

MY ZERO WASTE HOME



**Gokhale Institute
of Politics and
Economics**
(Deemed to be University)



**MISSION
CITY CHAKRA**

WHAT IS ZERO-WASTE

Zero-waste means producing as little waste as possible.

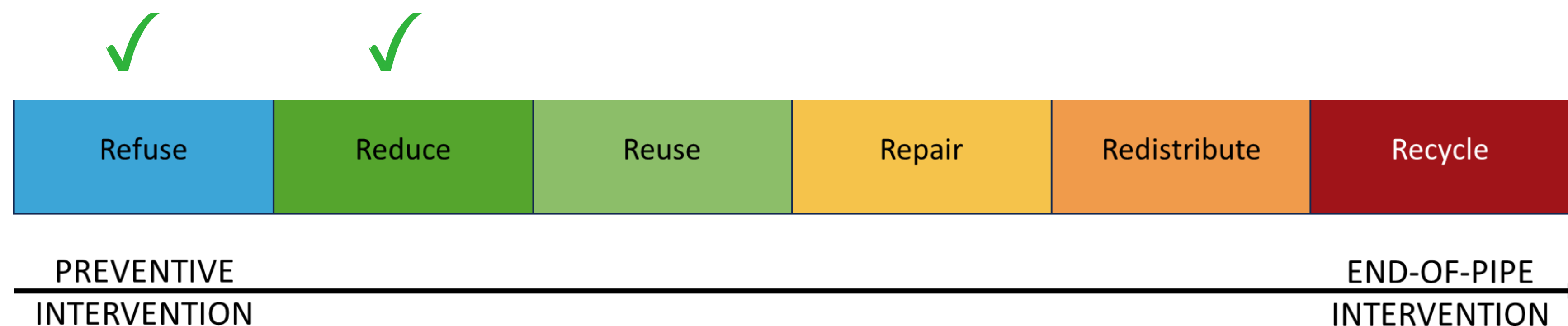
Two simple principles for zero waste while choosing materials,

- The material should be biodegradable, i.e., it should decompose and return to soil safely without degrading into any harmful substances

OR

- The material should be infinitely recyclable

If a material does not satisfy both these criteria, the best strategy is to avoid its use and look for more sustainable alternatives.



ALWAYS ASK IF IT IS REALLY NECESSARY

THE BEST WASTE MANAGEMENT IS NOT CREATING THE WASTE

WHY ZERO-WASTE

MY
ZERO
WASTE
HOME



In the past 50 years, humans have consumed more resources than they have in all of history.

Persistent, bioaccumulating, and toxic chemicals can now be found throughout the food chain.

The time has come to pause and think of the huge impact our seemingly small actions have on our health and planet's health.

“Zero Waste is a goal that is ethical, economical, efficient and visionary, to guide people in changing their lifestyles and practices to emulate sustainable natural cycles, where all discarded materials are designed to become resources for others to use.”

-Zero Waste International Alliance

HOW TO USE THIS GUIDE

Creating a zero-waste home requires us to pause and think about the daily use products in our life.

It is a liberating experience and should not be overwhelming.

This guide provides information about various commonly used materials and their properties.

The guide informs about the articles that do not fit the ‘zero-waste’ criteria and suggests alternatives.

The directory at the end has the sources for suggested alternatives. The directory is just a suggested resource to help you. It by no means is limiting and binding. Feel free to explore and help us update our directory.

For any queries, write to us at missioncitychakra@gipe.ac.in

MATERIAL CHEAT SHEET

MATERIAL	BIODEGRADABLE, DOES NOT DEGRATE INTO HARMFUL SUBSTANCES	INFINITELY RECYCLABLE	FITS ZERO-WASTE CRITERIA
STAINLESS STEEL	N	Y	✓
ALUMINIUM	N	Y	✓
COPPER/ BRASS	N	Y	✓
PLASTIC	N	N	✗
ACRYLIC	N	N	✗
PAPER	Y	N	✓
GLASS	N	Y	✓
COTTON/ JUTE CLOTH	Y	N	✓
SYNTHETIC CLOTH	N	N	✗
SILICON	N	N	✗
CERAMIC	N	N	✗

ABOUT SOME COMMON MATERIALS

Stainless steel is non-reactive and does not leach harmful chemicals into food and is considered safe

Aluminium exposure is linked to kidney disease and Alzheimers, though scientists are divided on this. It is best to avoid Aluminium in cookware.

