

NEWSLETTER

CAL ZERO WASTE

going zero waste for the holidays

HAPPY HOLIDAYS

Welcome to the Cal Zero Waste newsletter! We are the campus department responsible for managing the Zero Waste 2020 and Beyond goal.

The holidays may be a jolly and merry time of the year for many of us, but this often isn't the case for the planet. There's an estimated 25% increase in the amount of waste produced in the U.S. – that's millions of tons of extra garbage.

However, there are many things that we can do. Here are a few ways to reduce to be more zero waste during these times.



HOLIDAY MEALS

The holiday season is rife with grand meals and family gatherings which can lead to a lot of extra food and food waste. We can take some steps to lower wasteful food practices and makes sure less goes to the landfill.

1. Use reusable dishes and cutlery
2. Tweak recipe quantities so you don't make too much
3. Store leftovers in reusable containers
4. Give leftovers to family or consider donating excess ingredients to the local food bank
5. Try out vegetarian and vegan dishes for a smaller carbon impact

GIFT GIVING FOR THE HOLIDAYS

1. **Reduce** waste by gifting experiences: trips, tours, concerts, sport. tickets, museums, zoos, craft events
2. ...or memberships: cycling, gyms, kickboxing, orange theory, health spas, yoga
3. ...or gift certificates: restaurants, movies
4. Buy **reusable** gifts to replace non-reusable household items: cute dryer balls, stasher bags
5. DIY gifts: lotions, jams, soaps, candles
6. