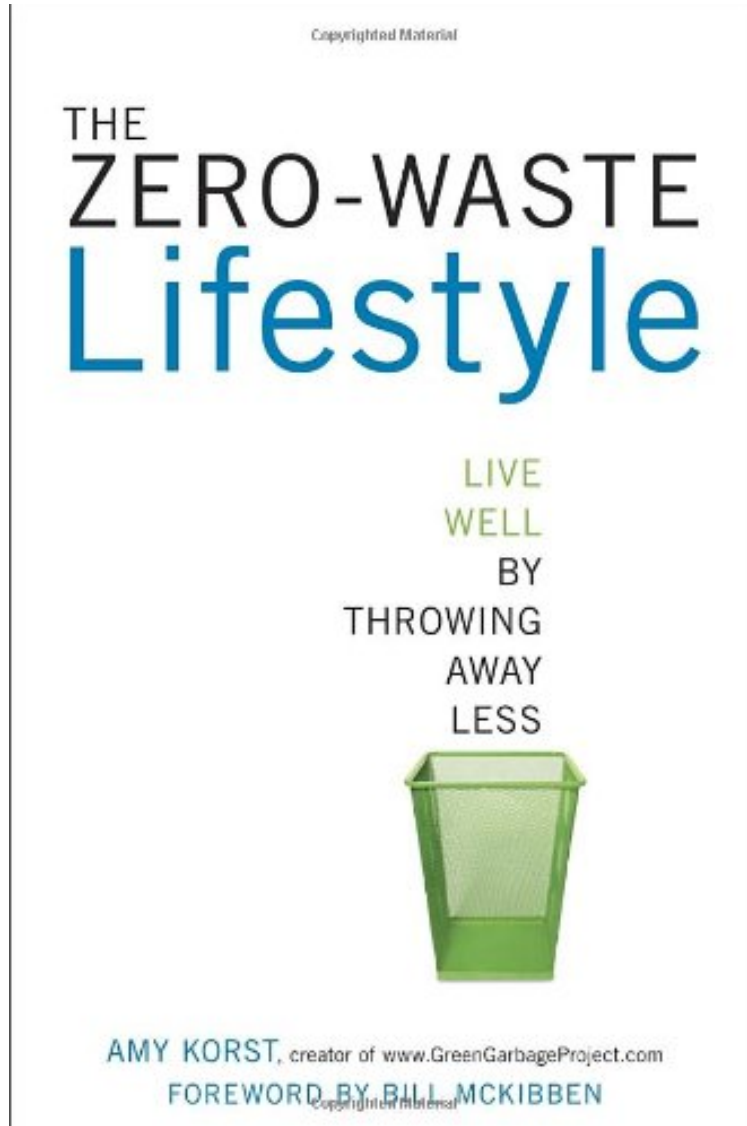


The Zero-Waste Lifestyle: Live Well by Throwing Away Less

Amy Korst

audiobook / *ebooks / Download PDF / ePub / DOC



 Download

 Read Online

#233994 in Books 2012-12-26 2012-12-26 Original language: English PDF # 1 9.22 x .62 x 6.131, .84 #File Name: 1607743485272 pages | File size: 49.Mb

Amy Korst : The Zero-Waste Lifestyle: Live Well by Throwing Away Less before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Zero-Waste Lifestyle: Live Well by Throwing Away Less:

18 of 18 people found the following review helpful. Zero-waste life style By M. B. review As a New Year's resolution to reduce and simplify my life, I picked up Amy Korst's "The Zero-Waste LifeStyle" book. It is about a couple who decided to challenge themselves to live as close to garbage free as possible for one year. Parts of it were funny and

