

TRASH TALK

SOCIAL SCIENCES GREEN TEAM MARCH NEWSLETTER



The Case for Zero Waste

EASY ZERO WASTE HABITS TO ADOPT

Trash is intimately connected to every environmental issue we face today, from climate change and habitat destruction to water pollution and chemical exposure. It's also very personal and impacts many decision in our daily lives, from how much money we spend to how much weight we gain.

Zero Waste is one of the most effective strategies that we can implement today to immediately reduce greenhouse gas emissions. But, living a life with less, or even zero waste doesn't happen overnight. It requires changes in our daily habits and thought processes to go from mindlessly tossing waste straight into the trash, to carefully recycling, composting, deciding to ditch certain wasteful items, and adding new waste-less items and products into our lives.

Don't know where to start? Well, here are some simple changes that you can make today to reduce your waste and step up your trash reduction game.

ATTENTION

The **Cool Campus Challenge** is launching on April 1. Let's make sure the Division of Social Sciences is one of the top teams this year!

Tips to make this a successful challenge:

Sign up **here** and start pledging on April 1:

Spread the word!

Let us know of ideas you have for getting more folks involved and saving more resources!



Practical Steps Towards a Zero Waste Lifestyle

1 Try a 30-Day zero waste challenge: make zero waste fun!

There's many online challenges specifically designed to help you start implementing zero waste into your routine. Here's one of them: <https://bit.ly/2zLoLQa>

2 Start recycling and composting, if you don't already

Get to know what exactly you're throwing away. You may find that a lot of what you throw away is compostable or recyclable. From there you can start to be mindful of the waste you can easily swap for sustainable choices.

3 Make the switch and opt for reusables instead of disposables!

Say no to plastic straws, disposable napkins, plastic utensils and bags. Ditch the chain coffee shop to-go cups and plastic water bottles. Buying yourself reusable items is one of the most simple zero waste



Zero waste is a **process** that doesn't happen overnight! Take it one step at a time.

changes you can make that will prevent tons of waste that will likely end up in land fill and can save you money!

4 Embrace second hand and thrifted clothing

Buying new clothes can be very wasteful and environmentally detrimental. Billions of pounds of clothes go to waste every year in the U.S. alone. Consider donating, selling or giving away the clothes that you don't want anymore and shopping secondhand, instead of buying new and simply throwing away the pieces you grow tired of.

5 Research the importance of zero waste

Zero Waste is much more complex than what we think. It's a concept that goes beyond individual actions. Rather, it's a web of actions, taken by all, that has the power to impact everything from climate change, to the health of our ecosystem and how we manufacture and consume products. Take time to research!

6 Connect with zero waste bloggers

Find a community of passionate zero wasters that inspire you. It will help you stay motivated throughout the process.



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