



Let's
talk
waste

THE 10 FIRST STEPS I TOOK ON MY WASTE REDUCTION JOURNEY



1. CHANGED TO REUSABLE WATER BOTTLE AND MUG

2. CHANGED TO COTTON AND MESH BAGS

3. CHANGED TO BEE'S WRAP AND REUSABLE BAKING PAPER

4. SWITCHED TO BAR SOAP AND SHAMPOO

5. DECLUTTERED MY SPACE

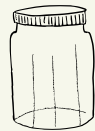
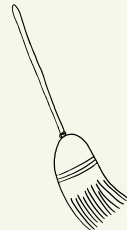
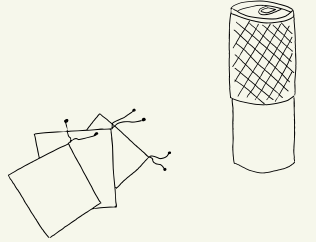
6. STARTED BUYING BULK

7. BOUGHT TAKE AWAY IN MY OWN CONTAINER

8. STARTED A SMALL VEGETABLE GARDEN

9. CHANGED MY COFFEE MACHINE

10. MAKING MY OWN COSMETICS



MY PRODUCTS AND STORES

BOTTLES AND THERMOS

- Contigo
- Hydroflask
- 24bottles
- Nalgene

BAGS AND TOTES

- Ah Table!
- C'Simple
- Tote cotton Migros

TAKE AWAY CONTAINERS

- Recircle
- Mon Bento

BUY BULK NEAR LAUSANNE

- Chez Mamie
- La Brouette
- Cocooning
- Vom Fass
- Loom Gelateria
- Les Jardins de Chivrageon

BUY BULK NEAR NEUCHATEL

- La Ferme de Trois-Rods
- La Ferme de l'Aubier
- Go Vrac
- Chez Mamie
- Epi-centre
- Hop Vrac

Keep in mind that those were my first steps: yours might be different. Also it show that I am still in transition so be patient. Let me know how it goes.

REMEMBER THAT THE BEST WASTE IS THE ONE YOU DO NOT PRODUCE.

CHANGE TAKES TIME, CELEBRATE EACH STEP.

JULIA