

SU Zero-Waste Day Tips

WHAT DOES ZERO-WASTE MEAN? A focus on waste prevention with the overall goal of minimizing what gets thrown away.

DAILY ROUTINE

Set yourself a reminder. Use what you have before buying

Think about packaging of bathroom products:

- Swap bar soaps for bottled shower products and hand soaps
- Switch out your plastic toothbrushes for bamboo ones and toothpaste tubes for toothpaste tablets
- Consider reusable menstrual products
- Try bulk lotion or lotion bars

Pet owners: reuse plastic bags for pet waste

Use bulk baking soda and vinegar instead of buying new cleaning products

ON CAMPUS

Think before you print & make it double-sided

Before you throw your pen or pencil away – can you refill it?

Refuse freebies

Paper towels: take only what you need and compost after use

SHOPPING

Purchase durable, repairable, and/or reusable goods in place of disposable goods when possible

Prioritize second-hand stores

Remember to bring reusable bags – consider reusable produce bags too

Reuse glass jars to buy in bulk – check out [Scoop Marketplace](#) and [Central Co-op](#)

Only buy what you really need and use what you have before you buy new – ***the most sustainable product is the one you left on the shelf***

TIPS TO GO ABOVE AND BEYOND

There's more to waste than just trash.

Walk, bike, or bus to school

Find ways to reduce your [energy](#) and [water](#) use

Consider a [plant-based diet](#)

More ideas [here](#), [here](#), and [here](#) and at [SU's sustainable living page](#)

FOOD

BRING YOUR OWN LUNCH

Plan ahead – pack food before coming to campus

- Leftovers make the perfect lunch!
- Pack your food in reusable to-go ware and don't forget utensils and snacks

EATING ON CAMPUS

Choose the dine-in option instead of to-go

Think about portion size: only take what you can finish

Bring your own reusable to-go ware

1. Ask for your food on a plate
2. Place food in your reusable to-go ware
3. Return the plate to the kitchen

Avoid items packaged in single-use materials

- Examples: chip bags, protein bars, drinks
- Prioritize drinks in glass bottles or aluminum cans

OTHER FOOD IDEAS

Be conscious of tea bags – they are not always compostable

- Put them in the trash if you are unsure
- Use tea in bulk instead

Try cooking your own alternatives

- Examples: Granola, protein bars, banana bread and other quick breads, trail mix, etc.

Bring reusable travel mugs and water bottles

- Drip coffee is \$1.25 on-campus if you bring a mug!
- Refill your water bottle at a water fountain on campus

WHAT IF I ACCIDENTALLY PRODUCED TRASH?

Don't panic – it's okay!

1. Put it in a trash bin. [Learn here what goes where at SU.](#)
2. Think about what led you to purchase that item
 - Did you need this item? If not, avoid it next time.
 - If yes, is there a reusable substitute? Choose that item next time.

This resource is brought to you by SU Facilities Zero Waste program and [CEJS](#)