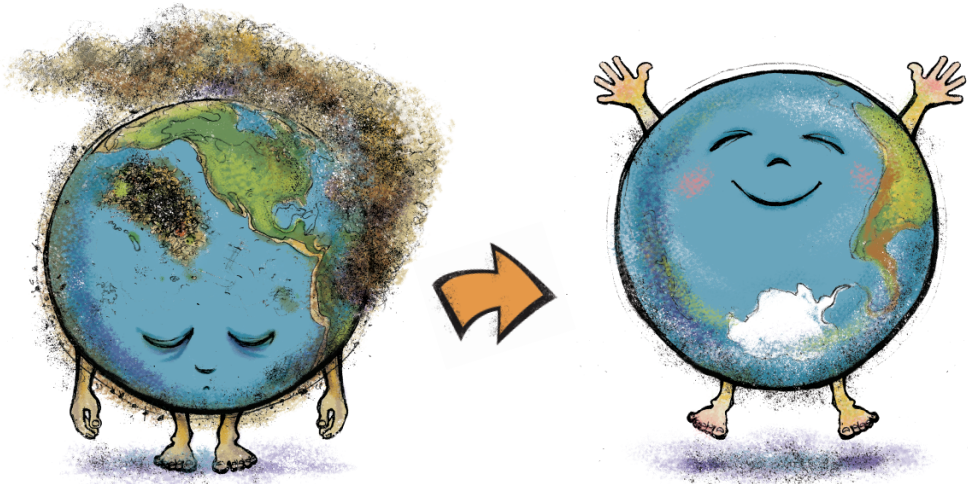


LEARN HOW TO **TOSS** OUT WASTE
AND **SWAP** IN SUSTAINABLE OPTIONS TO HELP
CLEAN UP OUR EARTH!



This illustrated guide is for the person too busy to figure out how to live more sustainably.

GET THE QUICK RUN-DOWN ON HOW TO
RECYCLE, REDUCE, REUSE AND RETHINK.

- Support sustainable businesses
- Reduce your landfill contributions
- Cut down on food-waste
- Set up a waste collection system
- Master mindful packaging disposal
- Learn reusable ideas and tips

BACK COVER

THE EASY SUSTAINABLE-LIVING GUIDEBOOK



AMY KLIEVER
FRONT COVER

TOSS ICONS

Items in this book are labeled with these icons to help you know how to toss mindfully.



EVIL: Avoid at all costs

Item is made or sold by a greedy corporation who puts profit before taking care of the Earth



SINGLE-USE: Try to avoid

Item is created to be used only once, usually for a very short time-period. Usually hard to recycle.



MIXED: Try to avoid

Item is created with layered or mixed materials making it too difficult to recycle.



PLASTIC: Try to avoid

Item is created from petrochemicals, usually from fossil fuels. Can be recycled but probably won't be.



SYNTHETIC FIBER: Try to avoid

Item is created from plastic/synthetic fiber. Can be recycled but usually not. Breaks down easily into microplastics.



NATURAL FIBER: Try to use

Item is created from natural fibers like cotton. Will break down naturally and can be recycled. Source responsibly.



PAPER: Try to use

Item is created from trees. Will break down naturally and can be recycled. Source responsibly. Opt for recycled.



GLASS: Try to use

Item is created from melted sand, etc. Will break down naturally and can be recycled. Opt for recycled.



METAL: Try to use

Item is created from extracting metal from ore. Will break down naturally and can be recycled. Opt for recycled.

SWAP ICONS

Items in this book are labeled with these icons to help you know swap in more sustainable options.



RECYCLED

Item is made from recycled material and not virgin materials. Support businesses/manufacturers who source recycled materials.



REUSEABLE

Item is made to last a long time, cutting by on consumption by not needing to be replaced frequently. The item can be reused, refurbished or repurposed.



DINE-IN

Items used to eat or drink are reusable and not disposable. By opting to eat and/or drink at home or in a restaurant/bar, you are cutting back on disposable cups, containers, condiment single-use packets, cutlery, straws, napkins.



BYO: Bring Your Own

Reusable items used for shopping, eating, drinking and packaging. You provide your own reusable item to avoid needing a disposable item.



DIY: Do It Yourself

Items are made by yourself using materials on hand or sourced as needed. This cuts back on consumption and mass-production.



HOME WASTE SYSTEM

ICONS

Items in this book are labeled with these icons to help you process waste mindfully.



LANDFILL

Everything is squashed in with plastics, food and other rubbish with no oxygen. It just sits, festers and puts off harmful green-house gases for hundreds of years.



GARDEN COMPOST

Fruit and vegetables that can be composted in the garden (or given to worms). Will be reused to feed garden and cuts down on landfill.



SOFT PLASTIC RECYCLING

Usually single-use and not recycled. Has to be separated from comingled recycling. Recycling programs can't keep up with the amount we produce.



BOKASHI COMPOST

All other food that can't go into garden compost such as meat, grains, legumes and dairy. It ferments in a separate bin, eventually ready to be added to the garden compost.



COMINGLED RECYCLING

Hard plastic, glass, metal and sometimes paper. Usually curbside pick-up from local council. Recycling programs can't keep up with the amount we produce, especially the plastic.



GREEN WASTE

Garden cuttings like grass, leaves, branches. Small amounts are usually collected curbside but larger amounts can be picked up and mulched by landscaping services.



PAPER RECYCLING

Paper and cardboard. Can be easily recycled. Do not add mixed material (such as disposable coffee cups) and soiled paper (such as food or grease).



SPECIAL

Items that can't be recycled so to avoid landfill, they have to be disposed of in a special way. Such as using Terracycle or specialized disposal/recycling collections.

HOME WASTE SYSTEM

ICONS

Items in this book are labeled with these icons to help you process waste mindfully.



TEXTILE RECYCLING

Any type of clothing or linen that is not fit to donate, such as socks, bras, underwear, torn or worn out sheets and anything else that no one would want to continue using.



SELL

Items of value that's worth the effort of selling. Mend, fix and clean those things that can bring in money. Buy quality items in the first place so it's easier to sell if needed someday.



FIX AND MEND

Items that you still want but need time or materials to fix. Have a mending session now and then to breath new life into old friends rather than replace them with new items.



BURN

Non-toxic and non-mixed items like paper, garden waste, used paper products like tissues. Burn in a wood-burning fireplace or stove, outdoor fire pit or bonfire (be sure to be extra safe).



DONATE

Items in good shape that you don't want to bother selling, but someone will really want. Old clothes and broken items will probably end up in landfill so dispose of differently.

Set up bins for every type of waste you process at home (or office/business). Work out a system that mindfully processes every type.

Research your local community and council for waste management resources and come up with a system on what to do with each category of waste.



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Razors
Face Products
Tissues
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Toilet Paper
Wipes
Toilet Cleaner & Brush

CLOTHES, LINEN & LAUNDRY

Masks
Clothes
Underwear & Bras
Socks
Shoes
Bedding
Pillows
Laundry Detergent



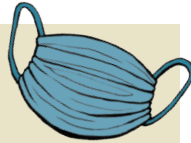
WELCOME!

I'm Amy, an illustrator/designer/writer/mom/wife originally from California, living in Melbourne, Australia. I wrote and illustrated this book based on my notes and sketches from the last few years of learning to live more sustainably.

After having kids and taking on running a family home, I have been immensely aware of our consumption and waste. I started searching for ways to not add to the growing pollution, plastic and landfill problems on our Earth. The more I researched, the more climate-change, pollution, fire and rubbish stories in my news feed showed up, making me more than motivated to make a change.

To be perfectly honest, living a totally sustainable lifestyle is freaking hard!

Especially during a pandemic. My efforts have been derailed many times. I am still far from having a perfectly sustainable lifestyle and don't expect you to either.



THIS IS A JOURNEY.

This book is about raising your awareness as a consumer and changes you can make.

It is a journey that we are all taking together as consumers.

The more our voices and consuming demands unite, we can have a positive and forward-thinking effect on the decisions of corporations and governments. We must force them to choose our environment over profit. Urgently.

