



Zero Waste Kitchen

- 5 Starting tips for Zero Waste Kitchens:
 1. Buy staples in bulk in a reusable container.
 2. Look through your fridge before purchasing food.
 3. Store almost all vegetables and herbs inside the fridge.
 4. Wash and prep the vegetables immediately upon returning home from the store.
 5. Purchase foods from your local farmers market.
- Dishwasher tabs recipe:
 - <http://www.onegoodthingbyjillee.com/2013/04/make-your-own-dishwasher-detergent-tabs.html>
- Trash bag alternatives:
 - <http://www.trashisfortossers.com/2013/08/zero-waste-alternatives-ultimate-list.html>
- Zero Waste Sponges:
 - <http://tuliptreesaga.com/dish-cloths/>
- Leftover issues? Look no further:
 - <https://www.bigoven.com/recipes/leftover>
 - <http://allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/>
 - <https://theplasticfreechef.com/about/>
- Don't let food go bad:
 - <http://www.stilltasty.com/>
- Find other uses for your leftovers if you can no longer make it into food:
 - <http://ivaluefood.com/resources/cooking-eating/10-things-to-do-with-banana-peels/>
 - <https://zerowastechef.com/2015/01/21/7-tips-for-a-zero-waste-kitchen/>
- Pets: Extra meat from the butcher- prepare into a dish for them
 - <http://treadingmyownpath.com/2016/07/28/can-you-have-a-dog-and-be-zero-waste/>
 - <http://www.rd.com/home/cleaning-organizing/13-steps-to-a-zero-waste-kitchen/>
- Pests:

Item	Purpose	Ingredients	Steps
Pest Spray	Fruit flies	<ul style="list-style-type: none">• 10 drops lemongrass essential oil• hot water	<ol style="list-style-type: none">1. Mix ingredients together in spray bottle2. Spray around plants, crevices, windows
Pest Spray	Ants	<ul style="list-style-type: none">• Cayenne or black pepper• Water	<ol style="list-style-type: none">1. Mix together in spray bottle2. Spray on ants and entry points
Pest Spray	Ants	<ul style="list-style-type: none">• Table salt• Water	<ol style="list-style-type: none">1. Boil water and add salt2. Pour mixture in spray bottle3. Spray on ants and entry points



Una Cocina Sin Desperdicio

- 5 Consejos para cero desperdicio en la cocina:
 1. Compre por mayoreo en envases reusables
 2. Cheque lo que tiene en su refrigerador antes de comprar
 3. Guarde las verduras y especias en el refrigerador
 4. Lave y prepare sus frutas y verduras en cuanto llegue a su casa
 5. Compre los alimentos en su Farmers Market local
- Receta para hacer pastillas de jabón para máquina lavaplatos:
 - <http://www.onegoodthingbyjillee.com/2013/04/make-your-own-dishwasher-detergent-tabs.html>
- Opciones para cero desperdicio:
 - <http://www.trashisfortossers.com/2013/08/zero-waste-alternatives-ultimate-list.html>
- Esponjas:
 - <http://tuliptreesaga.com/dish-cloths/>
- Sobrantes de comida:
 - <https://www.bigoven.com/recipes/leftover>
 - <http://allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/>
 - <https://theplasticfreechef.com/about/>
- No deje que la comida se eche a perder:
 - <http://www.stilltasty.com/>
- Ideas adicionales:
 - <http://ivaluefood.com/resources/cooking-eating/10-things-to-do-with-banana-peels/>
 - <https://zerowastechef.com/2015/01/21/7-tips-for-a-zero-waste-kitchen/>
- Comida para mascotas:
 - <http://treadingmyownpath.com/2016/07/28/can-you-have-a-dog-and-be-zero-waste/>
 - <http://www.rd.com/home/cleaning-organizing/13-steps-to-a-zero-waste-kitchen/>
- Plagas:

Item	Purpose	Ingredients	Steps
Spray	Moscas de la fruta	<ul style="list-style-type: none">• 10 gotas de esencia de limón• Agua caliente	<ol style="list-style-type: none">1. Mezcle en una botella de rocío2. Rocíelo en plantas y ventanas
Spray	Hormigas	<ul style="list-style-type: none">• Pimienta negra• Agua	<ol style="list-style-type: none">1. Mezcle en una botella de rocío2. Rocíelo sobre las hormigas
Spray	Hormigas	<ul style="list-style-type: none">• Sal de mesa• Agua	<ol style="list-style-type: none">1. Hierva el agua y añada sal2. Póngalo en una botella de rocío3. Rocíelo sobre las hormigas