

Reduce Your Kitchen Waste: A Practical Checklist

This is your no-guilt, no-nonsense checklist for getting started. Pick one or two things from each category, build habits, and move forward when you're ready.

Level 1: The Easy Wins (The “ No-Brainers ”)

- Reusable Shopping Bags: Keep foldable bags in your car. Avoid single-use plastic grocery bags.
- Reusable Water Bottle: Find one you love that keeps water cold, doesn ' t leak, and saves money.
- Reusable Coffee Cup: Most shops give discounts; coffee tastes better in a real cup.
- Basic Dish Cloths: Ditch paper towels. Use cotton or microfiber cloths for all cleaning tasks.

Level 2: The Next Level (You ' ve Got This)

- Glass Food Storage Containers: Durable, odor-free, oven and microwave safe.
- Silicone Stretch Lids: Best replacement for plastic wrap; airtight and dishwasher-safe.
- Silicone Baking Mats: Replace parchment or foil; reusable, non-stick, and easy to clean.
- Reusable Produce Bags: Use mesh bags for fruits and veggies instead of thin plastic ones.

Level 3: The Pro-Tier (You ' re a Reusable Rockstar)

- Silicone Food Bags (like Stasher): Replace disposable Ziploc bags for snacks, freezing, cooking.
- Beeswax Wraps: Great for cheese, onions, or cucumbers—not ideal for bowls.
- A Good Dish Brush: Wooden brush with compostable head is hygienic and eco-friendly.
- Reusable Coffee Filter or Pod: Replace paper filters or pods; makes richer coffee too.

Start small, celebrate the wins, and don ' t let perfect be the enemy of good. You ' re building a sustainable, intentional, and enjoyable kitchen. You ' ve got this!