Melamine is a type of plastic. It can be harmful, potentially leading to kidney stones and other health issues, especially in children, because it can leach into food when heated or exposed to acidic substances.

There is **NO** such thing as **SAFE PLASTIC!!** Plastic leaches harmful chemicals while in use. It degrades into microplastic and pollutes our health and environment after use. It is best to limit its use, especially in cookware, as heating causes more leaching. It can be recycled on 2-3 times.

Nylon plastic is generally considered safe for health but can leach chemicals when heated.



Silicon is considered safe for health. Like plastic, it can be recycled only 2-3 times.

Ceramic is not infinitely recyclable. Recycling facilities are limited. It is safe for health and a favorite material for crockery.

Glass is safe for health and is infinitely recyclable.

A WORD ABOUT SINGLE-USE

Every product uses resources, consumes energy, and creates pollution and carbon emissions in production, distribution, and transportation.

When the product is discarded within minutes of use, the resource-use, energy-use, and pollution-creation during extraction, production, and distribution are not justified.

Avoid single-use plastics due to their health and environmental impacts, but also pause and think before using single-use, biodegradable products.

A reusable product also causes environmental damage and pollution during the above stages. However, the pollution and impact stop while the product is in use. The durability of the product negates these early impacts.

It is often argued that reusable cutlery consumes water for washing while single-use, i.e., disposable, cutlery saves water since it does not need washing. **What about the water consumed during the extraction, production, and distribution phases?** The water consumption that is invisible to us far exceeds the quantity of water used to clean reusable cutlery.

MY
ZERO
WASTE
HOME



A ZERO WASTE HOME - HOW

You are the **policymaker** for your home: You decide, and it is done.

Just like a home is built, brick by brick, this guide will help you achieve zero-waste home- step by step.

We are with you at every step in this journey



COOKWARE & SERVEWARE

**MY
ZERO
WASTE
HOME**



ARTICLE TO BE REPLACED	ALTERNATIVE
PLASTIC TEA STRAINER	STEEL
PLASTIC COLANDER	STEEL
PLASTIC CUTTING BOARD	STEEL/ WOOD/ GLASS
PLASTIC MICROWAVABLE CONTAINERS	GLASS
PLASTIC FOOD CONTAINERS/ WATER BOTTLES	STEEL/ GLASS
PLASTIC OIL BRUSH	REALLY NEEDED? RETHINK ITS NEED
PLASTIC CHAPATI PLATE	REALLY NEEDED? RETHINK ITS NEED
CLING WRAP	REALLY NEEDED? RETHINK ITS NEED
PLASTIC PLATE-BOWLS	STEEL/ CERAMIC/ GLASS
PAPER PLATES-BOWLS	STEEL/ CERAMIC/ GLASS
PLASTIC-SINGLE-USE SPOONS-FORKS-KNIVES	STEEL
PLASTIC REUSABLE SPOONS-FORKS-KNIVES	STEEL
PAPER/ PLASTIC CUPS	STEEL/ CERAMIC/ GLASS
MELAMINE DISHES-BOWLS-GLASSES	STEEL/ CERAMIC/ GLASS
NYLON SPOONS-LADLES-SPATULA	STEEL/ WOOD
PAPER NAPKINS/ TISSUE PAPERS	CLOTH NAPKINS

SHOPPING & FOOD

**MY
ZERO
WASTE
HOME**



ARTICLE TO BE REPLACED	ALTERNATIVE
PLASTIC CARRY BAG	ALWAYS CARRY A CLOTH BAG WHEN VENTURING OUT
FOOD DELIVERY - SINGLE-USE CONTAINERS	ENJOY DINE-IN WITH FAMILY
FOOD DELIVERY - SINGLE-USE CONTAINERS	CARRY YOUR CONTAINERS FOR TAKE-AWAY
FOOD DELIVERY - SINGLE-USE CUTLERY	SAY NO WHILE COLLECTING TAKE-AWAY
FOOD DELIVERY - SINGLE-USE CUTLERY	OPT FOR 'NO CUTLERY' ON FOOD DELIVERY APPS
FOOD DELIVERY - TISSUE PAPERS	SAY NO WHILE COLLECTING TAKE-AWAY
FOOD DELIVERY - STRAWS	SAY NO WHILE COLLECTING TAKE-AWAY
TISSUE PAPERS AT RESTAURANT	MAKE A TRIP TO WASH BASIN
PACKAGED BOTTLED WATER	DEMAND REGULAR WATER
PACKAGING MATERIAL AT SHOPS	SAY NO TO UNNECESSARY PACKAGING
PURCHASING RECEIPTS AT SHOPS	SAY NO TO CUSTOMER COPY FOR CARD/UPI PAYMENTS
ONLINE SHOPPING PACKAGING	CONSOLIDATE DELIVERIES TO REDUCE PACKAGING
PLASTIC TIFFIN BOX	STEEL/ GLASS
PLASTIC WATER BOTTLE	STEEL/ GLASS

