

“Everything is interwoven, and the web is holy; none of its parts are unconnected. They are composed harmoniously, and together they compose the world. One world, made up of all things. One divinity, present in them all.” — Marcus Aurelius, Meditations

Disclaimers:

1. I will put a link on the Valley newsletter with all this information, so you can click on active links instead of typing in the long websites.
2. I am not an expert. I am learning something new every day.
3. I am not endorsing any company, not making any money from the companies I share.
4. Companies I choose to buy from online ship responsibly. They also have a mission, like planting trees or building toilets or cleaning plastic out of the ocean.
5. One place I mention a lot is the Tare Market in south Mpls. Zero packaging store.
6. I do have a compost bin in my yard, so that makes getting rid of some waste easier.

My goal:

For all of us to begin to start seeing plastic in our everyday lives and making alternative choices to try to lessen our impact on our earth.

Please watch these videos, preferably before going through the presentation.

The reality of plastic consumption:

1. <https://youtu.be/37PDwW0c1so?list=PLI7TZ3qtVn9vmmDzWbQ8vIF85nVdoYn99>

Some possibilities:

1. <https://youtu.be/QbZKP4UAtL8?list=PLI7TZ3qtVn9vmmDzWbQ8vIF85nVdoYn99>
2. <https://youtu.be/vFKAV4DD5ZY?list=PLI7TZ3qtVn9vmmDzWbQ8vIF85nVdoYn99>

Living Sustainably:

1. <https://www.youtube.com/watch?v=pF72px2R3Hg>
2. <https://www.youtube.com/watch?v=59omJe880dl>
3. <https://youtu.be/kWnsmzSSgdI>

Reducing the Amount and Use of Plastic

Refuse, Reduce, Reuse, Recycle, Rot (and only in that order) – Bea Johnson ZeroWasteHome

1. Rags vs. Paper towels
2. Cloth napkins vs. paper napkins
3. No trash bags - wash out garbage can and compost

Kitchen

1. No plastic wrap – plate on a dish, bees wax wraps or glass covered dishes,
Recipe for Bees wax wraps <https://www.littleyellowwheelbarrow.com/diy-beeswax-wraps/>
2. Reuse plastic silverware from parties – show boxes of plastic ware

3. Shopping bags - Reusable mesh bags NetZero company
<https://www.netzerocompany.com/collections/all>
4. Compost – Lomi – backyard compost bin
5. Sponges from Blueland are made from plants. I make sure they are clean by running them through the dishwasher and they can be composted.
6. Powdered dish soap from Blueland. Dish soap – must get used to the idea that suds do not make clean dishes,
“Since our products are 100% all-natural, it does not produce many suds. Suds are a side effect from a lot of chemicals reacting in the other commercial dish soaps, which our products do not contain. We're working on making it sudsier, though. For sudsing, we recommend putting it directly on the sponge for maximum grease-cutting ability. The sponge opens up the formula to create an incredibly effective foaming and grease-cutting liquid.” - CleanCult
7. Dishwasher soap - tablets from Blueland and make your own
8. **A recipe for dishwasher soap:**
https://oneessentialcommunity.com/diy-natural-dishwasher-detergent-with-essential-oils/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=358645940_11384200_323449
9. Glass cleaner from Grove I bought at Target
10. All Purpose Cleaner from Clean Cult
11. Buying meat – go directly to the butcher and have them wrap meat in paper instead of Styrofoam and plastic.
12. Buy baking/cooking staples from Tare Market. You must take your own containers. Peanut butter, flour, sugar, spices, pasta, rice, nuts, chocolate chips, vanilla, dried fruit, beans, grains, oatmeal, cereal, vinegar, honey, oil, etc.

