

Refuse

Reduce

Reuse

Recycle

Rot

5 RS OF ZERO WASTE

Refuse - One of the first steps to minimizing waste is to refuse it. Learn to say no to single use items.

Reduce - Reducing is tandem to refusing. By reducing the amount of items you purchase by being truly mindful of what you need or would like to have.

Reuse - Reusing or repairing - instead of getting rid of an item after it breaks, a good thing to do would be to see if there is a way the item could be reused, repurposed or repaired.

Recycle - Recycling shouldn't be one of your first actions for items, but it happens unfortunately there will be items that you will end up having to recycle.

Rot - Rot is in reference to composting.

