



# **WILDSIGHT GOLDEN IS PLEASED TO WELCOME YOU TO OUR WINTER SPEAKER SERIES**



**Wildsight Golden empowers people to conserve, restore, and  
enjoy the Columbia and Rocky Mountain regions through  
education, research, and community action.**

The background of the entire page is a light gray gradient. Scattered across this background are numerous water droplets of various sizes and shapes. Some are large and prominent, while others are small and subtle. The droplets have a realistic appearance with highlights and shadows, giving them a three-dimensional effect. They are distributed across the top, bottom, and sides of the page, framing the central text.

# A GUIDE TO LOW-WASTE LIVING

IN COORDINATION WITH WILDSIGHT GOLDEN

# A BIT ABOUT MY JOURNEY



[www.earthday.org](http://www.earthday.org)

## OUR COLLECTIVE POWER

**1970**

THE WORLD'S FIRST  
EARTH DAY

**1 billion**

INDIVIDUALS MOBILIZED  
FOR THE FUTURE OF THE  
PLANET

**75K +**

PARTNERS WORKING TO  
DRIVE POSITIVE ACTION



# WHAT IS ZERO WASTE?

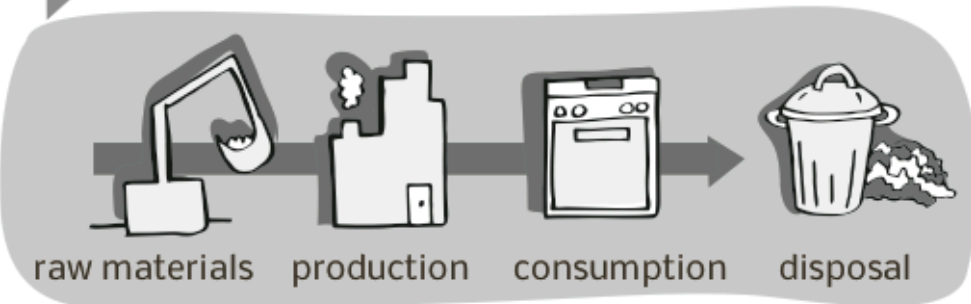


**“Zero Waste: The conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health.”**

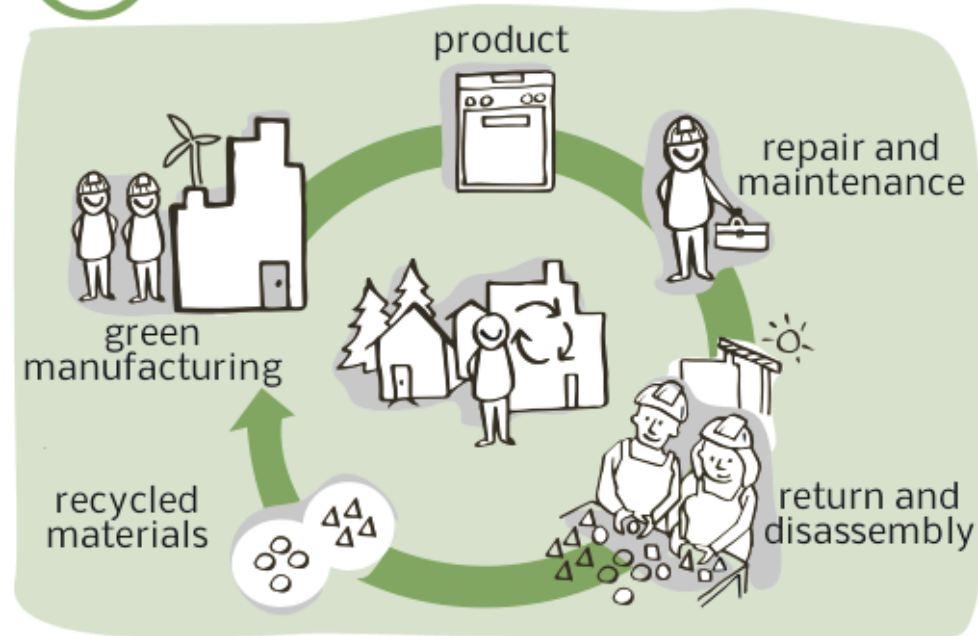
*- Zero Waste International Alliance, December 20th, 2018*

