



Z_{ero} W_{aste} M_{agazin}




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Reduce packaging waste buy in zero waste shops!



A good way to live a less wasteful life and to reduce the amount of waste you produce, is to buy items in a zero waste shop. Zero waste shops are ordering groceries and drug store items in big packages or in the best case in refillable boxes, like a 10 liter box of oil which gets taken back and reused by the producer.

Because they are selling the products without packaging, you need to bring your own container to buy there. For the most items is the most sustainable solution to reuse an old jar glass. But for fruits and for pieces of soap its recommended to have a kind of reusable net or paper bag.

The products you can get there are varying from shop to shop. But in nearly all shops can you get all basic products for daily life like different types of grains, flours, oil, vinegar, fruits and vegetables. Many shops also offer drag store products like tooth paste, soap and eco friendly produced towels. Sometimes you also can buy there cheese and meat. Normally all products offered are organically produced because the clientele these shops addresses normally buy already organic products.

The most important thing to have in your mind is that you have to weigh your container first before you are filling in the groceries and a second time after you filled the wished product in.



Apart from reducing the amount of waste you produce, you also get food which is less contaminated with plasticizer und farmers often get better prices than in negotiations with big supermarket chains. So lets use google to check out if there is a zero waste shop next to you!



True cost of our clothes

Shopping for clothes used to be an occasional event - something that happened several times a year when the seasons changed or we grew out of clothes. But then about twenty years ago, something changed. Clothing has become cheaper, trend cycles have accelerated and shopping has become a form of entertainment. All the stores started selling trendy clothes that everyone could afford to buy. Clothes have become so cheap that some people wear them once and throw them away.



FAST FASHION IDENTIFICATION

Here are some tips on how to discover "Fast fashion":

- Brand has new goods in stock every few days or weeks, the fashion cycle has about 52 seasons.
- Brand uses cheap and low-quality materials, which causes the degradation of clothing after several washes.
- The clothing is made in the countries with the cheapest labor.

-The supply chain is so complex and non-transparent, making it difficult to see who its subcontractors are and who made the clothes. Can you tell which brands belong here and which do not? Today, almost every global brand is characterized by these features, but also the small and unknown ones.

Now let's look at what is behind the production of cheap clothes.

THE JOURNEY OF JEANS

For example, producing one pair of jeans requires hundreds of gallons of water, pesticides, cleaners, and thousands of miles of travel to get to our store. Cotton is usually produced in India, thread in Pakistan, denim in China. Jeans can be sewn and washed in Turkey. The zipper may be from Japan. Thus, one pair of jeans can travel up to 65,000 kilometers until it reaches Europe. And we haven't counted the production of chemicals that are used for cleaning, bleaching and dyeing.

WHAT FAST FASHION HAS CONSIDERED

Fast fashion focuses on speed and low cost to constantly bring new collections inspired by fashion shows or celebrity styles. The pressure to reduce costs and the time required for design and production ultimately have a very negative impact on nature. After agricultural production, textile production is the second largest polluter of water and air.

HUMAN LIVES

We are often surprised at how it is possible that a t-shirt, dress or shoes are so cheap. Sometimes one piece can cost only 5 EUR. That is the price we will pay, but unfortunately, our nature and the workers behind its production will pay much more.

In addition to environmental pollution, workers in the fashion industry who come into contact with toxic substances are exploited. In a 2012 survey examining denim material from well-known brands, they found that some of the substances used to make jeans were highly toxic and carcinogenic. Although people are not affected by these substances when they wear them, they contribute to pollution in a less visible way.



Recycle and upcycle

Make new out of old: upcycling makes it possible. And much more, because the saying make the most of it fits upcycling like a glove. What is behind this is quite simply explained: With a little creativity and skill, old objects or materials can be turned into a new product. But what can be upcycled in everyday life that really makes sense and why all this when you can buy almost everything.



While we bring something up to date with an update, we can do something good for the environment thanks to recycling. In recycling, products are collected, sorted and broken down into their components. Useful materials are recovered.

And with upcycling, we can do both. On the one hand, material is reused that would otherwise have ended up in the garbage or in the recycling bin. On the other hand, things acquire a new value and purpose. This not only protects the environment, but also your wallet.

Paper and glasses that otherwise end up in the garbage can are perfect for upcycling ideas, because both materials are almost always in every household and are perfect for making lamps, vases, wall decorations, shelves and much more. In general, there is little that cannot be made of.

