

# ZERO WASTE TIPS DURING QUARANTINE

## ALTERNATIVES TO PLASTIC BAGS



Due to COVID-19, Governor Newsom has decided to lift the plastic bag ban for 60 days in order to protect the health of workers at supermarkets and stores. This might sound like a horrible decision for the environment, but there are ways for you to be sustainable amidst all this. When grocery shopping, you can opt out of plastic bags and carry out groceries by putting them in the trolley, then transferring them into reusable bags in your trunk that you already have.

For people who have accumulated a large amount of plastic bags, there are many stores still accepting during this time. You can check [WasteFreeSD.org](http://WasteFreeSD.org) for drop off locations near you!

## UPCYCLING FOOD SCRAPS

We can all embrace our green fingers by planting new crops and using the unwanted parts of vegetables. A few examples include bok choy, garlic or green onion. Growing green onions at home is easy, delicious and fun!

1. Cut off all the green parts of the green onion until only a small white bulb with roots remain
2. Place the bulbs into a cup with roots facing down, covering only the roots with water
3. Place it somewhere with sunlight and make sure the roots are always moist and hydrated
4. Green shoots should sprout from the top of the bulb
5. When the green onions grow to 4 or 5 inches long, you can put them in a pot filled with soil for them to continue growing healthily
6. Harvest and use fresh in cooking



## DECLUTTER YOUR HOME

It's spring time, which means... spring cleaning! If you are bored at home with nothing to do, this is the perfect time to declutter your wardrobe and pack boxes of used or unwanted clothes to donate to your local thrift store or homeless shelter, helping those in need. To find drop off locations near you, visit [WasteFreeSD.org](http://WasteFreeSD.org)!

## MEAL PREP

Meal prepping not only saves money, but is also beneficial during quarantine because it limits the number of grocery store trips that you will need to take. The website [Save The Food](http://Save The Food) is a helpful tool in helping you create meal prep plans and even has an interactive storage guide to teach you how to best store your ingredients for maximum freshness.



## RECYCLING MISCELLANEOUS ITEMS

Throughout the quarantine, you will most likely have collected many recyclable miscellaneous items such as hand soap/hand sanitizer bottles, hand soap pumps, water filters and food containers etc. Since most recycling centers have halted services due to COVID-19, please try your best to hold on to those items for recycling until centers open up again! Another alternative is to recycle your items through [Terracycle](http://Terracycle), where they have different programs for different products. Examples include the [Personal Care and Beauty Box](#) and the [Water Filter Box](#).