# WHAT IS ZERO WASTE IN BC?

## Shift from linear systems



## to closed loop systems



**“Only by “closing the loop” can we hope to develop a sustainable economy. The idea is to reduce consumption as much as possible by using design-for-environment in all products and their packaging, and to make all products and packaging recyclable... It means preventing pollution at its source.”**

*- Recycling Council of BC, January 2021*

# IS ZERO WASTE THE GOAL?



**We don't need a handful of people doing zero waste perfectly. we need millions of people doing it imperfectly.**

Anne Marie Bonneau § Zero Waste Chef

# ACTIVITY: HOW MUCH DO YOU PRODUCE?

## ACTIVITY

1. Identify the measure your garbage can (ex: 9.5 litre, 20 litre etc).
2. Estimate how many bags of garbage you throw away per week.

EX: Joe has a 20 L garbage container and he throws out approximately 1.5 bags of trash per week = 30 L

3. Times the number of bags per week by 52 weeks for your total trash amount.

EX:  $1 \frac{1}{2}$  bag = 30 L

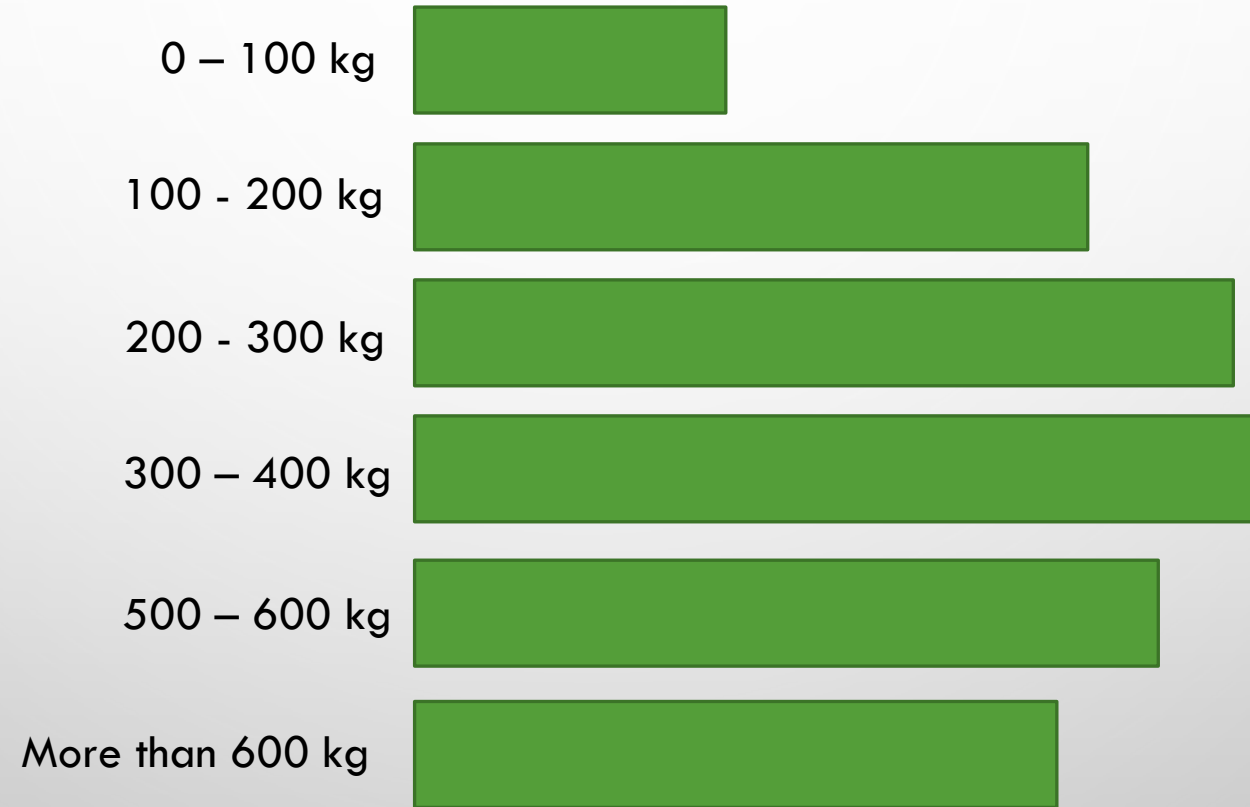
$30 \text{ L} \times 52 \text{ weeks} = 1560 \text{ L}$  of trash per year