Sometimes of course a little creativity is required, and sometimes manual dexterity as well. However, many basic materials for upcycling occur in every household and often a different look at the familiar product, the familiar shape, is enough and the object gains new functionality. Furniture, shelves and home furnishings can be made from old pallets, from wooden fruit, wine or beer crates. But something new can also be conjured up from smaller recycled pieces

Tips loose paper: Do you have scratch paper that should just find its way into the paper bin? Advertising brochures that you no longer read or newspapers that are from the day before yesterday? Then fold the individual sheets into a funnel and then glue them

to a piece of cardboard. With the right shape, you can use it to create a flower in XXL format that you never need to water and still won't wither.

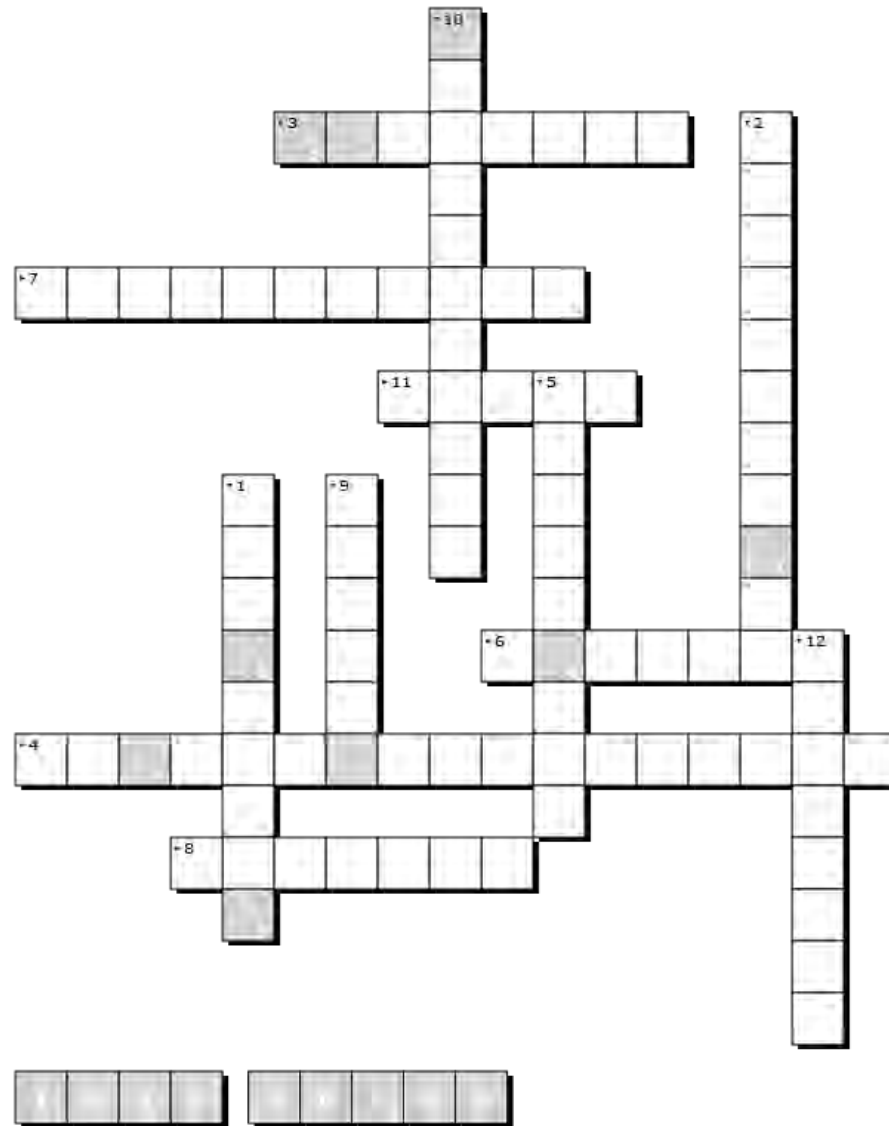
Therefore, the principle of upcycling also contributes to climate protection. Upcycling is therefore the greener way of recycling.



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Crossword



1. What do you need to buy grain in a zero waste shop?
2. With which product are groceries from zero waste shops less contaminated?
3. What do you have to do with your jar/glass in a zero waste shop before filling it with grains?
4. What is the main problem of fast fashion?
5. How many kilometers travel one pair of jeans in average?
6. Who is very often profiting from zero waste shops?
7. Fast fashion brands uses cheap and ____ materials.
8. What is upcycling?
9. Where you can find the next zero waste shop nearby?
10. In which way are groceries from zero waste shops normally produced?
11. What are you reducing if you are following our recommendations?
12. What is a new form of entertainment?