Make a swap one-thing at a time

Don't try to set 'plastic-free' or 'zero-waste' absolute goals. While the idea is admirable, you're probably setting yourself up to fail. Look at the big picture and set long-term goals. You can follow the steps in this book or just use it as a referral guide on how to deal with things one at a time.



Our goal is two-fold:

Process our own waste management at home to minimize landfill contributions as much as possible.

Hold all the big companies in the world accountable for sourcing only sustainable materials, resources and energy.

It's scary and gross how detrimental humans have been to Earth in just a few decades.

Is this the legacy you want to leave?

Our plastics, oil sludge and petrochemical products are leaving a disgusting smear across our Earth affecting all other species. What made humans feel so entitled to think we can get away with this? I, for one, am embarrassed.



We have to clean up. Both the Earth. And our acts.

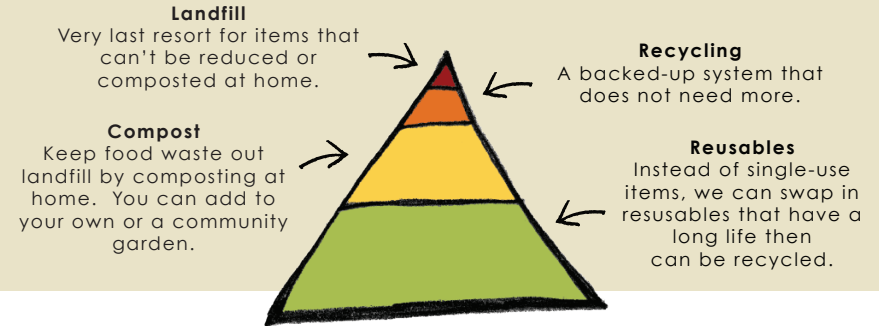
Most of us are aware of this, but feel panicked and overwhelmed by the problem. We don't know where to start in making a difference other than the obvious reusable shopping bags and signing petitions. We don't all have the time and money to shop for sustainable products regularly and exclusively. To the standard consumer, they are simply not as accessible as the plastic or plastic-packaged. We have slick marketing campaigns and supermarket franchises making the mass produced way more convenient to consume.

Make your journey fun and awarding.

This book is to help you with your sustainable-living journey. I aim to make it more accessible, enjoyable and bringing us together to ultimately benefit our beautiful Earth.

OUR GOAL

Visual representation of your home's waste.
Reduce your landfill contribution to as little as possible.



STEP 1: GET MOTIVATED

Photos and information to remind you how urgently important it is to live more sustainably.

Ocean Pollution

There are five major patches like the Great Pacific Garbage Patch growing in our oceans, slowly breaking down into smaller plastics. Oil spills are also a major issue killing ocean wildlife.

More Info: <https://theoceancleanup.com/updates/why-we-must-clean-the-ocean-garbage-patches/>



Melting Glaciers and Icebergs

Carbon dioxide and other greenhouse gas emissions have raised temperatures, causing the ice to melt. The less ice reflecting sunlight, the hotter it gets and sea levels rise.

More Info: <https://www.worldwildlife.org/pages/why-are-glaciers-and-sea-ice-melting>



Wildfires

Higher temperatures, drought and deforestation have all contributed to record-breaking fires.

More Info: <https://www.nationalgeographic.com/science/article/climate-change-increases-risk-fires-western-us>
<https://www.bbc.com/news/58159451>



STEP 2: ASSESS YOUR CONSUMPTION

'Consumption' is what you use like energy, services and stuff you buy.
Be aware of the full lifecycle of everything you consume.

- Utilities**
Aim to be conservative with water, gas and electricity. Opt renewable.
- Grocery Shopping**
Shop local and bring your own bags and containers.
- Transportation**
Opt to work from home, carpool, bike or use public transportation.
- Food Shopping**
Buy from local farmers, dairies and suppliers.
- Online Shopping**
Support local businesses not greedy, evil corporations like Amazon.
- Quality Control**
Get quality over cheap, convenient and mass produced

Questions to ask yourself when shopping and ordering:

1. Where was this item originally sourced?
2. Was the company or manufacture ethical and paid workers a living wage?
3. How will you dispose of it after you're done with it?
4. Is there something better and longer-lasting you can get instead?
5. Can you fix or revive the item you're replacing?
6. Is the item made from virgin or recycled material?
7. Do you feel good about supporting this business?



