

For the Bathroom

Tooth Paste Recipe

Ingredients:

- 2 tbsp baking soda
- 1 tbsp coconut oil
- 3-5 drops peppermint oil
- ½ tsp charcoal powder



Instructions: Melt coconut oil in water bath. Mix melted oil, baking soda and charcoal together. Add 2-5 drops of peppermint oil. Store in a sealed container.

All Natural Cleaner

Ingredients:

- 1 cup vinegar
- 1 cup water
- Peels of your favourite fruit

Tub and Sink Scrub

Ingredients:

- 1 cup baking soda
- 1/4 cup borax
- 1/8 cup salt
- 1/2 tsp lemon juice



Tips and Tricks

- Reusable Feminine Products: Menstrual Cup, Period Underwear, Reusable Pads & Sea Sponge Tampons
- Use wooden toothbrushes, not plastic
- Use refill stations or soap bars for shampoo/conditioner/body wash (Available at the Healthy Vibe)

What is Zero Waste?

Goal

Elimination of waste in all areas of our individual and collective lives. Getting to zero waste is a goal and a process, but small changes can make a large difference. Don't get discouraged - waste happens. Take it one change at a time: Try buying second-hand items. Donate unwanted items to keep them out of a landfill. Recycle. Make conscious decisions about the necessity of buying. Buy in bulk to avoid excessive packaging. Find local stores that support more sustainable initiatives. Shop local. Remember your reusable bags. And most importantly: keep a positive attitude, have patience, and have fun!

A Few Local Resources

Bulk Barn
DIY Websites
Grenfell Student Housing Free Store
Grenfell Waste Management Committee
Healthy Vibe
R&D Diversions (Composting)
Salvation Army
Scotia Recycling
Western Environment Centre (WEC)
Western Regional Waste Management

More Information

Email: wastemanagement@grenfell.mun.ca

FB Page: Grenfell Waste Management Committee - GWMC



ZERO WASTE CORNER BROOK

REFUSE. RETHINK. REDUCE. REUSE. RECYCLE.

For the Closet

DIY Laundry Detergent

Ingredients:

- 1 bar of basic bar soap (grated)
- 2 c. borax
- 2 c. washing soda

Instructions:

Only need 1-2 tbsp per load



Tips and Tricks

- Buy secondhand (Salvation Army)
- Hang your clothes to dry
- Mend holes in clothes instead of throwing away
- Use fabric from old clothes for t-shirt yarn, rug hooking, rags, etc.
- Donate unwanted clothing
- Refill laundry detergent (Healthy Vibe) or DIY (above)

For Everything Else

Tips and Tricks

- Put unavoidable plastic into **EcoBricks** (ecobrick.org or message for details)
- Waste Art
- Make your own paper
- Compostable cat litter
- Google zero waste ideas
- Bring your own utensils and straws
- Refill growlers of beer at local breweries instead of buying cans
- Choose paper packaging and giftwrapping over plastic

For the Kitchen

Goal

Think of ways to make your own food items instead of buying prepackaged foods. These are only a few ideas:

Granola

Ingredients: (In order of most to least)

- Large flake oats
- Coconut oil (just enough to make clumps)
- Honey/maple syrup/agave
- Ground flax seed, pumpkin, sunflower chia, hemp seeds, nuts, etc.
- Cinnamon
- Pinch salt



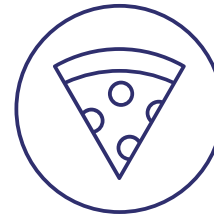
Instructions:

Mix all by hand, spread on cookie sheet, bake on low (300F). Turn, as needed, until golden. Let cool completely before storing in airtight container (mason jar)

Pizza Dough

Ingredients:

- 1 c. hot water
- 2 1/4 tsp quick yeast
- 1 tsp sugar
- 1/2 tsp salt
- 2 tbsp oil
- 2 1/2 c. flour



Instructions:

Combine first 5 ingredients & let sit until foamy. Add flour and knead until smooth and elastic. Cover with a towel & let rise until 2x size. Stretch out on pan, add toppings, and cook (350F) until golden.

Beeswax Wrap

Ingredients:

- Piece of cotton fabric
- Beeswax
- Joboba oil (optional)
- Parchment Paper



Instructions:

Use an iron or your oven: find your favourite YouTube tutorial!

Tips and Tricks

- **COMPOST!**
- Bring containers & buy ingredients from Bulk Barn to avoid packaging
- Bring reusable bags for groceries
- Get vegetables without plastic bags
- Buy larger containers instead of single-use products (i.e. yogurt, chocolate bars)
- Bring your own take out containers when dining out
- Use silicon products instead of single-use products (silicon mat, muffin tin, muffin wrappers, bread pan, etc.)
- Petition local stores to minimize plastic use

For the Mind

Documentaries

- Tomorrow
- The True Cost
- No Impact Man
- Minimalism
- DIRT! The Movie

