



# Zero Waste Swaps

## ✓ checklist

Zero Waste  
Creative 

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*Hi there,*

**It's Claudia!** If we haven't met yet, let me introduce myself before I get into explaining this guide. I am SO excited to share it with you.

I'm a **senior graphic designer by day and an eco-conscious warrior by night**. I love books, my dogs, my husband, and the wonderful community I am building here at the Zero Waste Creative.

I started ZWC to bring together my two passions, graphic design, and my love for the planet. I create eye-catching **graphics for sustainable creators and green businesses** while sharing things I have learned (and that I am still learning!) about going zero waste along the way.

That's why I am so excited to be bringing this detailed all-in-one resource of over **50 sustainable swaps you can make to help both the future of our planet and your wallet!**



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## **This list is for everyone.**

Those who are new to zero-waste and those who have been on their journey for a while; those who are looking to spend on new sustainable solutions, and those who want to make the best of what they have now. Whoever you are, I know you will find value in having a checklist like this around.

This list is a mix of sustainable, long-term solutions that will help you realize the areas in which you produce the most waste and how to give them some TLC. I've included some research throughout to help you understand the impact of consumption and why to switch.

We cover the basics, which are also the essentials: Kitchen, Bathroom, General Home, Office, and Pets. I've included some links to my zero waste shop and affiliate links to Amazon throughout, in case you decide to purchase. Amazon is there for accessibility reasons - always try to check local retailers first. There's no pressure at all. Remember, it's an even better start to use the items you already have.

I hope you enjoy this resource, feel free to jump over on social media to reach out and let me know what you think.

## *Zero waste swaps in the kitchen*

### **Aluminum foil and baking paper > [silicone baking mat](#)**

In 2006 there was a study showing that aluminum gets into food when cooked in aluminum foil and aluminum cookware and they are all true but apparently they do not affect healthy adults. Notice how they say “healthy adults”. That is very specific. I like being on the safe side of things and I avoid using it. Not to mention the use of fossil fuels, water pollution, human health impacts, and greenhouse gas emissions it takes to produce. Silicone baking mats are on my top 5 favorite zero waste products and soon they will be yours too!

### **Bamboo utensils > real utensils**

Why would anybody buy extra utensils? We all have some at home. If you do not have some extra at home thrift some. I know that the bamboo fork, knife, and spoon look cute and they go with the zero-waste aesthetic, but they are not necessary. Stainless steel will last the longest, just stick to the basics for this and you are already doing what you can.

### **Brown bag > mason jars or [silicone food bag](#)**

I like receiving my veggies from my weekly veggie box in the brown bag instead of a plastic bag, but if you are buying the brown bag for lunch, then I would suggest a more sustainable solution. The paper takes up to 6 weeks to **decompose** in the landfill, and while that is quicker than most waste, it hardly matters since more **paper** waste is continuously being added to landfills.



### **Coffee cups > [reusable coffee cups](#)**

I know that right now we don't go to coffee shops as often as we used to, but this still makes a pretty good swap for when we are back at

normal. Swap your single-use coffee cup for a reusable coffee cup. Although some coffee cups seem to be made of paper, they almost all have a plastic liner to protect the liquid be absorbed. Being prepared will help so much in making this switch. Keep a clean heat resistant travel mug in your car or bag to avoid being stuck on a last-minute caffeine decision. Bonus points if you choose to support a locally owned cafe or bring your beverage from home.



## Dish sponge > loofah sponge or natural fiber brushes

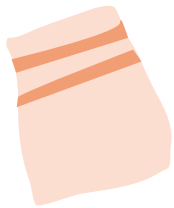
I must confess, this is in [my top 5 favorites zero waste swaps](#). You can swap your plastic dish sponge with a loofah or brushes that are made of coconut and wood. Most versions have replaceable heads and the material is compostable. Just be sure to spray with vinegar and store them properly so they can dry out without a bad smell.

## Food packaging > bulk and loose produce

If possible visit the bulk store and try swapping everyday items to a safe substitute. Go for fresh food and whatever is in season. Every supermarket has at least a small section of vegetables and fruits that come in plastic-free packaging. If there that is not an option, look for compostable packaging or at least recyclable.

