrual products
- Try bulk lotion or lotion bars

Pet owners: reuse plastic bags for pet waste

Use bulk baking soda and vinegar instead of buying new cleaning products



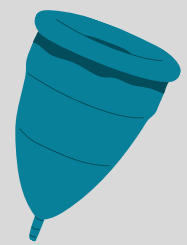
## ON CAMPUS

Think before you print & stick to double-sided

Before you throw your pen or pencil away – can you refill it?

Refuse freebies – they weren't free to the environment!

Be conscious of your paper towel use – use only what you need



## SHOPPING

Purchase durable, repairable, and/or reusable goods in place of disposable goods when possible

Prioritize second-hand stores

Remember to bring reusable bags – consider reusable produce bags too – *but check your store's COVID regulations first!*

Reuse glass jars to buy in bulk – check out [Scoop Marketplace](#) and [Central Co-op](#) nearby – *but check your store's COVID regulations first!*

Only buy what you really need and use what you have before you buy new – *the most sustainable product is the one you left on the shelf*



## FOOD

### Bring your own lunch

Plan ahead – pack food before coming to campus

- Leftovers make the perfect lunch!
- Pack your food in reusable to-go ware and don't forget utensils and snacks

### Eating on campus

There are new restrictions due to COVID-19. *That's okay – prioritize health and safety!*

Avoid items packaged in single-use materials when possible

- Examples: chip bags, protein bars, drinks
- Prioritize drinks in glass bottles or aluminum cans

To-go ware at campus food service locations is still compostable

### Other food ideas

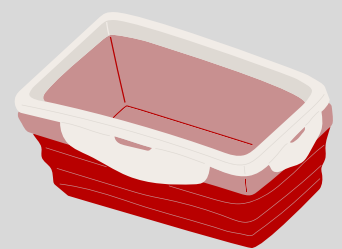
Be conscious of tea bags – they are not always compostable

- Put them in the trash if you are unsure
- Consider getting tea in bulk instead

Try cooking your own food instead of buying pre-made

Bring reusable water bottles

- Refill your water bottle in C-Street behind Puget Pour



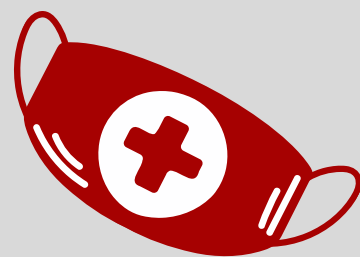
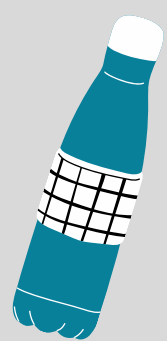
## COVID SPECIFIC

Opt for a reusable mask if possible

- Make sure to wash your masks frequently
- Handwashing masks in hot water will sanitize them while ensuring they last longer

If using a disposable mask, cut the ear straps before discarding

Sanitize surfaces with disinfectant spray & cloth rags over wipes



## WHAT IF I PRODUCED TRASH?

*Don't panic – it's okay, COVID has increased our need for single-use items.*

Think about what led you to purchase that item

- Did you need this item? If not, avoid it next time.
- If yes, is there a reusable substitute? Choose that item next time.

## TIPS TO GO ABOVE AND BEYOND

*There's more to waste than just trash.*

Walk, bike, or bus to campus

Find ways to reduce your energy and water use

Consider a plant-based diet

Check out the CEJS guide to sustainable living!