WHAT IS 'GREENWASHING'?



With the Earth's pollution and waste issues becoming a main-stream concern, manufactures and companies are taking steps to be more sustainable. But not all efforts are genuine or effective.

It might just be a marketing spin to make their products and policies sound environmentally friendly. Often they'll flout one 'green' product or initiative to draw business, but not make a universal change to their products.

Look past the slick marketing and promises. Generally smaller start-up and/or local businesses are better to support when searching for sustainable alternatives.



WORST POLLUTERS:

Energy
Agriculture
Fashion
Food Retail
Plastic

(To be completed...)

MAIN INDUSTRIES TO AVOID:



Fossil Fuels

Non-renewable and responsible for a devastating amount of pollution. Electricity, oil and plastic are derived from fossil fuels like coal, gas and oil.

More Info:

<https://www.inspirecleanenergy.com/blog/clean-energy-101/advantages-disadvantages-fossil-fuels>

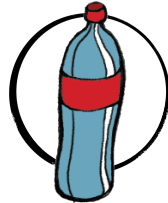


Fast Fashion

Non-ethical, cheap and practically single-use, these clothes are mostly made with synthetic fabrics. They end up in landfill and never decompose.

More Info:

<https://www.nytimes.com/2019/09/03/books/review/how-fast-fashion-is-destroying-the-planet.html>



Plastic:

Made from fossil-fuels and usually single-use. Majorly polluting the Earth, especially oceans. Breaks down into microplastics, non-biodegradable.

More Info:

<https://www.pbs.org/newshour/show/the-plastic-problem>

STEP 3: ASSESS YOUR WASTE

Review your waste and what is getting put into landfill and recycling.



Landfill

Work out what really has to go into landfill and what you can be filtered out by reduction, recycling or compost.



Clothes

Assess how often do you wear clothes and if they are quality enough to sell or donate.



Comingled Recycling

Try to reduce the use of plastic and always recycle metal and paper. Don't contaminate your recycling with dirty containers, mixed material or soft plastic.



Sourcing Local

Buy from local businesses as much as possible to cut down on wasteful fuel/transportation.



Soft Plastic Recycling

Separate out plastic bags for shopping, chips, snacks and food pouches.



Food Waste

Only cook or order what you can eat to avoid leftovers ending up in landfill. Compost food and compostable dishes, napkins and cutlery.



WORKING TOWARD A GLOBAL STANDARD

Waste management in homes, businesses, manufactures and corporations is a messy free-for all.

rubbish with no oxygen. It just sits, festers and puts off harmful green-house gases.

Efforts vary but most homes might have one bin for landfill, one for recycling and one for green (garden) waste.

Putting plastics into your recycling bin is also problematic. Recycling programs can't keep up with the amount we produce. We're running out of places to put it and it's probably being sold overseas. But these countries are overwhelmed and are leaking rubbish into the ocean. Most have stopped buying it so it's possible your recycling is just going to landfill.

This system does not cut it.

Everything you throw in the landfill bin gets compacted into Wall-E type cubes, mashed into a pit or burned. Even if something is biodegradable, like food, it's squashed in with plastics and other

STEP 4: SET UP YOUR FOOD WASTE SYSTEM



1. BE REALISTIC WHEN SHOPPING & ORDERING

When at the grocery store, ordering take-away or dining at a restaurant, be honest with yourself about how much you'll eat. Unless there's a food compost system, most of your uneaten food will end up in landfill. It will take ages to breakdown, emitting green-house gases. Food does not breakdown easily in landfill because it's mixed in with plastics and other rubbish and lacks oxygen.

2. BE REALISTIC ABOUT PORTIONS

Only cook or order food you think you'll actually eat. Think about portions that you and your family will eat as the initial meal and leftovers within two days.



3. SAVE AND EAT LEFTOVERS

Properly store food and try to eat all leftovers.

Label food about to go off for the hungry fridge browser in your family.

