

Transition Your Home to Zero Waste



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Agenda

- What is zero waste?
- Why live more sustainably?
- How to conduct a [waste audit](#)
- Steps to achieving zero waste in your home
- Q & A



My Journey

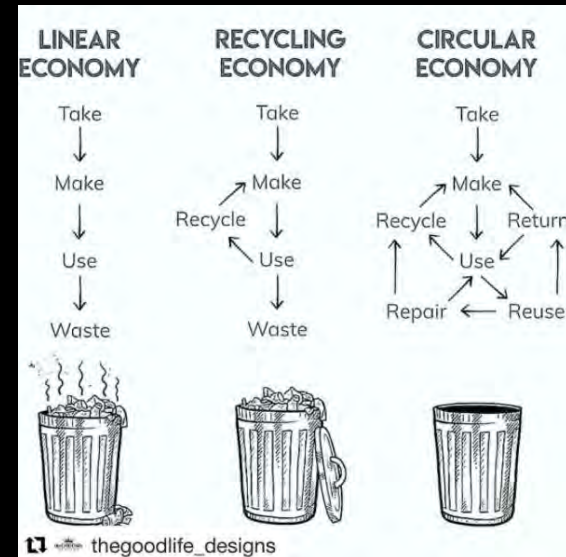




What is zero waste?

“The conservation of all resources by means of responsible production, consumption, reuse, and recovery of all products, packaging, and materials, without burning them, and without discharges to land, water, or air that threaten the environment or human health.”

-Definition adopted by the Zero Waste International Alliance (ZWIA)



What do we throw away?

- 4.9 pounds of trash per person, per day*
- 1.3 pounds of recycling per person, per day
- 25% of landfill waste is organic material
- 33% of all food produced ends up in the landfill before being consumed/prepared

* According to US EPA 2018 data

RECYCLABLES
.....
DÉCHETS
.....
RECYCLABLES

FOOD SCRAPS
.....
DÉCHETS
.....
ALIMENTAIRES

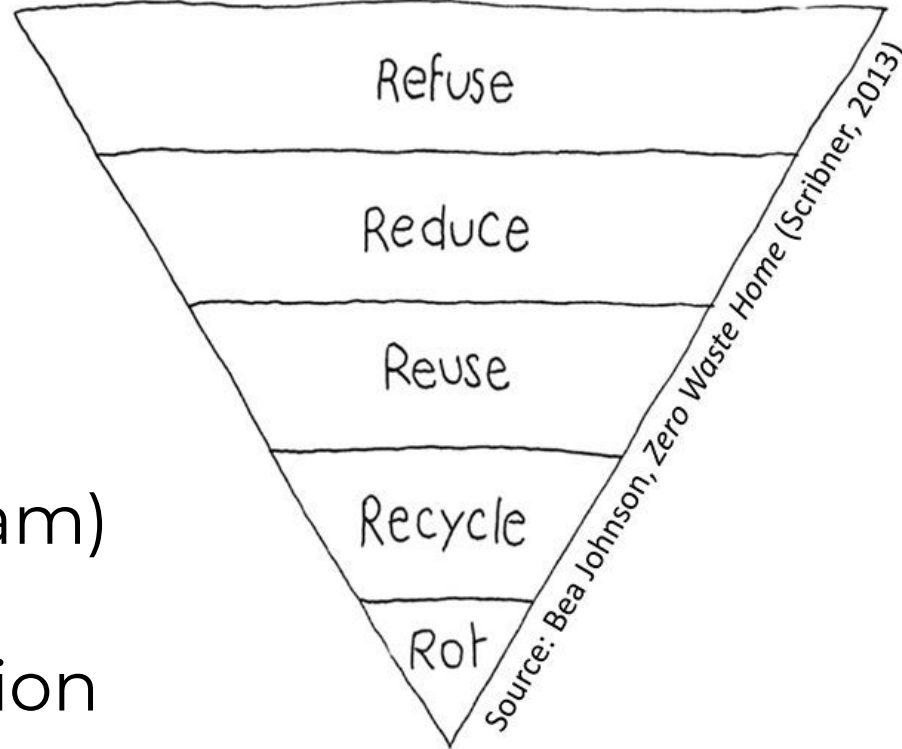
GARBAGE
.....
ORDURES



Why live more sustainably?



The 5 R's



- Rethink (upstream)
- Repair
- Revolution

Waste Audit

1. Live your life normally for 1 week.
2. Weigh/count your waste in every area of your home, including recycle bins.
3. Identify where you can make swaps.
4. Use your resources (like Google!)
5. Make another small change.
6. Repeat.

GET YOUR WORKSHEET [HERE!](#)



My Waste



ZW Grocery Shopping



- Find a store that aligns with your ethos
- Bring your own bags, jars, egg cartons, etc.
- Ask for help
- Purchase glass or paper, if you must
- Utilize the bakery and salad bar
- Learn to store food properly

More info on how to ZW Grocery Shop can be found [here](#).

Make Your Zero Waste Starter Kit



- Grocery list to prevent overbuying/impulse purchases
- Reusable bags
- Mesh produce bags for veggies
- Cloth bags for bulk section, bread or other treats
- Jars for liquids/salad bar
- Bee's Wrap for bread

Watch my [YouTube video](#) for more details on creating your zero waste grocery shopping kit.

How to Tare Your Container

*First time shopping in bulk?
We are happy to help, just ask!*

WEIGH
STATION



BECOME A BULK BIN
PRO USING THESE
SIMPLE STEPS!

1

Make sure the scale reads 0.00.
Place your container on the scale
and write down the weight, or "tare".

2

Fill up with however much you'd like
of your chosen bulk item. **One item
per container please.**

3

**Write down the PLU number from
the bin,** so we know what is inside.

4

Ta-da! You're all set. Keep shopping
or go checkout.

- [How To Video](#)
- Kombucha
- [How To Video](#)
- Coffee
- [How To Video](#)
- Peanut Butter

Other Things to Think About



Minimize and simplify

Buy less and
buy second
hand

Eat more sustainably

Seasonal, local,
organic, less
meat

Fight food waste

Meal plan, check
your fridge, get
creative

Examples



Bulk cleaning products and liquid foods



Bulk shelf-stable dry goods, coffee/tea, and spices



Sustainable swaps for everyday items, especially disposables



Supplied questions/themes

Time and convenience

- Try to visit a grocery store/zero waste store when you can and stock up
- Utilize delivery, when possible

Reducing packaging waste (when shopping at Costco, traditional stores, etc.)

- Purchase in paper, glass, or aluminum

Cost and affordability

- Choose what will work for you and your budget.
Explore the long-term cost savings.



Supplied questions/themes

How to go zero waste in a small household

- Use the bulk section to only buy what you need
- Meal plan
- Store food properly

How to go zero waste in a big household

- Use the bulk section to only buy what you need
- Store food properly



**THANK YOU FOR
COMING!**

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