

EVERYDAY LIFE

BYO "BIG 5"

Bring your own straw, bag, bottle, mug, and utensils when you go out.

SLOW & STEADY

Replace plastic items as you run out, think of it as a process instead of needing to get rid of everything at once.

REDUCE WASTE

- Buy unpackaged food when you can and buy in bulk.
- Start a garden.
- Compost and recycle (get bins delivered for free to your house by calling 311).
- Shop at The Nickel Refillery and Bulk Barn to reduce even more waste.
- Host a clothing exchange with friends to reduce buying clothes.

THINK OUTSIDE THE BOX

Save "unrecyclable" items to send to TerraCycle. Check what they recycle, collect the items, print a FREE shipping label, and send it to them.

ORGANIZATIONS REDUCING PLASTIC & WASTE

Plastic-Free Greater Sudbury

plasticfreegreatersudbury.org

Junction Creek Stewardship

Committee

junctioncreek.com

Coalition for a Liveable Sudbury

liveablesudbury.org

The Nickel Refillery

thenickelrefillery.ca

The City of Greater Sudbury

greatersudbury.ca

reThink Green

rethinkgreen.ca

Greater Sudbury Public Library

sudburylibraries.ca

Food Rescue

betterbeginningssudbury.ca

Science North

sciencenorth.ca

Three Forks Farm

threeforksfarm.com

JOURNEY TO ZERO-WASTE

Guide to reducing
plastic and waste in your
everyday life, work, events,
and more

EVENTS

INVITATIONS

Avoid paper invites and send via email, social media, or e-invitation. Take the opportunity here to inform guests that it is a zero-waste event (encourage carpooling, public transport, or BYO).

DECORATIONS

Stay away from decorations designed for single-use. Think of using fresh fruit, vegetables, or potted plants. At the end of the event, encourage guests to take decorations with them.

FOOD

- Rent plates, cups, and utensils from The Nickel Refillery at affordable rates. Bring them back dirty and they'll do the rest. Or encourage attendees to bring their own plates, cups, and napkin to your party.
- Have bulk water stations with reusable cups.

WASTE

Sign your event up with the City of Greater Sudbury as a Special Event to get recycling and composting bins dropped and picked up after your event.

SUDBURY HACKS

ONLINE GROUPS/APPS

Zero-Waste, Sudbury Baby Nook, Sudbury Swap & Buy, Kijiji, Facebook Marketplace, Waste Wizard

SUPPORT LOCAL

- Support local businesses and ones that have taken Plastic-Free Greater Sudbury's pledge to reduce plastic.
- Refill soaps and cleaning products and find everything zero-waste at the Nickel Refillery.
- Sudbury Market and CSA box for unpackaged and local produce.

REPAIR CAFE

The Greater Sudbury Library started a community of fixers to mend and repair items of any material.



WORK

CLEAN-UP THE CREEK

Have your workplace participate in a Junction Creek cleanup.

REDUCE WASTE

Take the lead to organize composting at your work. Offer to bring it home and then create a schedule for your co-workers to bring it home. Purchase a small bin from Citizen Services for \$3.

COFFEE

Change the culture at your work and make coffee in the office. Buy coffee in bulk from Bulk Barn or support local and buy bag from a coffee shop (Kuppajo, Salute, Old Rock, The Nickel Refillery).

GREEN TEAM

Start a green team. Host regular meetings with the team. Easy places to start: scrap paper to notebooks, electronics recycling, composting/recycling.

