Zero Waste Diary

WEEK 1	ITEM	UPCYCLE
	Food Waste/Food Packaging/Non Food Waste	*Can you reuse it?*
	7 Egg Shells with Box	Yes
	Tobacco Sealable Pouch & Outer Packaging	
	Vegetable Peeling and Fruit Skins	
	x4 Brown Paper Bags	
	A Handful of Soap nuts	
	x1 Used Kitchen Roll	
	x1 Toilet Roll	
	Vacuum bag contents	
	Mozarella Cheese Packaging	
	Frozen Chicken Breast Packaging	

Blister Strip of Indegestion Tablets	
Waxy Lid from Butter tub	
Butter tub	
Chocolate Snack Bar	
Asparagus Packaging	
Spinach and Ricotta Pasta Packaging	
Crisp Packet	
x3 Glass Pasta Sauce Jars	Yes
Handful of Shopping Receipts	
x3 Aluminum Foil Trays (Takeaway Meal)	
Polystyrene Box (Takeaway Meal)	
x2 small Plastic tubs (Takeaway Meal)	Yes

x2 Plastic Milk Bottles with the lids	
Cardboard Box the Takeaway Meal was delivered in	
Paper Wrapping (Takeaway Meal)	
Thermal Food Bag (Takeaway Meal)	
Ripped Plastic Bag	Yes
Plastic bag to protect bananas	
x2 Bread Loaf Bags	Yes

RECYCLE	COMPOST	LANDFILL
Is it recyclable?	*Can it rot?*	*Will it go to landfill?*
	Yes	
		Yes
	Yes	
	Yes	
	Yes	
	Yes	
	Yes	
		Yes
		Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Total Landfill items
Total compostable items
Recyclable items
Total Upcycled items

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NOTES

Is there an alternative item you could use?

The egg shells can be added to my compost pile. I am keeping the egg box to collect more eggs from my local food market.

I will visit my local tobacanist to see if there is ans option to purchase loose tobacco and store it in an air tight jar.

There was a lot of carrot top leaves that I added to my compost pile. I once heard of carrot top pesto, so I will put that to the test.

My compost pile needed some browns after adding the vegetable peelings.

My vacuum contents was mostly dog hair and dust. If there is any food or broken glass I will make sure this is swept up first so it does not enter the vacuum.

Mozzarella is usually a big contributor to my kitchen waste. I have heard of recipes to make your own Ricotta which is very similar. I will look around my local farmers markets and research a Ricotta recipe.

Try local farmer markets and butchers for packaging free chicken breasts.

Seek natural alternatives that do not involve packaging waste.

Not sure if I can buy fresh butter from my local farmers markets, if not I will review all of the butter at the supermarket for a 100% recyclable brand.

As above

Check out Pinterest boards for homemade alternatives.

Buy loose from local market. In 2 more years my harvest should be ready!

I have made my own Spinach & Ricotta pasta before, I only bought this for quickness. I will plan more time for meal preparation, especially for making pasta from scratch.

I don't like homemade crisps, so I will need to research a brand that has recyclable packaging.

I kept x2 jars for tobacco storage and recycled the remaining.

I once read that the carbon used to print onto the receipts isn't ideal to add to my compost pile.

These will come in handy as a storage container for sewing bobbins and safety pins.

Over the year I would send 104 bottles to my local recycling centre. Does a local milkman still exsist? I need to do some research and weigh up the costs.

I am collecting soft plastics to use as fillings for crafty activites.

Purchase bananas loose without the bag.

I don't have any reusable bags for produce such as meats and cheese but these bread bags are perfect as an alternative!

10
9
7
8