## Swap paper cupcake liners for silicone cupcake liners

I LOVE cupcakes and I make them so often and I could only imagine how many cupcake liners I would end up putting in the landfills if it wasn't for these. Oh also, there are dozens of studies that have linked Teflon – the waxy coating found on some liners – to all sorts of health problems, from kidney and testicular [cancer](#) to increased risk of [miscarriages](#). Silicone is safe for landfills and your health. Having a set of these is a no-brainer.



## Paper napkins > [cotton or cloth towel](#)

My husband loved this swap so much that he went out of his way to order a second set of cotton towels. We have cloth towels for a lifetime. We use them as cloth napkins and for light cleaning duties. If you need to clean something really dirty, use rags from old t-shirts or bed sheets.

## Paper plates > real plates

I know that sometimes when there are big gatherings paper plates are making the clean-up easier BUT try using plates you already have and supplement with paper plates if necessary. If you are looking for something more festive, try stopping by your local thrift store and picking up a set of mismatched plates. This eclectic look won't soon be forgotten and can be reused for more gatherings to come as opposed to rebuying paper plates.

## Paper towels > rags and [cloth towels](#)

I really hope that in time, the need for paper towels becomes obsolete. They are expensive, wasteful, and just really unnecessary. They can easily be replaced by old clothing made of fabric that absorbs water well, try old cotton tee shirts or bedsheets. If you are looking for something a bit more visually pleasing on your kitchen counter, a set of paperless kitchen rolls. [This set](#) on Etsy I found comes in a super cute pattern and a set of 6 reusable "sheets" that will save you so much money and waste over time.

## Plastic chopping board > [wood chopping board](#)

Every time I think about cutting on a plastic chopping board, I feel like I am cutting small pieces of plastic to go in with my food. This fear was confirmed when I found studies done by both the University of Michigan and another by the University of Wisconsin. The deep cuts made into plastic also make a nice home for bacteria to grow in. Not only is wood aesthetically pleasing, but these boards are also easier

on the knives. Longer-lasting knives lead to money, and waste saved. Yes, wood is tougher to sanitize, but it's also just a tougher material in general – you won't find the same kind of deep scratches in these boards. So long as you clean and store properly, wood is by far the better choice.

## Plastic cookware > wood spatulas or silicone cookware

Have you ever melted plastic cookware while cooking, or you left it in the food and it have the food a bad taste? Been there. Done that. I am a much bigger fan of wooden spoons for general cooking and mixing. They don't scratch cookware, are super affordable, and long-lasting. When it comes to highly pigmented foods or odor-producing cooking, I love my great set of silicone cookware. Easy to clean, meltproof, and long-lasting – a good set should last you upwards of 5 years.



## Plastic containers > mason jars, silicone food bags, glass containers

There were so many times when I was thinking that I have no storage containers but then I realized that JARS, silicone bags, and other glass containers are great for storing pretty much everything, from food and pantry items to screws in the garage. Forget about the aesthetic pantry you see all over Pinterest. Real zero-waste storage is maybe a few nice containers but it will likely be mixed with a bit of reused packaging, some repurposed sauce jars, and that one sturdy box that came from a gift. Please do not take this as a recommendation to go purchase a ton of new storage solutions. Chances are if you look around, there are a lot more creative solutions you can find in your space.

## Plastic packaged dish soaps > [soap block](#)

The soap block is amazing! I have been using one for FOUR months now and it still doesn't seem like it is going down. I recommend using a cloth with the bar of dish soap so it cleans better. Using a brush is ok too but it is a bit harder to get soap on the brush. These blocks are concentrated soap, unlike the water-filled, plastic-packaged traditional dish soap. Just take a second and think about how many plastics bottles could be saved by everyone switching to soap blocks! I would recommend that you check out your local artisans and buy soap in bulk from them.



## Plastic produce bags > [organic cotton bags](#)

Plastic bags were forbidden in stores in my area BUT the supermarkets still offer plastic bags for produce. Those bags are not recyclable and they often end up in the landfill. I suggest using a cloth bag. You can even make your own bags if you have some sewing skills.

## Plastic bags > brown paper or [cotton bags](#)

Super simple swap! If you NEED to use bags for things like party favors, lunches, storage, etc – opt for something more sustainable like brown paper bags (compost it!) or long-lasting like 100% cotton bags that can be used, and reused long after the party is over.

