



EcoNugget

October is Zero Waste Month

Accept the zero waste challenge! Try to fit all your waste destined for landfill into a 1 litre jar. To do this, follow the 5 Rs of Zero Waste:

Refuse / Reduce / Reuse / Recycle / Rot.

- **Refuse:** The next time someone offers you something, ask yourself: **do I really need this?**
- **Reduce:** What do you really need? (e.g. Can vinegar and water replace most of your cleaning products?)
- **Reuse:** Use it up, wear it out, make do, or do without.
- **Recycle:** If you follow the first 3 R's, there will be little to recycle (which takes a lot of energy).
- **Rot:** Compost everything else!

To sign up for the **Waterloo Region Zero Waste Challenge:** <https://reepgreen.ca/zerowaste/>

For more details on the **5 R's:**
<http://www.mattprindle.com/zero-waste-lifestyle>

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