



The Philosophy: towards zero waste!



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The Action Plan

1. Scan your bin over a week: What is in both your bins - waste and recycling?
2. Which item would be the easiest to eliminate first?
3. Write your action down
4. Make the change
5. Which item will be next, and so on, week by week

[Kinsale Zero Waste Presentation](#)



Practical Solutions

shopping

Idea	Notes and suggestions
<p>Source products that help with shopping – large durable bags and small bags/containers for produce</p>	<p>Have a look at home first – you may have small cotton bags</p> <p>Try the Filling Station – Kinsale Farmers’ Market</p> <p>Pound shops sell laundry bags with zips which work well for fruit & veg in supermarkets</p>
<p>Meal planning – and shopping list</p> <p>Base our meals on what is in season</p>	<p>Makes for more effective shopping and less food waste.</p> <p>Planning helps to eliminate ‘convenience’ foods</p>
<p>Think about bringing lunch/ picnic to avoid buying packaged readymade food</p>	<p>Left over dinner for lunch</p>
<p>Compostable bags -</p>	<p>Read carefully...you may only be able to compost in commercial composter</p> <p>Maggie at Kinsale Famer’s Market has these</p>
<p>Plastic or tetrapak milk containers</p>	<p>https://www.theguardian.com/sustainable-business/tetra-pak-versus-plastic-bottles-water</p> <p>or go back to glass...</p>
<p>Non-packaged pet food</p>	<p>Where could you get this?</p>



Food waste

Idea	Notes and suggestions
Compost and make black gold! Or use Brown Bin	can buy compost bins at Bandon civic amenity site
“wormery works, I have one for ten years”	http://www.wastedown.com/sales.php
Chicken wire under compost bin to stop rodents – means cooked waste can go in!	
Can buy accelerator for compost bin in Aldi Comfrey also works as accelerator	



personal care

Idea	Notes and suggestions
Bamboo toothbrush	From Maggie at Kinsale Farmer's market
Refill hand soap	
<p>Toothpaste: 4 tb bread soda, 2 tb green clay, 1 tb stevia and 6 drops peppermint oil. 1-2 tb Aloe vera gel and 2 capsules charcoal (where to source)</p> <p>from Jessica</p>	<p>https://askthedentist.com/diy-toothpaste/</p>
<p>Deodorant: coconut oil, bread soda corn flour & essential oil</p> <p>piece of raw potato</p>	
Aloe Vera Plants in the Kitchen and in the Bathroom	
Eco makeup recommendations	
<u>Personal care tips</u>	
Rosehip oil	
La Mara Products – Aldi	



cleaning

Idea	Notes and suggestions
Wipe up cloths – old cotton squares, pillow cases	
Sponge for dish washing from old t-shirts TAWASHI	make a Tawashi scrubber
Use Eco-friendly refillable cleaning products	
Laundry soap recipe	<p>DIY</p> <ul style="list-style-type: none"> • Reduce the number of cosmetics and hygiene products you use, make your own! <p>Example: laundry detergent</p>  <p>It is cheaper than buying detergent !</p>
Pumice stick for cleaning	
<p>Fairyland Cottage...Irish blogger</p> <p>kitchen cleaning</p> <p>bathroom cleaning</p>	



Workshops October & November 2018

general tips

Idea	Notes and suggestions
Reusable water bottle	Bought stainless steel one for sale at Maggie's Refill station and like it!
Paper serviette – use cotton ones – make them from old pillow cases	
Use a keepcup or other non-disposal cup – reduced cost when you buy coffee etc in Centra etc.	
Outdoor shoes off in house – less dirt to clean!	



clothes

Idea	Notes and suggestions
Buy less	
Check out charity shops	
Clothes swap	

businesses

- [Maggie's Refill Station at Kinsale Farmer's market](#)
- Jesscia's Green Living at Tracton Market
- [TWIG](#) Clonakilty
- [Aroma bliss](#)



What we asked for....

- Practical solutions to reduce my waste
- What to do in the supermarket; how to shop to minimize waste
- What my next step could be
- How to save money
- Bridging the gap between ground up and down (business owner-consumer)
- Products that last
- How to eliminate food waste

Promoting zero waste....

- Let friends and family know what you are doing
- Talk to supermarket – one new idea at a time – e.g. unpacked soap
- Invite experts for Open Forum
- Top 10 list – ideas for Kinsale Notice board
- Look at ideas from other countries
- Column for Cork Independent/ Southern Star
- Zero Waste Christmas
- Smiley Awards
- Irish Network