4. Use this calculator to determine the approximate yearly weight in of your trash: <https://www.aqua-calc.com/calculate/volume-to-weight>

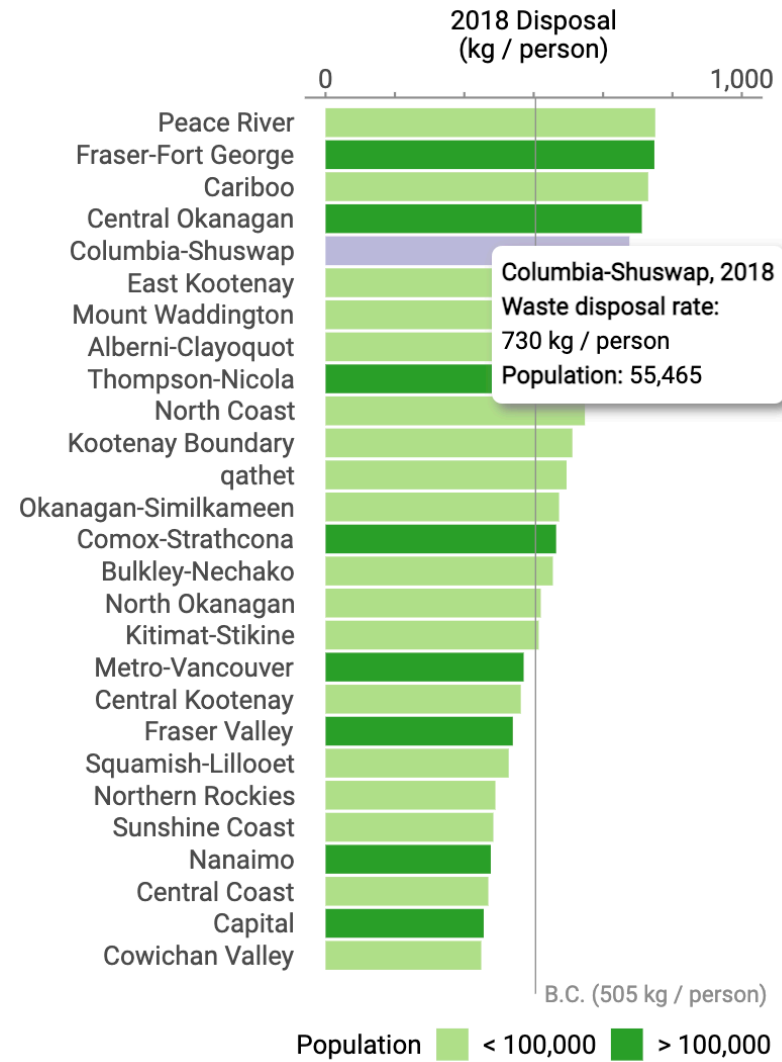
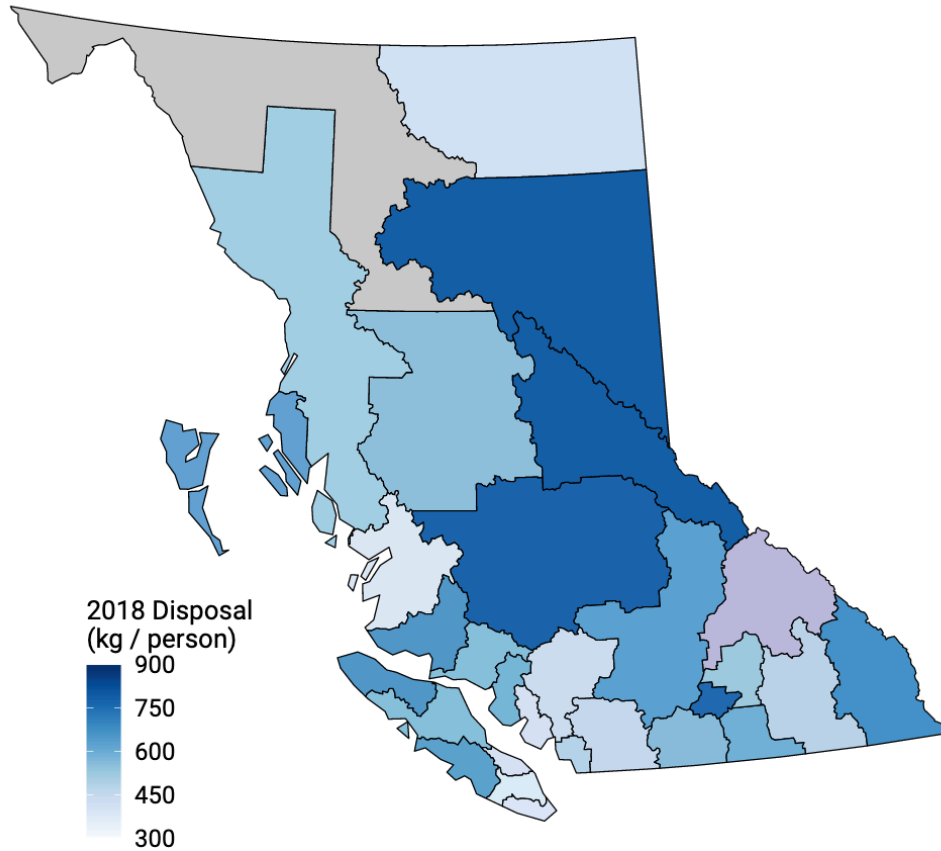
BONUS: To convert the litres to cubic meters, divide the litres by 1000.