some of the chapters had you commiserating with the author and the pitfalls that they faced. I really liked the format at the end of each chapter for "Meet your Goal: Reduce and Reuse". It is broken down into 3 categories: Easy, Moderate and Advanced. You can take this lifestyle as far as you are comfortable without any guilt, but I bet you will want to go further than you first thought when you see how much garbage you once produced and how little is filling up your garbage can(s) when you start implementing some of these changes. It's really fun! I liked the on-the-go kit idea for your car and office to help you alleviate the paper plate and styrofoam cups at the office party or while you are traveling. There were solutions for reducing the amount of trash during holidays and vacations, but my very absolute favorite part of the book was the last chapter titled: "Extended Producer Responsibility". This chapter alone is worth the price of the book! I highly recommend this book. 3 of 3 people found the following review helpful. Very good read with plenty of easy to digest info! By Stephen A. Means I was very interested in this book as a way to be more environmentally conscious and thoughtful about what I and my family consume. The book is not preachy in tone at all which is nice, although Korst is clearly passionate and probably takes reducing waste a lot further than most will. I will say that I didn't get as much as I thought I would from it in terms of techniques, as a lot of the suggestions are already common practice where I live (curbside composting, reusable grocery stuff, cook your own stuff, etc...) With that said the mindset put forward is very helpful when it comes to even further reducing the amount of stuff you put in that gray colored trash can as opposed to the other two. Also, I think it's worth mentioning that backyard compost might not be a good idea in all areas even if you have the space. Korst says she had no real animal issues, try it in Tahoe and you'll have a bear and coyote party in your back yard every night. :) All told a good read with good practical and philosophical information. Thumbs up! 11 of 11 people found the following review helpful. Exactly What I Was Looking For By Dawn K I have been looking into reducing the amount of waste we generate in our home for some time and this book was very helpful. I have not yet finished the entire book but so far it has been great. It gives suggestions for the person just starting to look into living a zero waste lifestyle and suggestions for those ready to go all the way. Order it as an ebook and save a tree:)

A practical guide to generating less waste, featuring meaningful and achievable strategies from the blogger behind The Green Garbage Project, a yearlong experiment in living garbage-free. Trash is a big, dirty problem. The average American tosses out nearly 2,000 pounds of garbage every year that piles up in landfills and threatens our air and water quality. You do your part to reduce, reuse, and recycle, but is it enough? In *The Zero-Waste Lifestyle*, Amy Korst shows you how to lead a healthier, happier, and more sustainable life by generating less garbage. Drawing from lessons she learned during a yearlong experiment in zero-waste living, Amy outlines hundreds of easy ideas from the simple to the radical for consuming and throwing away less, with low-impact tips on the best ways to: Buy eggs from a local farm instead of the grocery store Start a worm bin for composting Grow your own loofah sponges and mix up eco-friendly cleaning solutions Purchase gently used items and donate them when you're finished Shop the bulk aisle and keep reusable bags in your purse or car Bring your own containers for take-out or restaurant leftovers By eliminating unnecessary items in every aspect of your life, these meaningful and achievable strategies will help you save time and money, support local businesses, decrease litter, reduce your toxic exposure, eat well, become more self-sufficient, and preserve the planet for future generations.

The Zero-Waste Lifestyle walks you through the process of reducing your trash in every room of the house as well as in other areas of your life, from family vacations to the kids trick-or-treat bags. This is an invaluable book filled with practical, easy-to-implement tips for every lifestyle. Thom Hartmann, author of *The Last Hours of Ancient Sunlight* *The Zero-Waste Lifestyle* is a treasure trove of tips about how you can easily reduce your impact on the earth by reducing your waste. Thank goodness for this intelligent and important book Korst shows us that we really can make a difference by making simple changes in our day-to-day lives. Sophie Uliano, New York Times best-selling author of *Gorgeously Green* About the Author AMY KORST is a teacher and blogger who launched www.greengarbageproject.com along with her husband to chronicle their experiment in living a zero-waste lifestyle. She has been featured on CNN and in USA Today and the Guardian, among others. Amy has a Master Recycler certificate and is a frequent speaker for local environmental organizations. She lives in Pacific City, Oregon. Excerpt. Reprinted by permission. All rights reserved. So What Exactly Does Trash Free Mean? Trash-free living means different things to different people, as you'll see throughout this book. For some families, a trash-less life might mean moving from filling a giant, 64-gallon garbage can a week to filling a 32-gallon garbage can once a month. To others, it might mean a small grocery sack of garbage a week. To still others, going trash free means sending absolutely nothing to the landfill at all. I fall into this last category. For the year of our Green Garbage Project, Adam and I tried to make absolutely no garbage. We came awfully close to our goal by the end of the year, all our trash fit inside a regular shoebox. Surprisingly, we found that once we had a system in place for purchasing goods and recycling packaging, trash-free living became second nature. So, whether you're interested in moderate or extreme trash reduction, whether you want to simply pare down your army of trash cans or try to produce zero garbage in a year, I can show you how to do it. Benefits of a Trash-free Life Although the obvious benefits of producing no garbage are