## Plastic tea infuser > [metal tea strainer](#)

Usually, if you already have something at home, I would, by all means, recommend you to use what you have. BUT heat and plastic are a big no-no when it comes to food and your health. Remember that your quality of health is also an important factor in living sustainably. Read about my tea swap below to better understand why this is a hard no for me. I suggest these super cute stainless steel tea infusers that come in different shapes. My favorite is the heart!



## Plastic wrap -> [beeswax wrap](#)

Plastic wrap is old news – it goes without saying why this swap is a must in every kitchen. A sheet of beeswax wrap will last you about a year if it's cared for properly. You will know it's time to toss when it starts to wear thin or lose its grip. The good news is they are 100% biodegradable! At the end of their lifecycle, you can toss them in with your compost – might I even go so far as to say this is one of the easiest and best zero waste kitchen solutions.



## Straws > silicone, bamboo or stainless steel straws

To be honest, I think straws are useless. I do not understand why people like them so much. For me, it is just another disposable product that produces more waste in landfills. But if you need a replacement, I highly recommend the Stainless Steel Straws because they last the longest and easier to maintain and clean.

## Teabags > loose tea bought from the bulk store or made locally

Microplastics! Ever heard of them? News flash: Your store-bought tea bags are full of them. Even if you aren't concerned about your waste production, this knowledge should lead you to switch to bulk tea. Researchers at McGill University here in Canada, (Montreal to be exact) found that a single plastic teabag released about 11.6bn microplastic and 3.1bn smaller nano plastic particles into the hot water. You read more in the full study [published by the Journal of Environmental Science and Technology](#). "The consumer should avoid plastic packaging, not a specific brand, and definitely not the tea that comes inside," researcher Laura Hernandez told [BBC](#) "We encourage consumers to choose loose teas that are sold without packaging or other teas that come in paper teabags." It's not going to kill you tomorrow, so don't forget to finish what you have before you buy more. You can always cut open the bags and use the tea inside with a [stainless steel strainer](#) too. Just go with loose tea in the future.

## *Zero waste swaps in the bathroom*

### **Body washes, shower gel > [bar soaps](#)**

I honestly do not remember the last time I used shower gel. Swap your body wash with bar soap. Bonus point if the bar soap comes with low to no packaging that is also compostable. This is a great opportunity to connect with your local small businesses too! Try searching for “Handmade Soap in *your location*” and I’m sure you will be met with some new sustainable bar recommendations local to your area. If you are in PEI, check out my [list](#)! I like buying bars of soap from local artisans and buy them in bulk once I found one I like.

### **Cotton makeup rounds > [reusable rounds, cloth towels, bamboo rounds](#)**

**Did you know that bamboo takes three times less water to grow than cotton?** Bamboo uses only 12 gallons of water to produce one pound of fabric, cotton requires over 200 times more. Conventional cotton makeup rounds are also hard to compost. Instead, try using reusable cotton rounds that you can wash and reuse again and again. Cloth towels are a solution too but they can be quite abrasive for your skin. As the last option, I added the bamboo rounds, which are a tiny bit more eco-friendly than cotton rounds.



### **Disposable plastic razors > [stainless steel safety razor](#)**

This is the BEST swap I made in my bathroom. I am pretty frugal, so buying disposable razors was already not fun. Although apparently, you can now recycle plastic razors, I am still against them. Besides the fact the razors for women cost almost double the razors for men, the plastic waste they produce can be easily avoided. Safety razors are long-lasting, work better, and will save you money. If you are looking to bring some color into your bathroom, check out this [colorful razor](#).  
Ear swabs > [bamboo cotton swabs](#) or reusable silicone ear swab

Cotton swabs are a bathroom staple and come in hand for so many things. There are two great alternatives for these helpful little tools. First, bamboo cotton swabs are 100% biodegradable and the best sustainable mirrored product to a traditional Q-tip. Secondly, you could opt for a reusable silicone swab – try checking out [The Last Swab](#) which is made from TPE, PP, and stored in a bio-based carrying case. It's meant to replace 1000 single-use cotton swabs! I've tried the reusable and it works just as well for general use.

