

Crash's Zero Waste Guide



Small Efforts, Big Change

Does what I do really make a difference in the big picture?



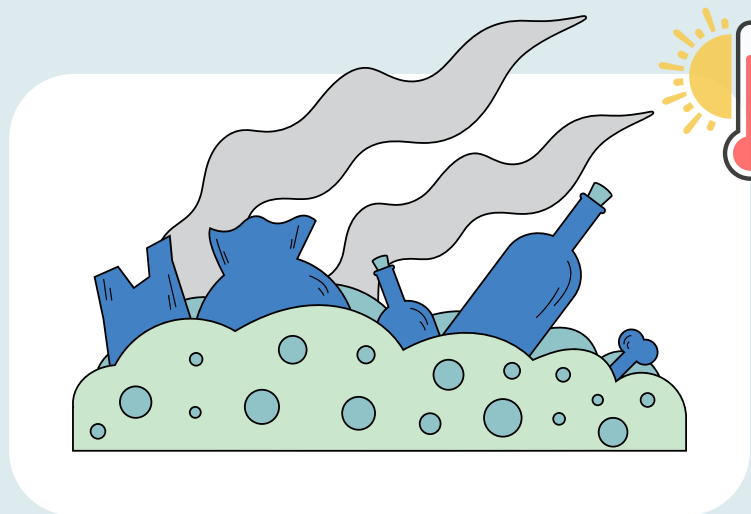
Yes! It all adds up.

Together, the campus has prevented about 4,000,000 plastic bottles from entering landfills with Hydration Stations.



It saves resources.

Less stuff used or bought means less money spent and less energy wasted. Living minimally can also reduce stress and anxiety.



How does it affect me?

Waste and climate change affect everyone globally. Our own Miramar Landfill is expected to be full by 2025! This means higher costs down the line.



I don't know where to start...

We're here to help. Be kind to yourself and do your best. There are plenty of resources and people to learn from.



#ZeroWaste by 2025



Did you know?

CSUSM has a collective goal of reaching Zero Waste by the year 2025.

To be **Zero Waste** is to completely redefine our system, move to a circular economy, and write waste out of existence. This means we can produce, use, and reuse all the energy and materials we go through.

Living sustainably requires a lot of lifestyle changes so it can be difficult. However, we all benefit in the long run with the choices we make and the systems we build. Not only will we be self-sufficient, the Earth will be a healthier place to live and can provide for future generations.



The “Elephant” in the Room: Plastic

What’s wrong with it?

Plastic is a synthetic material created from fossil fuels. It cannot degrade back into the Earth. All of the planet is left with the plastic thrown away.

Isn’t it recyclable?

Plastic goes through a long process to be effectively recycled. It also requires a lot of water to manufacture and recycle plastic. At the end of the day, less than 10% of plastic can become something new.

It seems like everything is made with plastic.

Plastic has definitely become a deep-rooted part of society. Don’t feel bad if it’s the only option presented to you, we are here to help provide alternatives and encourage research.

How can I reduce plastic waste?

An important way for us to reduce plastic waste is to purchase less of it. We can include alternative materials and products in our lifestyles.

