

## **Zero Waste**

### **Reduce Reuse Recycle - Reuse lots of stuff**

The last few articles have been focused on recycling. Recycling is an easy way to start to feel better about managing waste. There is a specific reason, though, for the order of the three Rs. Reduce and Reuse come first for a reason.

Recycling is great! However, reducing and reusing are the best ways to help the environment and the bit bonus of this “R” s is that they also save you money. This article is going to start with reusing things.

In previous decades, many household managers were very thrifty. People washed out their plastic bags and used them again and again. They also re-used the paper towels used to wash windows and mirrors to clean up messes later, then when they were too dirty they were thrown away. People did not believe in single use items.

When starting on a quest to reduce waste, start by washing plastic bags, especially ziplock bags. These stand up well to washing. Wash all plastic bags that can be reused and use them again and again. These include bags that used to contain frozen fruit, rolled oats and tortillas in. If the bag has a zipper, it can be used to store bread or cheese or whatever a bag is needed for.

Clothing and household linens are very reusable. Clothing that is still in good shape, can be taken to your local consignment store, sold it on social media or taken to your local thrift store. Similar actions can be taken with your linens. They can go to the thrift store or your local animal shelter. If your fabric items are completely worn out, they can be used as rags instead of paper towel. If you really want to get the most out of them, learn how to make rag rugs! .

Other items that can be reused are containers such as yogurt style containers, milk cartons, tins and any plastic containers such as peanut butter jars. These can be used to store things bought in bulk, or to freeze homemade soups, grated cheese, fruit and vegetables.

The obvious of these is your yogurt, sour cream, cottage cheese types of containers. Almost everyone knows how to use these as replacements for tupperware to store cookies, homemade soups, broths etc. Gable topped cardboard milk, juice or cream containers can also freeze fruit, vegetables and grated cheese. Freeze these items on a cookie sheet and then store them in these containers. To use the product, just shake out the amount.

Other plastic jars, such as peanut butter jars can be used the same way. Gifts of berries can be given to or received in peanut butter style plastic jars. In the past it would have been in Ziploc bags.

Please feel free to email [Golden@wildsight.ca](mailto:Golden@wildsight.ca) to give feedback on this article and share your ideas and questions regarding Reduce, Reuse, Recycle.