### **Floss > [vegan bamboo and corn floss](#)**

Traditional dental floss is a pretty terrible product if I am being honest. It should get the same hype and attention as plastic straws. Not only is it an environmental nightmare, but most drug store floss is also coated in a highly toxic substance called PFASs. A study done by Harvard went as far as to say [these chemicals have been linked to liver damage, harm to the immune system, developmental issues, and cancer, and can persist in people's bodies and in the environment for many years.](#) Yikes! I am not going to recommending silk floss because I know for a fact that it breaks easily. An alternative I would recommend though is [this vegan floss](#) made of bamboo and corn is durable, has a refillable container, and gets the job done.

### **Lip balm in plastic > [zero-waste lip balm](#)**

I understand that we are all a bit more way of germs after the events in the past year, the idea of putting our fingers into a jar and onto our lips is almost cringe-worthy. There are still some great alternatives to those little plastic tubes out there. A natural ingredient balm with compostable packaging like [this](#) works well or a multi-use recyclable product like [Cocokind's Matcha Moisture Stick](#) that can work as a multi-purpose moisturizing solution you will actually use on the go. If you are wanting to stick with an oil or small jar of shea, just be sure to keep hand sanitizer close by when you are out and about.



## Liquid hand soap > [bar soaps](#)

Bar soap is better! It contains fewer chemicals than its liquid counterpart, takes 5 times less energy to create, and skips out on the plastic bottle packaging. The packaging for liquid soap alone takes 20 times MORE energy to produce. If you are worried about dry hands, opt for a shea or honey-infused bar.

## Liquid shampoo > [shampoo bar](#)

I won't lie, it blows my mind that bottled shampoo has WATER in it. Don't we have water in the shower, while washing our hair? Shampoos don't need water... other than to dilute the solutions, get you to use more product, and have you ending up buying it more often. Shampoo bars have gained recent popularity because they work. They are concentrated which helps them to last a lot longer and are also really easy to travel with. It's now pretty easy to find a bar formula that works for your hair type. If you are local to PEI, you can check out my local resource list [here](#).

## Makeup > organic makeup

The mass makeup industry sets you up to buy more, and waste more all for the sake of beauty. Influencers promote new product lines daily tempting makeup lovers to splurge on a new shade or formula. This can lead to a LOT of waste. Product packaging, and the products themselves if they end up expiring. Always use up what you have before looking for sustainable alternatives to your favorites. There are many new up-and-coming indie brands that do a great job at creating organic makeup that also comes in minimal, or compostable packaging. They switch out unnecessary plastic packaging and replace it with glass, bamboo, or other compostable materials. I will make a resource for this soon – be sure you are subscribed to my newsletter to find out when!

## Moisturizer > [Jojoba oil](#)

A good moisturizer is a Canadian staple throughout our changing seasons and humidity levels. Try buying a concentrated oil such as [Jojoba](#), [Argan](#) or [Hemp](#) for a concentrated, long-lasting, natural, multi-use moisturizer. You can add a few drops of these oils into existing moisturizers you might have laying around to use them up and boost their moisturizing effects.

## Mouthwash > homemade mouthwash

Mouthwash is expensive! Not only that but it basically all comes packaged in plastic. You can make your own for super cheap – all you need is hydrogen peroxide, essential oil (peppermint, cinnamon, or clove work great), water to dilute, and a glass bottle. It lasts a long time thanks to the peroxide too. Check out a great recipe [here](#).

Plastic bottles > reusable bottles or jars

Obviously, use up what you have first – if you can make a long-term storage solution out of some reused plastic packaging all the power to you! This swap is more specific to introducing new storage or DIY product storage.

## Plastic loofah > sea sponge or [natural loofah](#)

Rubbing your skin with plastic in a hot shower does not sound appealing. In fact, my earlier discovery of microplastic deposits from products confirms it likely isn't good for you or your water supply. Spend the extra couple of dollars and opt for a sea sponge or natural loofah. They are just as easy to find as their plastic counterpart, exfoliate well, and are biodegradable. To make them last longer be sure to properly dry them out after use and spray with vinegar to prevent bacteria build-up.

## Plastic ziplock bags > [silicone bags](#)

Another one of my [top 5 favorite products](#)! Silicone bags are a huge money saver and so much more versatile than plastic bags. You can microwave them, freeze them, and even use them to sous vide at home. Making the switch to reusable bags helps reduce the waste of the 15 billion plastic bags that end up in landfills yearly.