environmental, they don't stop there. In addition to reducing your impact on the planet, here are some other benefits of your new zero-waste lifestyle: Your life just got a whole lot simpler: We all wish we had a little more time in the day. Trash-free living helps streamline many areas of your life, from grocery shopping to cleaning the house. You'll learn to repurpose everyday products like baking soda and lemon juice to do double duty, in the kitchen and in the cleaning bucket. You'll spend less time at the store and more time at home with family and friends. You will spend less money and be happier with your purchases: When I started paying attention to my purchases, I realized I was buying a lot of things I wanted but didn't need. Going trash-free means becoming much more conscientious about your purchases. You'll deliberately buy items that can serve dual purposes, and you'll look for durable goods that last a long time before breaking. You will support local businesses: Shopping locally benefits the environment, because goods are not trucked all over the country for consumption. Equally important is the impact you can have on your local community when you support family-owned establishments instead of big corporations. Studies show that three times as much money stays in the local economy when you buy goods and services from locally owned businesses instead of large chain stores, according to the Institute for Local Self-Reliance. You will eat healthier: And if you pair that with some good exercise, you'll lose weight and feel better. Cutting out garbage means eating more whole foods that don't come overpackaged in plastic. You'll shop the periphery of the grocery store and frequent local farmers markets, buying good-for-you foods like fruits and veggies and locally sourced meat, dairy, and eggs. You'll be doing your part to preserve the planet for future generations: It's no secret the earth is in trouble. Landfills are overflowing, our water systems are becoming polluted, animal species are becoming endangered and going extinct at an alarming rate, and we are finding toxic chemicals in our food and beauty products. This book will show you how trash is connected to each of these environmental problems and more. Every time you choose sustainable over throwaway, you're doing your part to eliminate these problems. Your efforts will help beautify natural areas and decrease littering: Have you ever been hiking in the wilderness or making a sandcastle at the beach, only to have a piece of garbage flutter across your path? Seen someone toss a cigarette butt out the car window? The less garbage we make collectively, the less litter there will be to spoil nature's beauty. You will reduce your exposure to toxic chemicals and artificial colors and sweeteners: A garbage-free life means you'll choose healthier options than the prepackaged, processed foods that line the grocery store shelves. We know food-like substances like Pop-Tarts and Cheetos aren't good for us, avoiding the garbage is just one more reason to look for healthier alternatives. You'll become more self-sufficient: One of the most enjoyable parts of a garbage-free life is learning some skills our culture has all but forgotten. Pretty much anything store-bought can be made at home, if you have the time and interest. This book includes simple recipes for everyday products like English muffins and all-purpose cleaning spray as well as advanced recipes for ricotta cheese and bagels, among others. For these reasons and more, people across the country and around the world are already living trash free. All of us are devoted to the lifestyle because we've found it to be easy and rewarding. As with any new experience, Adam and I encountered some pitfalls along the way, but we have learned from our mistakes and are here to offer our stories to help you transition into this wonderful lifestyle more easily. One thing you'll discover is that living trash free has its regional variations and challenges, because each part of the country has different programs established for recycling, composting, and bulk food shopping. You'll discover, too, that each family circumstance presents its own set of unique challenges when working toward a trash-free lifestyle. This book gives you strategies for finding and using the systems established in your area. Whatever your particular circumstances or challenges are, you will find that adopting a zero-waste lifestyle is doable and infinitely rewarding.