Keep your fridge organized so you know what you have.



3. COMPOST FOOD WASTE

Divide into two types:

FRUIT/VEGETABLE SCRAPS

You can also add in tissues, hair, coffee grounds/tea



EVERYTHING ELSE

Meat
(cooked, cured or raw meat, including bones)



Dairy
(cheese, yogurt)



Mixed Food
(pasta, grains, legumes)



GARDEN COMPOST

Add to outside garden compost bin and mix in hay, stirring until it's broken down



Add fresh fruit and veg to a worm farm. Worm juice is great for garden soil.



Bury broken down bits in your garden



BOKASHI COMPOST

Keep two small compost bins on your kitchen counter-top easy to access as you prepare and clean up food.



Add to outside bokashi compost bin, top with enzyme grain and cover. Ferments with no oxygen and breaks down



Bokashi juice is great for house plants.

Bury broken down bits in your garden



STEP 5:

SET UP YOUR HOME WASTE SYSTEM

Set up bins for every type of waste you process at home (or office/business).
Work out a system that mindfully processes every type.

Research your local community and council for waste management resources and come up with a system on what to do with each category of waste.



LANDFILL

Anything that can't be recycled or reduced:
Oil/Grease
Diapers/Nappies
Pads/Tampons
Broken Glass

Curbside Pickup

Urban areas have bins and pick-up provided by the local council. Rural areas have local drop-offs.



COMINGLED/ PAPER RECYCLE

Hard Plastics
Glass Bottles
Tin Cans
Drink Bottles
Paper
Newspaper
Cardboard

Curbside Pickup

Urban areas have bins and pick-up provided by the local council. Rural areas have local drop-offs.



SOFT PLASTIC RECYCLE

Shopping Bags
Produce Bags
Bread Bags
Chips Bags
Candy Wrappers
Food Pouches

Curbside Pickup/ Drop Off

If pick-up is not provided there will be a near-by collection point (i.e. grocery store)



GARDEN COMPOST

Fruit Scraps
Vegetable Scraps
Coffee Grounds
Tea Leaves
Tissues
Hair

Home

Collect in your kitchen and compost in an outdoor bin. Bury in your garden when broken down to provide nutrients.



BOKASHI COMPOST

Anything that can't go into Garden Compost:
Meat
Dairy
Pasta
Grains/Legumes
Bones

Home

Collect in your kitchen and compost in an outdoor bin. Bury in your garden when broken down to provide nutrients.



SPECIAL

Bits and specialized items that can't be recycled or are too toxic for landfill:
Lids/Caps/Ties
Batteries
Paint/Oil
Electronics

Drop-Off

Collect in bags or boxes to drop-off at specialized locations with a recycling program like TerraCycle



GIFT OR DONATE

Used but still usable. Cleaned up and ready for next owner.

Items like:
Clothes
Furniture
Appliances
Kitchen Gear
Toys
Books

Drop-Off

Collect in bags or boxes to drop-off at donation centers like Goodwill, local churches and community centers.



MEND, CLEAN AND/OR SELL

Used items that need cleaning, mending or repairing so you can continue using it or sell. Quality items worth the effort.

Home/Ship

Sell from home, local market or online. Package in sustainable materials when shipping (reuse paper instead of plastic/styrofoam)



TEXTILE RECYCLE

Clothes and linen that can't be reused or donated

Items like:
Underwear
Socks
Bras
Pillowcases
Rags
Towels

Home/Ship

Sell from home, local market or online. Package in sustainable materials when shipping (reuse paper instead of plastic/styrofoam)



GREEN WASTE

Garden Cuttings
Branches
Leaves
Flowers
Grass Cuttings
Weeds

Curbside Pickup/ Drop Off

If pick-up is not provided there will be a near-by collection point



BURN

Anything non-toxic and non-mixed like:
Paper
Cardboard
Tissues
Paper Towels
Paper Plates
Napkins
Small Branches

Home

Collect and burn at home in your fireplace, outdoor fire pit or bonfire (be sure to be extra safe).

