



Zero Waste Diary

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WEEK 1	ITEM	UPCYCLE	RECYCLE	COMPOST	LANDFILL	NOTES
	<i>Food Waste/Food Packaging/Non Food Waste</i>	<i>Can you reuse it?</i>	<i>Is it recyclable?</i>	<i>Can it rot?</i>	<i>Will it go to landfill?</i>	<i>Is there an alternative item you could use?</i>
	7 Egg Shells with Box	Yes		Yes		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.
	Tobacco Sealable Pouch & Outer Packaging				Yes	I will visit my local tobacconist to see if there is an option to purchase loose tobacco and store it in an air tight jar.
	Vegetable Peeling and Fruit Skins			Yes		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.
	x4 Brown Paper Bags			Yes		My compost pile needed some browns after adding the vegetable peelings.
	A Handful of Soap nuts			Yes		
	x1 Used Kitchen Roll			Yes		
	x1 Toilet Roll			Yes		
	Vacuum bag contents			Yes		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 Cheese Packaging				Yes	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.
	Frozen Chicken Breast Packaging				Yes	Try local farmer markets and butchers for packaging free chicken breasts.
	Blister Strip of Indigestion Tablets				Yes	Seek natural alternatives that do not involve packaging waste.
	Waxy Lid from Butter tub				Yes	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.
	Butter tub		Yes			As above
	Chocolate Snack Bar				Yes	Check out Pinterest boards for homemade alternatives.
	Asparagus Packaging				Yes	Buy loose from local market. In 2 more years my harvest should be ready!
	Spinach and Ricotta Pasta Packaging				Yes	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.
	Crisp Packet				Yes	I don't like homemade crisps, so I will need to research a brand that has recyclable packaging.
	x3 Glass Pasta Sauce Jars	Yes	Yes			I kept x2 jars for tobacco storage and recycled the remaining.
	Handful of Shopping Receipts		Yes			I once read that the carbon used to print onto the receipts isn't ideal to add to my compost pile.
	x3 Aluminum Foil Trays (Takeaway Meal)		Yes			
	Polystyrene Box (Takeaway Meal)				Yes	
	x2 small Plastic tubs (Takeaway Meal)	Yes				These will come in handy as a storage container for sewing bobbins and safety pins.
	x2 Plastic Milk Bottles with the lids		Yes			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.
	Cardboard Box the Takeaway Meal was delivered in		Yes			
	Paper Wrapping (Takeaway Meal)		Yes			
	Thermal Food Bag (Takeaway Meal)		Yes			
	Ripped Plastic Bag	Yes				I am collecting soft plastics to use as fillings for crafty activities.
	Plastic bag to protect bananas				Yes	Purchase bananas loose without the bag.
	x2 Bread Loaf Bags	Yes				I don't have any reusable bags for produce such as meats and cheese but these bread bags are perfect as an alternative!

Total Landfill items	12
Total compostable items	7
Recyclable items	11
Total Upcycled items	8