

## Why go zero waste?

Or even *reduce* your waste at all? Going zero waste is a huge undertaking: if you even glance around your room, kitchen, or bathroom, you can see that so much of what we use and consume on a daily basis falls into the category of “disposable” or “single use”. This all adds up to a lot of waste in our landfills or waste incinerators.

In 2013, the United States:

- Generated 254 million tons of waste total
- Sent 167 million tons to landfills or incinerators
- Individually generated around 4.4 pounds of waste per day

Our current “linear model” of consumption, which relies on single use items and constant extraction of new resources, impacts the world and us in ways that we don’t often contemplate as we buy our coffees every morning in disposable cups. The air, ocean, and climate all suffer from this, which ultimately affects us, starting with our most vulnerable communities.



## The benefits

- Less energy to produce goods
- Simplified lifestyle
- Less land, air, and water pollution
- Reduce greenhouse gas emissions
- Ultimately saves you money

## Know your resources

The University of Kentucky is now partnered with the Post Landfill Action Network (PLAN), a nonprofit organization that provides students with the knowledge and resources needed to lead zero waste initiatives on their campus. As a member school, we have access to workshops, one-on-one meetings, guidebooks, and more to help us reduce waste on UK’s campus. Every student has access, simply make an account with your uky.edu email at: [www.postlandfill.org](http://www.postlandfill.org)

The Student Sustainability Council supervises the distribution of the Environmental Stewardship Fee, which is paid into by all UK students. Any member of the UK community can submit a proposal for support of their environmental initiatives on campus. To learn more about how to join the council or submit a proposal, visit their website at: <https://www.uky.edu/sustainability/student-sustainability-council>

Your one stop shop for all things sustainability on campus is the office of sustainability! Get information on grants, job opportunities, and campus operations, or the latest news surrounding UK’s sustainability initiatives. This is a great resource and contact to keep in mind as you navigate reducing your waste or overall environmental impact on UK’s campus. For more, visit their website: <https://www.uky.edu/sustainability/>



### Further Reading:

<http://trashisfortossers.com>  
<https://www.goingzerowaste.com/>

## Zero Waste Guide: Starting Out



*Your first stop on your path to  
reducing your waste at  
the University of Kentucky*

# FOLLOW THE SIX R'S OF WASTE REDUCTION

Say **NO** to:

- Unneeded freebies
- Straws
- Business Cards/Pamphlets (take pictures!)

## Alternatives to Reduce Waste

- ☐ Cloth/String Produce Bags
- ☐ Reusable Grocery Bags
- ☐ Reusable Water Bottle
- ☐ Bring your own mug to the coffee shop
- ☐ Glass/Stainless Steel Straws
- ☐ Soap/Shampoo Bars
- ☐ Compostable/Bamboo Toothbrush
- ☐ Cleaning Supplies: DIY with castile soap, white vinegar, etc. (reuse bottles!)
- ☐ Cosmetics: DIY (reuse containers)
- ☐ Clothing: Buy Secondhand

- Donate to a local nonprofit
- Sell to friends or online
- Compost food scraps
- Repurpose
- Opt for reusables (ex. bottles)



Visit <https://www.uky.edu/facilities/cppd/services/facilities-services/recycling> for UK-specific recycling information.

## RETHINK

Do I need this?

## REFUSE

Am I going to use this for a long time?

## REDUCE

How can I use less?

## REPAIR

How can I fix what I already have?

## REUSE

How can this be used again, or in a different way?

## RECYCLE

What can I recycle in my area?

- What do you have that you don't need?
- Think critically about your consumption and belongings!



*A few local nonprofits that accept in-kind donations*

- The Nest
- Greenhouse17
- Hope Center
- Kentucky Refugee Ministries
- Ronald McDonald House
- Dress for Success
- Habitat for Humanity ReStore
- International Book Project
- God's Pantry Food Bank

Visit <https://www.lexingtonky.gov/about-recycling> for information about Lexington's recycling program.