



The Art of Sustainable Living *based on the principles of One Planet Living*

Principle 1 – Zero Waste

Your journey is personal to you / your family /your workplace, etc, BUT the goals are Universal? Here’s a reminder:

- to reduce wasteful consumption
- to maximise reuse and recycling
- to aim for zero waste to landfill / incineration

Did you know?

- The UK produces more than 100 million tonnes of waste every year.
- If we use our clothes for 9 months longer, this will reduce their carbon, water, and waste footprints by 20-30%.
- It takes 95% less energy to make a can from recycled aluminium than to mine the bauxite to make it from new aluminium.

Essential learning	Examples of where you can find help on your journey?
Waste Hierarchy [Refuse, Reduce, Reuse, Recycle, Recover] Circular Economy The Story of Plastic	Brighton Community Workshop Tool Library - Brighton Repair Café - Circular Brighton & Hove - City Clean – Community Composting [B&H Food Partnership] Freegle Brighton - Harriet’s of Hove - Magpie Recycling - Paper Round - Next Door - Smarter Uniforms - Tech Takeback - The Green Centre – The Compost Club - The Wood Store

Describe your Zero Waste journey so far?	Date:
--	-------

--	--

What are your Zero Waste goals for this year?	Date:
1. 2. 3.	

3 months check in. What progress have I made?	6 months check in. What progress have I made?

End of year summary. What have I achieved?	Date:

Thank you for your commitment and contribution to the planet's **ZERO WASTE** challenge
Continue to build on, and note down, your progress by downloading another of these sheets for next year