MAKE THE SPACE

Allow space for your waste processing as you would allow space for your TV and other essentials in your house. Your rubbish bin shouldn't be an afterthought shoved into a corner surrounded by bags of recycling. Make room for various bins, each with its own system and convenient place. Make it easy for everyone in your family or household to toss something in the right bin quickly as second nature.

HOW TO TOSS & SWAP

YOUR WAY TO SUSTAINABLE LIVING

SHOPPING, TAKE-OUT & DELIVERY

FOOD & DRINKS

CLEANING, KITCHEN & DINING

BATHROOM & PERSONAL CARE

CLOTHES, LINEN & LAUNDRY

HEALTH & WELLNESS

HOME & GARDEN

WORK & LIVING

HOW TO USE THIS BOOK:

These two-page spreads compare the more common-place option for items, services and resources with the sustainable alternative.



TOSS ICONS:

Quick guide on materials to help you toss mindfully.



SWAP ICONS:

Quick guide of ideas to help you swap in more sustainable options.



HOUSE WASTE SYSTEM ICONS:

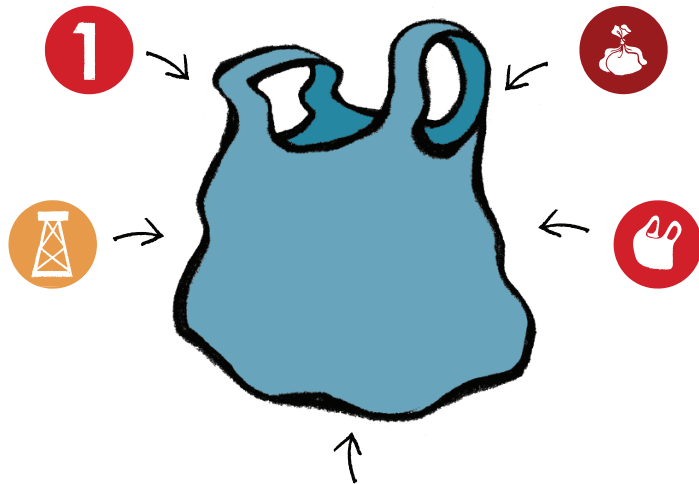
Quick guide icons on how to dispose of the item.



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HOW TO TOSS PLASTIC BAGS



Plastic shopping and produce bags

Usually used for only a short while, just once.

Avoid if possible. Reuse as much as possible.

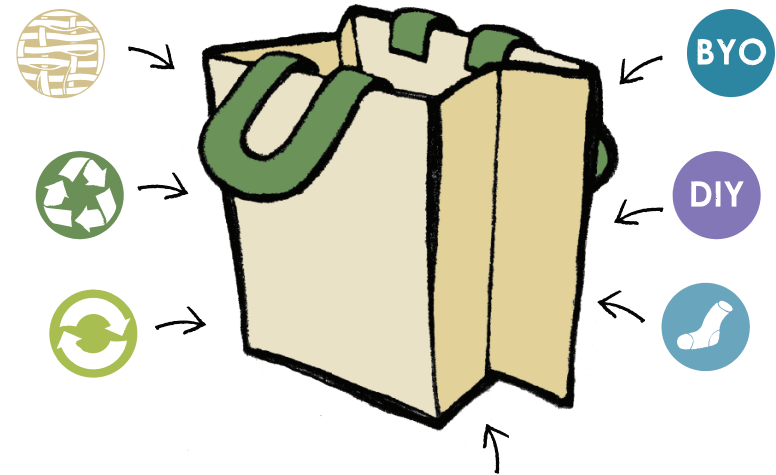
Collect for soft-plastic recycling if clean (rinse/dry as needed).

Only add to landfill if unusable or unrecyclable.

Biodegradable and compostable bags: Avoid. Do not add to soft-plastic recycling.

They will only break down in industrial composting facilities.

HOW TO SWAP REUSABLE BAGS



Cloth bag made with natural fabric

Buy quality bags made with thick cotton canvas or recycled fabric.

Thick, padded handles made carrying easier.

Pockets on the inside are great for bottles, jars and small items.

For cold food, get insulated bags with a zipper on top (add an icepack).

Can be washed and reused for years.

Textile recycle when beyond use.