## Regular toilet paper > recycled paper and a bidet

Recycled toilet paper is an easy switch to make. There are tons of different brands out there. Personally, I love my [TUSHY](#) bidet attachment. It was super easy to install and saves tons of paper waste. It was a bit of an initial investment but long term will save our home money on paper products. I noticed that since we got the bidet the toilet paper lasts longer in our home.



## Tampons and pads (menstrual products) > [menstrual cup](#) and period panties

I'm adding this swap in because it is one I chose to make. I understand everyone's menstrual cycle is different and might require different products. There are different sizes and capacity cups on the market but the average menstrual cup holds approx 3 tampons worth of blood. The study published [The Lancet Public Health](#), analyzed 40 previous studies of menstrual cup use among 3,319 participants. They found that the cups are very safe, and arguably more effective at preventing leaks. They are also cheaper than other menstrual products long-term because they can be reused again and again.

## Toothpaste > [toothpaste tabs](#), [metal tubes](#), or bulk store brand

There is definitely some accessibility issues surrounding oral health products. It's tough to see tabs being sold for \$13-14 a pack versus the \$3 it costs for a large waste-producing tube from the drug store. An easy plastic tube alternative could be [David's](#) which comes in a recyclable metal tube. I am still exploring different options for myself, I will keep you updated on my findings.

Add a biodegradable toothbrush and you have an eco-friendly mouth hygiene routine.



## Toothbrush > electric toothbrush or [a bamboo toothbrush](#)

Did you know that chances are that every plastic toothbrush you used so far still exists somewhere on this Earth? An electric toothbrush will last longer and produce less plastic because you only need to replace the head, but still produces waste. There are so many options now for biodegradable toothbrushes that have both the handle and the bristles made of natural fabrics.

## Toxic deodorant > [zero waste deodorant](#)

[Crystal mineral deodorant](#) is where it's at! It lasts SO long and needs no additional packaging – it a solid rock much like a soap bar – just wet, and apply. The company Crystal tests their products for 150+ harmful environmental and industrial contaminants and toxins. If you prefer a more traditional stick, [native deodorant](#) is another great eco-friendly, recyclable brand.

## *Cleaning zero-waste swaps*

### **Cleaning products > vinegar, lemon, baking powder, or concentrated tabs**

Reduce the types of cleaners you have around the house with a mix of vinegar, lemon and baking powder. While this DIY zero-waste cleaner is awesome (you can reuse your lemon peels before composting), I am sorry to tell you that it will not clean your oven or something that is really dirty. I had success with leaving the solution in my coffee maker overnight and it cleaned it up pretty well, but for things that need scrubbing, I would choose something stronger.

I LOVE my peel vinegar cleaner because it smells better than the normal vinegar smells. My favorites are the Orange Peel Vinegar mix and Lemon Peel Vinegar mix.

[True Earth](#) strips can be dissolved into a repurposed spray bottle and work very similarly to commonly found cleaners (their claim is it kills 99.9% of bacteria, mold, fungi, and viruses) except the strip packaging is compostable and you save on the plastic waste. I love to see all the innovative businesses coming out with low waste solutions! For now, we have to work with what we have towards a life without plastic.

### **Dishwasher soap > [eco-friendly dishwasher soap](#)**

I have to confess, it was hard to find zero-waste dishwasher soap was a bit hard. I am currently buying [Ecover tablets](#). I have also heard wonderful things about [Dropps](#) concentrated pods, which are formulated with plants. The company also ensures they offset 100% of their carbon emissions from shipping which is pretty cool.



## **Dryer sheets > [dryer wool balls](#)**

I am still chuckling when I say dryer balls. HEHE. Don't ask me why. These will absorb moisture and don't produce any microplastics to add to our water and land. Unlike dryer sheets, these wool balls don't have any chemicals in them and can be used time and time again for the same softening, static prevention, and fluffing effect.

## **Laundry detergent in plastic containers > [laundry stripes](#)**

I am not obsessed with laundry stripes. I am not convinced they work very well for white laundry but they do great for darks. Both True Earth and Dropps have concentrated solutions that work well.

## **Plastic broom > [natural fiber broom](#)**

If you like using a traditional broom over vacuuming, why not go one step further and choose one that is biodegradable. Natural fiber brooms work just as well!