Laundry

13. Laundry soap - CleanCult and Blueland make a good tablet form which I use for traveling. Make my own from Vikki McVean’s recipe. (printed below)
14. Wool dryer balls help eliminate static, so you don’t have to use dryer sheets.
15. Lint from the dryer is compostable. (also dirt from your vacuum cleaner)
16. Guppy bag

Bathroom and personal care

17. Bar soap – find someone local Heaven Scent <http://www.heavenscentsoaps.com/>
18. Toothbrush- my toothbrush will last 6 months, and it is 100% biodegradable and compostable. <https://zerowastecartel.com/>
19. Toothpaste Bite - <https://bitetoothpastebits.com/>
More than 1 billion plastic toothpaste tubes are thrown out each year.
Mouth wash By Humankind <https://byhumankind.com/> and another made by Bite
20. Dental Floss – refillable case with compostable floss from byHumanKind
21. TP & tissue - Who Gives a Crap? <https://us.whogivesacrap.org/> can be composted
22. Cotton Swabs Qtip all cotton swabs can also be composted.

- 23. Shampoo Bar Hy Vee – a Basin product
- 24. Conditioner Bar Hy Vee – a Basin product – this works better when I melt it in water and turn it into a liquid. Protect your bars!
- 25. Lotion - Bees wax recipe, Tare Market with my own bottle – Oneka face cream
- 26. Deodorant – many people make their own. Refills, the plastic parts are recyclable, cardboard is compostable
- 27. Make up – can find bamboo cases and refills, BOOM! For pro-age women – I got the idea from Vikki to make my own lip balm and “foot crayons”. Willow and Sage magazine has many DIY.
- 28. Plastic free hair ties

Pets

- 29. Make dog or cat treats instead of buying them in plastic packages.
- 30. Doggie septic systems
- 31. Pooch Papers
- 32. This website helps you find bulk stores close to you. <https://zerowastehome.com/>
- 33. Shopping with my own containers
A great store in south Minneapolis
TARE MARKET
2717 E. 38TH ST <http://thetaremarket.com/>

A recipe for laundry soap from Vikki McVean

Homemade Eco-Friendly Laundry Soap

This recipe makes 2 gallons of laundry soap for about 75 cents. Plan and have something to store it in. I use large juice bottles or gallon milk jugs.

You'll need:

***1/3 bar Fels Naphtha Soap (check either laundry soaps or bath soaps, Coast to Coast Hardware)

***1/2 cup Arm and Hammer Super Washing Soda (not baking soda)

***1/2 cup Borax

Grate the Fels Naphtha soap. Heat 3 pints of water and add the grated soap. Stir and heat until dissolved. Stir in washing soda and Borax. Stir. Continue cooking for 15 minutes. It will be the consistency of thin, hot honey. Remove from heat.

In a large bucket (3 to 5 gallons), put in 1 quart hot water, then add the soap. Mix well. Add 5 1/2 quarts of cold water. Mix. Set aside for 24 hours. The mix will eventually gel.

Use: Shake before using. Use 1/4 to 1/2 cup, even for big loads. This soap will not suds. The only scent is the Fels Naphtha which is gone in the dryer.

Companies that sell sustainable products, Newsletters, Suggested videos:

1. <https://www.netzerocompany.com/>
2. <https://www.blueland.com/> plant-based products, rather inexpensive
3. <https://byhumankind.com/>
4. <https://www.honest.com/blog/wellness/ingredients/what-is-polyvinyl-alcohol/8777.html>
5. <https://zerowastecartel.com/>
6. <https://www.cleancult.com/>
7. <https://wastefreeproducts.com/>
8. <https://zerowastehome.com/app>
9. <https://packagefreeshop.com/>
10. https://zerowastecartel.com/blogs/news/zero-waste-home?utm_campaign=YT%20-%20Sustainable%20Home%20-%20%28Audience%29%20Opens%2030%20days%2C%20purchase%20lifetime.%20%28S75bRc%29&utm_medium=email&utm_source=Sustainable%20Home%20-%20buyers&kx=j70iNpZP3blbHx0ROYZw9Zk8GdyWyVVGgvQOBIZIxc%3D.Qq3jsx
11. <https://zerowastecartel.com/blogs/news/99-easy-eco-swaps>
12. Documentary Film -The Plastic Problem: PBS Newshour Presents
13. Documentary Film -Frontline-Plastic Wars