



## **New Weather, New Habits: Zero Waste Ideas for Summertime Adventures**

Summer is here, and people are spending more time outside enjoying the beautiful weather. Now is a great time to embrace new habits to ensure that Oceanside's natural wonders stay as beautiful as ever. Whether you are traveling, or staying close to home, there are ways for you to reduce your waste and protect the environment. Below are some tips for you and your family to go "zero waste" throughout summer and beyond.

**Beat the heat!** Before you start your summer adventures, arm yourself with reusables. Give everyone in your family their own reusable water bottle. Bottled water creates a mountain of plastics and wastes fossil fuels in the production and transport. Tap water in the United States is subject to more stringent federal safety regulations than most bottled water. By drinking tap water, you will be saving money and reducing your plastic use.

**When packing for your adventure,** bring a reusable cooler full of your favorite snacks and drinks in reusable containers. Try packing finger foods, they are fun to eat and will reduce the amount of leftover food waste. Buying plastic baggies, plastic water bottles, paper lunch sacks, and polystyrene food containers costs more and generates waste. While shopping for your food, make sure to bring your reusable shopping bags. If you are going on a trip this summer, take a reusable shopping bag with you to use at the store and carry your lunches in. Staying away from single use items is a great and easy way to help green your summer lifestyle.

**If you are traveling this summer,** instead of buying travel-sized products, buy small reusable containers. You can fill them with the products you already have at home. Not all of your favorite products come in a travel size, so this is a great way to keep using what you love while reducing waste. Reusable containers will also save you money, as you can keep them and refill them the next time you travel.



*Oceanside's "zero waste family" featured in the National PBS Television Show "Curiosity Quest Goes Green" with host Joel Greene.*

**While enjoying summer,** remember to reduce, reuse, and recycle! Reduce the amount of items you buy and throw away. When buying items, look for products made with recycled content. Reuse whenever possible. Instead of tossing an old jar, decorate it to use as a flower vase, it's a great summer activity for kids! Recycle everything you can, including plastics 1-7, paper, cardboard, aluminum, glass, and much more. Oceanside has an extensive recycling system, and most items you have in your home can be recycled!

**For more tips about reducing waste** and what can be recycled, visit our website at [www.greenoceanside.org](http://www.greenoceanside.org). All of these tips are easy ways to make a difference in any community and join Oceanside on the road to zero waste.