EX:  $1560 \text{ L} / 1000 = 1.56$  cubic meters or *about half size of a small car.*

# POLL: HOW MUCH WASTE DOES THE AVERAGE CSRD RESIDENT PRODUCE PER YEAR?







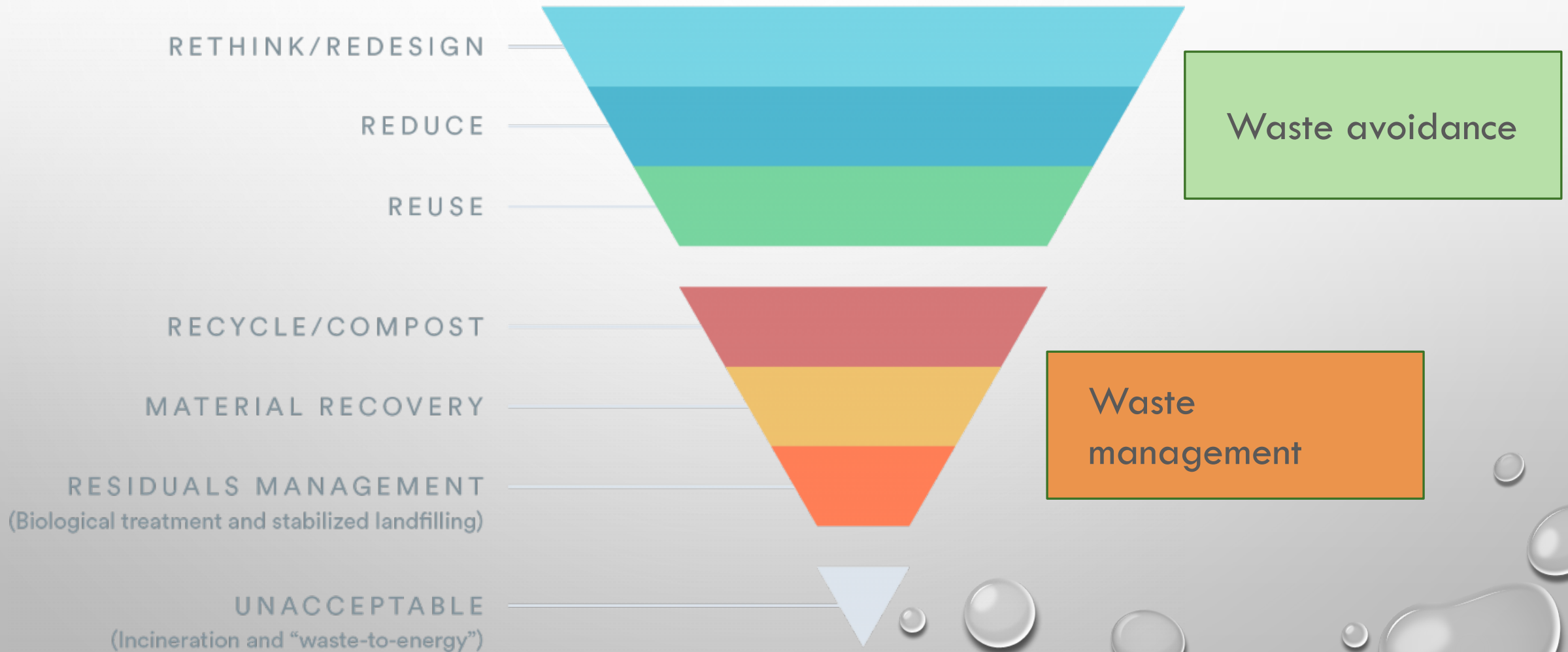
### Disposal Rates in Columbia-Shuswap (1990-2018)