## *Zero waste swaps at the home*

### **Incandescent light bulbs > [led light bulbs](#)**

I'll keep this super simple and list the reasons to switch: They use less energy, save you money, can withstand heat, last way longer, and have a small environmental impact. Next time a bulb burns out in your home, choose LED.

### **Plant fertilizer > DIY banana peel plant food**

Check out my recipe in this [blog post](#). This swap is an easy way to repurpose food scraps and avoid buying more stuff. Natural fertilizers are also safer for our water supply, the environment, kids, and the plants themselves.

### **Plastic storage containers > [metal wire containers](#)**

Use what you already got! However, if you need some new storage solutions for all of your long-term containers, a wire basket will help keep you organized and still allow for you to see the contents inside so you don't forget what needs to be used up first.

## *Zero waste swaps for the office*

### **Super Glue > plastic-free glue**

When a liquid adhesive is not disposed of in the proper way, they have the potential to contaminate the soil and eventually the groundwater. This can go as far as to destroy natural environments and pose a health risk for anyone who comes into contact with it. You can read more about the negative impacts [here](#). There's a great DIY recipe for zero waste glue by Wildly Ethical you can [watch here](#).

### **Notebooks > digital tablet**

Minimizing paper consumption by switching to digital notebooks! You can support a small graphic designer by purchasing a cute [digital notebook template](#) when you run out of pages this time instead of going out to buy more. It's also a great space saver allowing you to keep all your notebooks in one place.

### **Plastic bagged lunch > [quality lunch box](#)**

Cheap plastic containers that don't seal properly and plastic baggies can both be replaced with one quality lunch box that will last forever. I also find that having a lunch set up I love encourages me to eat healthier and avoid takeout more often. I have some really cute ones in my shop you can find [here](#).

### **Regular pens > pencils and [fountain pen](#)**

Disposable plastic pens are just like disposable razors – frustrating! They take hundreds of years of decomposing and are rarely recycled properly. Pencils are the most environmentally friendly writing tool, as most are biodegradable. If you use them regularly, be sure to check the packaging to make sure they can break down effectively. If you are committed to pens, it might take a bit more effort but finding a great refillable fountain pen will save tons of plastic (and money!) over time. Making changes to work towards producing less waste also should impact your general purchasing habits – even for your furry friends!

## *Zero waste swaps for on the pets*

### **Dog shampoo > [shampoo bar for dogs](#)**

Similarly to your own hair swap, why not switch your pup over to a more sustainable routine? Concentrated shampoo bars are great long-lasting swaps that can easily be massaged into your pet's coat.

### **Cheap toys > quality biodegradable or [recycled toys](#)**

Choosing to pick up toys and other pet supplies that are well made and built to last will save you a LOT of waste in the long run. Avoid buying new toys that appear to have easily rippable seams or could lead to quick tares. One Green Planet has an awesome list of recycled toy brands [here](#). If a toy does get damaged, try your best to extend its life. Restitching a tear is cheaper and more environmentally friendly than automatically going out to buy another one.

### **Plastic Brushes > eco-friendly brush**

I recently discovered [AtEase](#) and its line of high-quality, eco-friendly and durable, pet products. They carry wonderfully sturdy bamboo brushes for the undercoat and daily grooming. Bamboo is also way stronger than plastic, so this swap is sure to stand the test of time with your pet's mangled coat.

### **Plastic waste baggies > [compostable waste bags](#) or reuse plastic packaging**

The small amounts of plastic packaging that remain in my home like bulk barn bags (I can't bring my own in due to Covid) and my frozen fruit get used as waste bags for the dogs. Biodegradable waste bags also work great!

## *Zero waste swaps for on the go*

### **Plastic shopping bags > [reusable bags or mesh bags](#)**

Everyone's been in the situation where you are out and end up needing to pick up a few more things than expected leading to the question "do you need a bag?" Thankfully here in PEI, plastic shopping bags are a thing of the past. Even still, it is super helpful to be prepared in advance by keeping one or two reusable bags in your car or bag for those last-minute shop trips.