HOUSEKEEPING & GARDENING

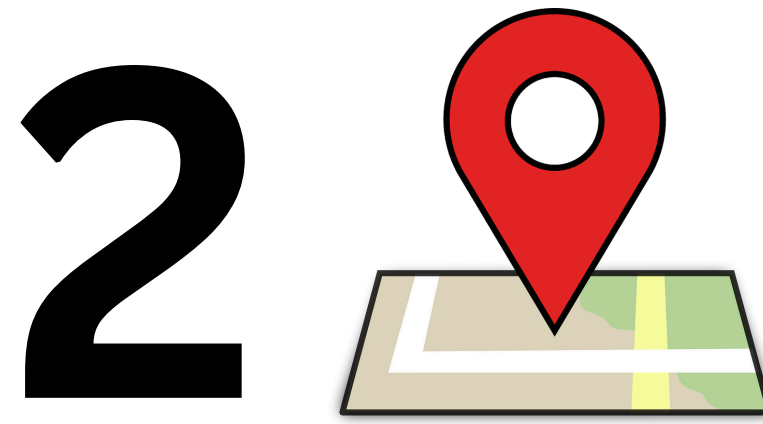
ARTICLE TO BE REPLACED	ALTERNATIVE
BROOMS WITH PLASTIC HANDLE	GO FOR SIMPLE WOVEN ONE
PLASTIC GARBAGE BAGS	REUSE PLASTIC BAGS
SINGLE-USE PENS	REFILLABLE PENS
CARTRIDGE FOUNTAIN PENS	FOUNTAIN PENS WITH PUMP
BALL PENS	PENCIL/ FOUNTAIN PEN WHERE POSSIBLE
PLASTIC PEN STANDS	WOODEN/BAMBOO/ METAL
PLASTIC TOOTHBRUSH	BAMBOO TOOTHBRUSH
CHEMICAL-BASED FLOOR CLEANERS	BIO-BASED FLOOR CLEANERS
CHEMICAL BASED TOILET CLEANERS	BIO-BASED TOILET CLEANERS
CHEMICAL BASED SURFACE CLEANERS	BIO-BASED SURFACE CLEANERS
CHEMICAL BASED DETERGENTS	BIO-BASED DETERGENTS
CHEMICAL BASED UTENSIL CLEANERS	BIO-BASED UTENSIL CLEANERS
PLASTIC PLANTERS	METAL/ WOVEN/ JUTE PLANTERS