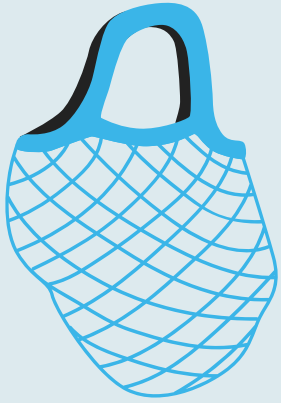


Keep reading for more sustainable tips! →

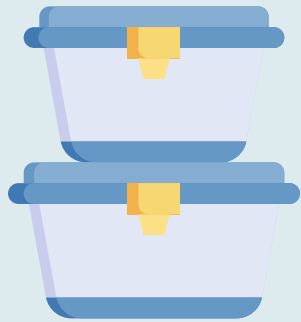




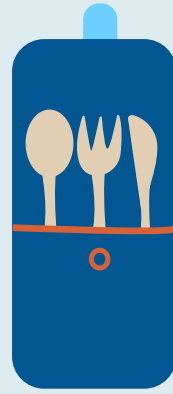
Sustainable Choices & Alternatives



reusable shopping bag



food storage containers



reusable utensils



travel mug



water bottle



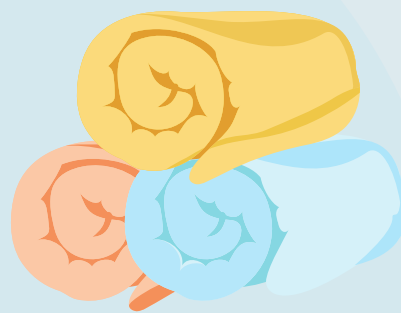
reusable cotton pads



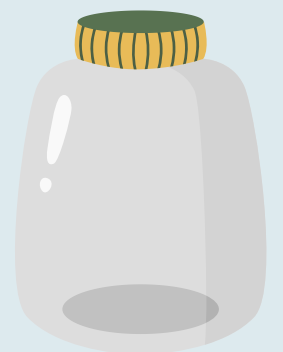
paper bag



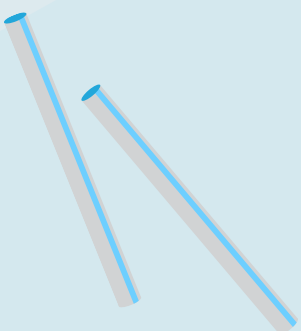
soap bars



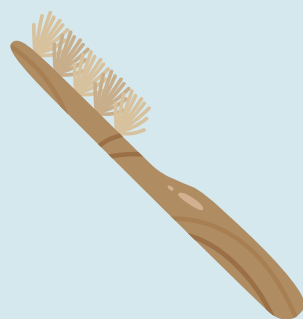
cotton/linen towels



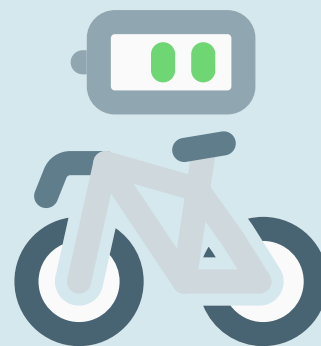
glass jar



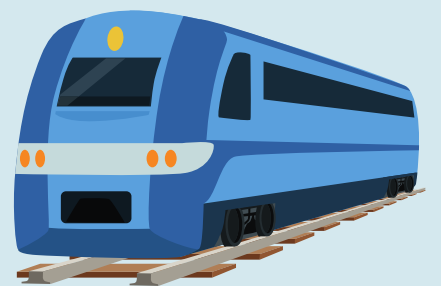
reusable straw



bamboo toothbrush



bike or e-bike

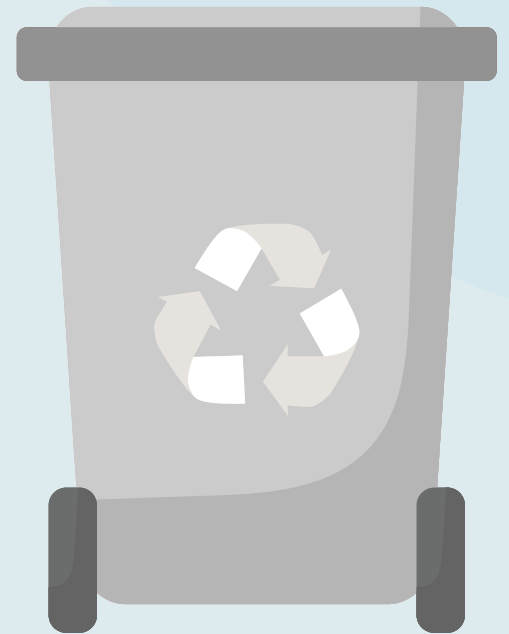


public transport

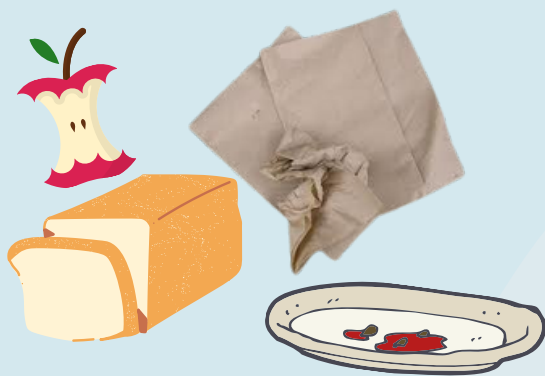
Sorting Your Waste

It can be tricky to know what goes where. There are usually signs near the bins on campus, but if you're at home or elsewhere, we've got you covered!

preferred!



Compost



- Food scraps & liquids (spoiled or uncooked is OK!)
- Food soiled paper:
 - paper plates
 - used napkins
 - wooden chopsticks
 - wooden utensils
 - paper cups
 - food soiled cardboard

Recycle



- plastics #1 – #7
- paper and cardboard
- aluminum
- glass

Landfill



- soft plastics, bags and wrap
- plastic utensils
- plastic straws
- multi-layer packaging, like chips and candy-wrappers
- face masks

Great job so far!



What is composting?



Composting is the process of **recycling organic matter into usable soil amendment**.

Composting is important part of reducing organic waste from going into landfills. Landfills emit methane, the most potent climate pollutant that causes **global warming**.

Remember! *If it used to grow... it goes* in the compost bin.



This paper plate was once a tree, now it can be composted back into Earth!

RESOURCES

Contact Info

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Admin Building rm. 4700
(760) 750-4502
sustainability@csusm.edu

Website

<https://www.csusm.edu/sustainability/index.html>

Zero Waste Tips

<https://www.csusm.edu/sustainability/takeaction/zerowaste.html>