### **Plastic straws > [reusable straw](#) or bamboo straws**

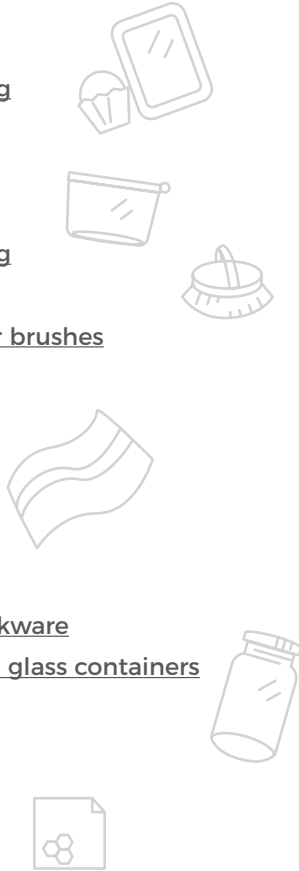
Carrying a reusable thermos with you can help you avoid this in some places – but I still think it is a great thing to have in your bag at all times. Carrying a reusable straw is easy to do and will come in handy in social moments.

### **Plastic water bottles > [reusable water bottle](#)**

I quite honestly am not sure why plastic water bottles are even still a thing. Even as a necessary single-use product for some areas of the world – there are recyclable tetra packs and paper containers on the market that can do the same without using plastic! Get yourself a solid reusable water bottle. Not only does this encourage you to be proactive about your hydration, but it will save thousands of plastic bottles from landfills a year.

## ZERO WASTE SWAPS IN THE KITCHEN

- [Silicone baking mat](#)
- [Real utensils](#)
- [Mason jars or silicone food bag](#)
- [Reusable coffee cups](#)
- [Silicone baking mat](#)
- [Real utensils](#)
- [Mason jars or silicone food bag](#)
- [Reusable coffee cups](#)
- [Loofah sponge or natural fiber brushes](#)
- [Bulk and loose produce](#)
- [Silicone cupcake liners](#)
- [Cotton or cloth towel](#)
- [Real plates](#)
- [Rags and cloth towels](#)
- [Wood chopping board](#)
- [Wood spatulas or silicone cookware](#)
- [Mason jars, silicone food bags, glass containers](#)
- [Soap block](#)
- [Organic cotton bags](#)
- [Brown paper or cotton bags](#)
- [Metal tea strainer](#)
- [Beeswax wrap](#)
- [Silicone, bamboo or stainless steel straws](#)
- [Loose tea bought from the bulk store or made locally](#)



## CLEANING ZERO WASTE SWAPS

- [Vinegar, lemon, baking powder, or concentrated tabs](#)
- [Eco-friendly dishwasher soap](#)
- [Dryer wool balls](#)
- [Laundry stripes](#)
- [Natural fiber broom](#)



## ZERO WASTE SWAPS IN THE HOME

- [Led light bulbs](#)
- [Diy banana peel plant food](#)
- [Metal wire containers](#)
- [Solar panels](#)
- [Metal roof](#)

## ZERO WASTE SWAPS IN THE BATHROOM

- [Bar soaps](#)
- [Reusable rounds, cloth towels, bamboo rounds](#)
- [Stainless steel safety razor](#)
- [Bamboo cotton swabs or reusable silicone ear swab](#)
- [Vegan bamboo and corn floss](#)
- [Zero-waste lip balm](#)
- [Bar soaps](#)
- [Shampoo bar](#)
- [Organic makeup](#)
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- [Homemade mouthwash](#)
- [Reusable bottles or jars](#)
- [Sea sponge or natural loofah](#)
- [Silicone food bags](#)
- [Recycled paper and a bidet](#)
- [Menstrual cup and period panties](#)
- [Toothpaste tabs, metal tubes, or bulk store brand](#)
- [Electric toothbrush or a bamboo toothbrush](#)
- [Zero waste deodorant](#)



## ZERO WASTE SWAPS AT THE OFFICE

- [Plastic-free glue](#)
- [Digital notebook](#)
- [Quality lunch box](#)
- [Pencils and fountain pen](#)

## ZERO WASTE SWAPS FOR THE PETS

- [Shampoo bar for dogs](#)
- [Quality biodegradable or recycled toys](#)
- [Eco-friendly brush](#)
- [Compostable waste bags or reuse plastic packaging](#)

Zero Waste  
Creative 

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