

Zero-Waste Habit Checklist

Checklist for Adopting Zero-Waste Habits

1. **Reusable Items**: Bring reusable water bottles, coffee cups, and cutlery to avoid single-use plastic.
2. **Meal Prep in Reusable Containers**: Use glass containers, mason jars, or metal lunch boxes for packing lunch.
3. **Digital Notes**: Use digital notebooks for work and personal notes to reduce paper waste.
4. **Zero-Waste Workspace**: Keep refillable pens, recycled paper, and avoid disposable desk supplies.
5. **Carry Reusable Bags**: Always have a reusable shopping bag in your bag or car.
6. **Minimize Food Waste**: Plan your meals to avoid unnecessary waste, and consider composting scraps.
7. **Eco-Friendly Commute Supplies**: Bring your own snacks, coffee, and water in reusable containers.
8. **Choose Package-Free Personal Care**: Use products like shampoo bars, bamboo toothbrushes, and natural deodorants.

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9. **Switch to Digital Receipts & Billing**: Opt for digital receipts and billing statements to reduce paper clutter.

10. **Minimalist Wardrobe**: Invest in high-quality, versatile clothing items that require less frequent replacement.