EVENTS & GIFTING

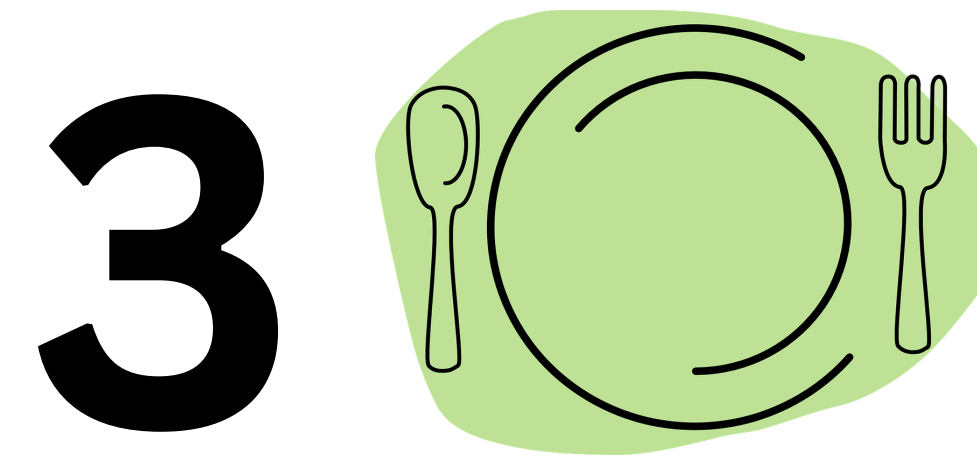
MY
ZERO
WASTE
HOME



AN E-INVITE INSTEAD OF
A PAPER ONE



LOCAL & SEOSNAL
MENU



STEEL / CERAMIC INSTEAD
OF SINGLE-USE FOR FOOD



JUG-GLASS INSTEAD OF
PACKAGED BOTTLED WATER



STEEL/ GLASS/ CERAMIC
INSTEAD OF PAPER CUPS
FOR BEVERAGES



NO GIFT / RETUIRN-GIFT
POLICY



ATLEAST NO GIFT-WRAP



NO PLASTIC DECORATION



NO BALLOON DECORATION

Upcycled products are great gifting ideas
Unique & Sustainable

HOLIDAYS & LEISURE

INSTEAD OF	GO FOR
BUYING TREKKING GEAR	RENTING TREKKING GEAR
BUYING TREKKING GEAR	BORROWING TREKKING GEAR
TRAVEL IN OWN VEHICLE	TRAVEL WITH PUBLIC TRANSPORT (GIVE IT A TRY)
TRAVEL IN OWN VEHICLE	CAR POOLING
PACKAGED FOOD ON TREKS	TRY LOCAL FOOD
PACKAGED BOTTLED WATER ON TREKS	CARRY OWN BOTTLE, FILL IT AT RIVER/ STREAMS
PAPER CUPS	STEEL GLASS/ COLLAPSIBLE STEEL GLASS
DISPOSABLE PLATES-SPOONS	CARRY OWN STEEL TIFFIN-SPOON
SHAMPOO SACHET	SHAMPOO SOAP BAR
WET WIPES	CLOTH HANDKERCHIEF

As they say
‘Leave only Footprints, No Trash’

A ZERO-WASTE DIRECTORY

WHAT	WHERE
COLLAPSIBLE STEEL GLASS	<u>EARTHING STORE</u> <u>AMAZON</u>
BORROW STEEL CUTLERY	<u>PLATE SHARING GROUP (PUNE)</u>
RENT PREWASHED, POSTWASHED CUTLERY	<u>ZEROWARE (PUNE)</u>
UPCYCLED ARTICLES FOR OWN & GIFTING	<u>POORNAM ECOVISION</u> <u>EARTHING STORE</u>
BIO-BASED CLEANING PRODUCTS	<u>EARTHING STORE</u> <u>OJASYA</u> <u>TURIL</u>
BIODEGRADABLE DAILY-USE ARTICLES	<u>EARTHING STORE</u> <u>SUSTAINABLE ERA</u>
DIWALI/ CORPORATE GIFTING	<u>POORNAM ECOVISION</u>
JUTE PLANTERS	<u>ECOMET</u>
UPCYCLED DECORATIONS	<u>SUSTAINABLE ERA</u>
WOODEN CUTTING BOARD	<u>SUSTAINABLE ERA</u>

WHO WE ARE

Mission City Chakra is a project by the **Centre for Sustainable Development**, under the **Gokhale Institute of Politics and Economics (GIPE)**, Pune, a 93-year-old premier institution.

At Mission City Chakra, we aim to make Pune A Clean and Healthy City by DESIGN.

The objective is to build a city on the lines of a forest where nothing goes to waste.

The action plan involves various measures to reduce waste generation through mindset change and wise material choices.

**MY
ZERO
WASTE
HOME**



MISSION CITY CHAKRA COLLABORATIONS



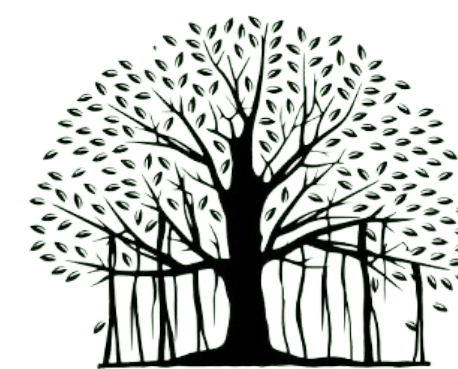


**MISSION
CITY CHAKRA**

**LET US CREATE
A ZERO-WASTE CITY FOR OUR CHILDREN
STARTING WITH
A ZERO-WASTE HOME**



**Gokhale Institute
of Politics and
Economics**
(Deemed to be University)



**Centre for
Sustainable Development**



EXPLOREit
Ideation. Creation. Consultancy.