2018 Population: 55,465    2018 Disposal Rate: 730 kg/person    [Show British Columbia](#)

# HOW AND WHERE DO WE START?

## The Zero Waste Hierarchy 7.0

(Zero Waste International Alliance [zwia.org/zwh](http://zwia.org/zwh))



# RETHINK / REDESIGN

What is this item made of?

Who made this product?  
Who is selling this product?

Do I need this (at all)?

Is there an alternative to buying it?

Is there a sustainable substitute?



# REDUCE / AVOID

Do I need it  
(right now)?

Can I source  
this locally?

Am I being  
wasteful?

How much  
do I need?

How long will  
this item last?

# REUSE

Can this be reused?

Can this be repaired?

Can this be repurposed?

# HOW DO I START?



1. Establish your “WHY”
2. Get curious – assess what’s in your trash
3. Prioritize and create achievable micro goals
4. Find ways to reduce your packaging
5. Choose reusable products
6. Replace only when necessary
7. Buy second hand when possible
8. Research how to properly recycle, donate, sell, or upcycle
9. Embrace and applaud yourself for the things you’ve already accomplished

# 1. ESTABLISH YOUR WHY

## HEALTH

- You've experienced a health scare or issue with toxins in household and beauty products
- You've breathed in too many emissions or been sick from contaminated water

## ENVIRONMENT

- You've gone for a swim in the ocean with plastics and microplastics in oceans
- You're convinced that methane production in landfills is a major contributor to global warming
- You've seen a squirrel stuck in a Tim Hortons cup

## POLITICS

- You're fed up with our politicians and corporations not giving a damn about climate change and pollution

## RESOURCES

- You've flown over an open pit mine and seen the landscape level destruction
- You've created an income generated by recycling

## SUSTAINABLE LIFESTYLE

- You find your zen moment in the garden
- You've got a bad habit you want to kick
- You've forgot to take out the trash again, it's overflowing, and the crows are swarming.

## BUDGET

- You're tired of spending \$4 on a bottle of waste
- You lost your job and have to make ends meet

## 2. DO A GARBAGE & RECYCLING AUDIT





# 3. SET SOME GOALS

Using your Audit, take a small action every day, week, month to change what you may find in your next audit

Try a zero-waste challenge:  
<https://simplygreenrebekah.com/12-zero-waste-goals-for-the-new-year/>

<b>Jan</b>  <b>ZW Cleaning</b>	<b>Feb</b>  <b>ZW Bathroom</b>	<b>Mar</b>  <b>ZW Kitchen</b>	<b>Apr</b>  <b>ZW Shopping (Food)</b>
<b>Dec</b>  <b>ZW Christmas</b>	<b>2021 Low Waste Challenge</b>		<b>May</b>  <b>ZW Laundry</b>
<b>Nov</b>  <b>ZW Electronic Devices</b>			<b>Jun</b>  <b>ZW On The Go</b>
<b>Oct</b>  <b>ZW Energy</b>	<b>Sep</b>  <b>Food Waste</b>	<b>Aug</b>  <b>ZW Shopping (Clothes)</b>	<b>Jul</b>  <b>ZW Travel</b>

