



Zero Waste Diary

WEEK 1	ITEM	UPCYCLE
	<i>Food Waste/Food Packaging/Non Food Waste</i>	<i>Can you reuse it?</i>

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 Indigestion 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
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Plastic bag to protect bananas

x2 Bread Loaf Bags	Yes
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RECYCLE	COMPOST	LANDFILL
<i>Is it recyclable?</i>	<i>Can it rot?</i>	<i>Will it go to landfill?</i>

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 tobacacnlist 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 exist? I need to do some research and weigh up the costs.

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

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!

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