The Hitchhiker’s Guide to Zero Waste
“For instance, on the planet Earth, man had always assumed that he was more intelligent than dolphins because he had achieved so much — the wheel, New York, wars and so on — whilst all the dolphins had ever done was muck about in the water having a good time. But conversely, the dolphins had always believed that they were far more intelligent than man — for precisely the same reasons.” – Douglas Adams, The Hitchhiker's Guide to the Galaxy
What is “Zero Waste”? 

• Nothing going to landfills (or almost nothing) 

“Zero Waste Living” 

• A mind frame 
• Recognizing that resources are not limitless 
• Limiting your impact/footprint through your effect on the materials economy 
• Limiting your participation in the “cycle of stuff”.

Davis California
THE STORY OF STUFF
Hierarchy of the “R’s”:

- Refuse
- Reduce
- Reuse
- Recycle
- Rot
- Rebuy
Refuse: What does it mean?

• Keep stuff from entering your home
• If you don’t NEED it, don’t take it
• It’s NOT free

“My doctor says that I have a malformed public-duty gland and a natural deficiency in moral fiber,” Ford muttered to himself, “and that I am therefore excused from saving Universes.”
Refuse:  Just say “No”

- Gifts
- Party favors
- Brochures
- Giveaways at events
- “Free” samples
- Tastings with wasteful packaging
- Shopping bags
- Impulse-buys

“Forty-two,” said Deep Thought, with infinite majesty and calm.
Refuse: Junk Mail

- StopJunkMail.org
- Online bill pay
- Receive statements via email

“Since we decided a few weeks ago to adopt the leaf as legal tender, we have, of course, all become immensely rich.”
Reduce: What does it mean?

- Shrink the waste that comes from your home
- Reduce
  - Trash
  - Recycling
  - Composting
- Less “stuff” entering the waste stream
- Composting and recycling takes energy and costs $
Reduce:

- BYOB
  - Bring Your Own Bag
  - Bring Your Own Bottle
  - Bring Your Own Mug
  - Bring Your Own Leftovers Container

Carryout Bag Options

- NOT IN DAVIS
- 10¢ each
- Bring your own bags

HOW I FEEL

WHEN I BRING MY REUSABLE BAGS
Reduce: Shop Smart

- Bulk items
- Items with less packaging
  - Avoid blister wrapped items
- Items in recyclable packaging
  - Avoid expanded polystyrene foam
- Condensed items
  - Soaps, powdered products
- Refillable
  - Glass milk bottles

<table>
<thead>
<tr>
<th>WASTE FRIENDLY</th>
<th>EXCESS PACKAGING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condensed soup</td>
<td>Vers. Microwave single</td>
</tr>
<tr>
<td>82% less expensive</td>
<td></td>
</tr>
<tr>
<td>46% less waste</td>
<td></td>
</tr>
<tr>
<td>1-gallon water jug</td>
<td>Vers. 6-pack 12 oz. plastic bottles</td>
</tr>
<tr>
<td>87% less expensive</td>
<td></td>
</tr>
<tr>
<td>80% less waste</td>
<td></td>
</tr>
<tr>
<td>Pudding in a box</td>
<td>Vers. Pudding in plastic cups in cardboard carton</td>
</tr>
<tr>
<td>64% less expensive</td>
<td></td>
</tr>
<tr>
<td>75% less waste</td>
<td></td>
</tr>
<tr>
<td>Large box</td>
<td>Vers. Single Serve Cereal</td>
</tr>
<tr>
<td>45% less expensive</td>
<td></td>
</tr>
<tr>
<td>50% less waste</td>
<td></td>
</tr>
</tbody>
</table>
Reduce: **Switch to reusable items**

- Water bottles
- Shopping bags or baskets
- Mesh veggie bags
- Cloth napkins
- Snack pouches
- Straws
- Purchase durable items
Reduce: Rechargeable batteries

- Preference:
  - Single-use low performance
  - Single-use high performance
  - Rechargeable
  - AC adapter

- ALL batteries must be disposed of properly
  - Illegal to throw in the trash

OK, it's decision time. Which one would you choose?

Directions for use:
Use, Recharge, Repeat 500+ times, Recycle.

Reduce waste and save money
Buy rechargeable batteries

reloop
rechargeable battery

Davis California
Reuse: What does it mean?

- To use an item again after it has been used.
- Turn waste into a resource.
**Reuse:** Use it again or repurpose

- Use both sides of a piece of paper before recycling it.
- Save and reuse gift boxes, ribbons, tissue paper and larger pieces of wrapping paper.
- Reuse newspaper, packing peanuts and bubble-wrap.

![Image of reuse examples](image-url)
Reuse:

• Borrow, rent or share things you use infrequently.
• Donate unwanted items
  – Davis Enterprise free section
  – Facebook free or for sale groups
  – Craigslist
  – Freecycle
  – Thrift stores

“...The disadvantages involved in pulling lots of black sticky slime from out of the ground...turning it into tar to cover the land with, smoke to fill the air with and pouring the rest into the sea, all seemed to outweigh the advantages of being able to get more quickly from one place to another.”

How to Make a T-shirt Bag

Find an old T-shirt.

Cut off sleeves and neck binding.

Turn shirt inside out and sew across bottom.

Sew straight seam down sides to make a more square shape.

Trim corners.

Turn bag inside out. Embellish.

Use it!
Recycle: What does it mean?

• Turning something old into something new
• What can you recycle in Davis?
  – Almost everything!
WHAT GOES IN MY RECYCLING CART?

PLASTIC, GLASS & METALS

- Plastic bottles
- Glass bottles
- Aluminum cans
- Plastic containers

PAPER

- Newspapers
- Magazines
- Mail

CARDBOARD

Flatten and stack on the ground next to the recycling cart
Glass, plastic and metals

PETE  HDPE  V  LDPE  PP  PS  Other
Recycling tips:

- Place a recycling bin in the bathroom
- Excess paper that doesn’t fit in the cart → organics
- Bag up shredded paper in a paper bag
- Label bins clearly

![Recycling Tips Images]
Rot (Compost):

- Nature’s way of recycling
- Returning waste into the ground in basic elemental form
- Backyard composting
- Organics collection

“There is an art, it says, or rather, a knack to flying. The knack lies in learning how to throw yourself at the ground and miss.”

“It is a mistake to think you can solve any major problems just with potatoes.” – Douglas Adams, The Hitchhiker's Guide to the Galaxy
Compost Collection tips:

• Place a compost bin in the bathroom
• Replace kitchen trash bin with compost bin
• Keep lid off kitchen compost bin
  – Add tissue paper, paper towels
• Collect food scraps in cereal boxes
• Line food scrap pail with newspaper
• Place cardboard at the bottom of the organics cart
• Compostable plastic bag liners

“Since we decided a few weeks ago to adopt the leaf as legal tender, we have, of course, all become immensely rich.”
You have options!
Right size your garbage cart

Aprox. 5-7 Kitchen garbage bags
Aprox. 4-5 Kitchen garbage bags
Aprox. 2-3 Kitchen garbage bags

Is your garbage cart too full or do you have extra space? Choose the garbage cart that fits your household’s needs.

HOW I FEEL

WHEN I SAVE MONEY ON MY TRASH BILL
The Hitchhiker’s Guide to Zero Waste

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