



## EcoNugget

### Introducing the 9Rs of Zero Waste

1. **Rethink:** Assess the necessity of purchases. Choose durable, repairable & eco-friendly products & share with others to reduce buying.
2. **Refuse:** Just say no to things you don't need!
3. **Reduce:** Let it go if it no longer gives you "joy".
4. **Reuse:** Keep using an item multiple times. This conserves energy & raw materials.
5. **Repair:** Try to fix things first before replacing.
6. **Repurpose:** Be creative! Find new uses for things that you might otherwise throw away.
7. **Refill:** Refill jars & water & cleaning product bottles to reduce single use packaging waste.
8. **Rot:** Composting organic waste reduces the amount sent to landfills, decreases methane emissions from decomposing organic matter, and recycles nutrients back into the soil.
9. **Recycle:** This should be considered a last resort! Prioritize the first 8Rs and practice "precycling" by assessing an item's value, usefulness and recyclability before buying it.

**Reference:** Creating a Sustainable House Through Small Changes (Candice Batista – 2024)