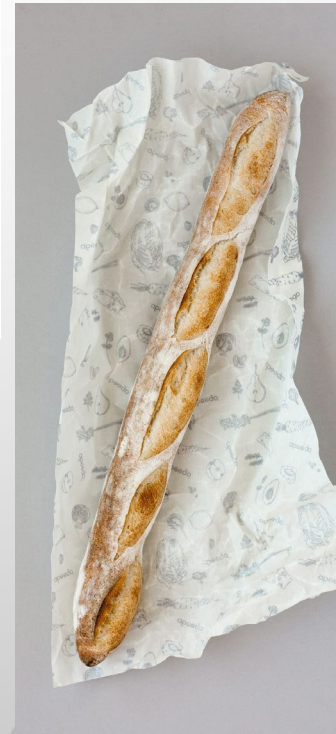
## 4. REDUCE YOUR PACKAGING

Find refillable products and items in bulk, skip plastic bags and styrofoam containers. Experiment with making your own cleaning products. Try gardening. Buy locally to avoid shipping packaging. Make & bake from scratch.



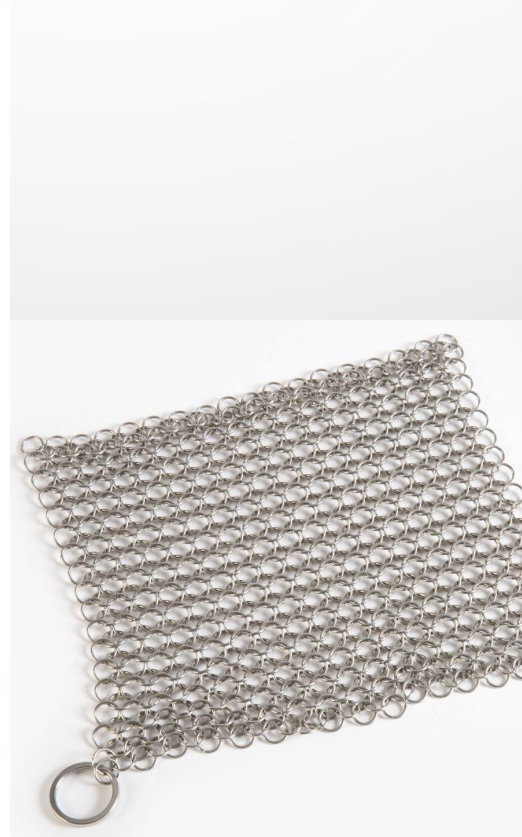
## 5. CHOOSE & USE REUSABLE PRODUCTS

Plan and prepare ahead if you're ordering takeout, find alternative storage solutions for your food, and eliminate single use items.



## 6. REPLACE ONLY WHEN NECESSARY

Slowly begin to replace the items you find in your trash and recycle with reusable, sustainable, and eco friendly items. Buy locally when possible.



## 8. EMBRACE THE THRIFT STORE

It's entirely unrealistic to assume people will never buy anything. Buying second hand is a great way to mitigate your impact.

Rather than feeding into the larger economy and wasting further resources, you can source something that's already been created and reuse it.



# 8. RECYCLE, SELL, DONATE, COMPOST & UPCYCLE

If you are tired of an item or don't need it anymore find ways it out of the trash.



## 9. EMBRACE AND APPLAUD YOURSELF



It won't happen overnight, and it might even take a year or two to go fully zero waste if that's your goal.

But you know what, you're awesome for wanting to make this change and for making the effort to do so.

Everyone's zero waste journey is different. So never compare yourself to other people. Get inspiration from them, communicate with other zero waste-ers in the process when you have questions or concerns, be supported by other people – not intimidated.

# THANK YOU FOR ATTENDING OUR WINTER SPEAKER SERIES.



Wildsight Golden depends on donations from people like you to keep our programs going, please go to [wildsight.ca](http://wildsight.ca) and use the “donate” button on the top of the page.

Just choose Golden as your community and we will receive your donation. Thank you very much in advance!