YOUR HANDY GUIDE TO GOING ZERO WASTE

Simple, actionable steps to help you ditch plastic for good and live a more sustainable lifestyle.

JUNGLE STRAWS
Try not to leave your house without a full reusable water bottle. Not only is it good for your health, but it also allows you to limit the amount of plastic water bottles that you buy. Water refill stations are now popping up everywhere making it even easier!

When you’re next at the supermarket, take a look around and observe the amount of food wrapped in plastic. Do we really need our broccoli to be wrapped in cling film? Buy food without packaging, or minimal packaging instead, and join the revolution!

Natural deodorant and shampoo bars are fantastic; their fragrances are usually incredible and their packaging is completely recyclable. A normal sized 60ml tub can last a reasonably smelly person at least three months! Ditch the noxious sprays and try something less intrusive for a few months. You’ll be pleased that you did!

This one may seem obvious, but it’s an important step to take on your journey towards a zero waste lifestyle. Commit to bringing a reusable bag with you to the supermarket. If you forget it, turn around and go back to get it! After forgetting your bag once, you’ll be less likely to forget it again!

We’ve all seen those amazing pantry photos on Instagram right? Next time you run short of a particular food, cosmetic, or detergent, think about how you can replace your reliance on plastic and refill a glass jar instead. A nice added bonus is that your home will look great for it too!
Changing your light bulbs to LED equivalents is a great way to reduce your energy consumption. Be mindful when using electronic equipment and always remember to turn off your devices when they are not being used. A little thought goes a long way.

Pack a lunch instead of eating out every day in order to cut back on plastic and learn how to create a meal plan at home in order to avoid food waste. Try freezing your food without using plastic bags by purchasing natural food wraps instead.

Recycling plastic means creating less new plastic, which is definitely a good thing, especially as it's usually made from fossil fuel hydrocarbons. Recycling also reduces the need to grow, harvest or extract new raw materials from the earth, so be sure to use that little recycling bin whenever you can!

Switching our drinking straws to a reusable equivalent like bamboo, metal or paper, or going completely straw-less, is another great way to reduce our reliance on single-use plastic. Jungle Straws make beautiful bamboo straws that can help you make the switch, but there are many other alternatives that you could consider too!

When you purchase something new, really think about its full life-cycle. Think about where it came from and where it's likely going after you're finished with it. Always check the secondhand market first and if you're going to buy something brand new, make sure you're taking everything into consideration.
GO PAPER FREE

Sign up to receive electronic bills and statements instead of receiving paper statements each month. Very often, companies will send out mail in envelopes that contain plastic windows. Many entities offer electronic statements including banks and utility companies. Make that switch today!

BEACH CLEAN-UPS

The pollution of our beaches, coastlines and oceans is not a pretty sight and we cannot afford to look away any longer. If you see plastic floating around in the waves or stuck on the beach, just collect it - bin it - and feel good doing it!

CONTENTMENT

We live in a world full of constant advertisements. One of the most rebellious things you can do is to be content with what you already have. Things don't define you. They don't give you worth. Instead of buying things to make you look better, try spending time bettering yourself. Take a class, learn a new skill, and truly focus on self-improvement.

BALANCE & ETHICS

Each decision you make is a vote for the future you want. So, buying package free goods and purchasing products from responsible companies is a vote for a move towards a circular economy without waste, that allows nature to thrive. So get out there and do the best you can!

HAVE FUN

The best way to reduce your reliance on plastic and to live a more zero waste lifestyle is to simply have fun doing it! Get the kids involved with activities and games, or challenge them to start keeping diaries to track progress. Make it an enjoyable process and it'll become a lot easier to implement those positive changes in your life and enable you to think consciously.
It can be a little overwhelming when you’re trying to figure out where to start, so we hope that our handy little guide will have given you the inspiration you need to help you begin your zero waste journey!

If you’re looking for more information, just head over to our social channels where you’ll find many more sustainable tips and advice on how to live plastic-free.

WWW.JUNGLESTRAWS.COM
WWW.JUNGLECULTURE.ECO