

Zero Waste Kitchen



- 5 starting tips for Zero Waste Kitchens:
 1. Buy staple foods in bulk with a reusable container.
 2. Check the fridge for what you have before going shopping for more food.
 3. Store almost all vegetables and herbs inside fridge. [Use this food storage guide for tips!](#)
 4. Wash your food when you get home from the store and meal prep for the week.
 5. Purchase foods from your local farmer's market.

- DIY dishwasher tabs:
 - <https://www.onegoodthingbyjillee.com/how-to-make-your-own-dishwasher-detergent-tabs/>
- Trash bag alternatives:
 - <https://treadingmyownpath.com/2018/06/14/line-bin-without-plastic/>
- Zero waste sponges:
 - <https://twist.cleanerhomeliving.com/>
 - https://www.etsy.com/market/zero_waste_sponge
 - <https://www.goingzerowaste.com/blog/zero-waste-challenge-27-bamboo-dish-scrubs>
- DIY green cleaner recipes:
 - <https://wellnessmama.com/6244/natural-cleaning/>
 - <https://www.moneycrashers.com/homemade-natural-cleaning-products-diy-recipes/>
- Leftover issues? Check out these:
 - <https://www.bigoven.com/recipes/leftover>
 - <https://www.allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/>
- Check out how long food is good before expiring:
 - <https://www.stilltasty.com/>
- Compost your waste traditionally (food scraps) or Bokashi (food and meat scraps):
 - http://www.compost-info-guide.com/beginner_guide.htm
 - <https://wastefreesd.org/wp-content/uploads/2019/06/Bokashi-MERGED.pdf>
- DIY chemical-free organic pesticide recipes:
 - <https://www.globalhealingcenter.com/natural-health/organic-pesticides/>
 - <https://wellnessmama.com/56844/natural-pest-control/>

Una Cocina Sin Desperdicio

- 5 starting tips for Zero Waste Kitchens:
 1. Compre alimentos básicos a granel con un recipiente reutilizable.
 2. Revise el refrigerador para ver lo que tiene antes de ir a comprar más comida.
 3. Guarde casi todas las verduras y hierbas en el refrigerador. Utilice esta guía de almacenamiento de alimentos para consejos!
 4. Lave su comida cuando llegue a casa de la tienda y prepare la comida para la semana.
 5. Compre alimentos en el mercado de su agricultor local.

- Broches de bricolaje para lavavajillas:
 - <https://www.onegoodthingbyjillee.com/how-to-make-your-own-dishwasher-detergent-tabs/>
- Alternativas a la bolsa de basura:
 - <https://treadingmyownpath.com/2018/06/14/line-bin-without-plastic/>
- Cero residuos de esponjas:
 - <https://twist.cleanerhomeliving.com/>
 - https://www.etsy.com/market/zero_waste_sponge
 - <https://www.goingzerowaste.com/blog/zero-waste-challenge-27-bamboo-dish-scrubs>
- Recetas de bricolaje limpiador verde:
 - <https://wellnessmama.com/6244/natural-cleaning/>
 - <https://www.moneycrashers.com/homemade-natural-cleaning-products-diy-recipes/>
- ¿Problemas sobrantes? Echa un vistazo a estos:
 - <https://www.bigoven.com/recipes/leftover>
 - <https://www.allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/>
- Check out how long food is good before expiring:
 - <https://www.stilltasty.com/>
- Compostar sus residuos tradicionalmente (restos de comida) o Bokashi (restos de comida y carne):
 - http://www.compost-info-guide.com/beginner_guide.htm
 - <https://wastefreesd.org/wp-content/uploads/2019/06/Bokashi-MERGED.pdf>
- Recetas de pesticidas orgánicos libres de químicos:
 - <https://www.globalhealingcenter.com/natural-health/organic-pesticides/>
 - <https://wellnessmama.com/56844/natural-pest-control/>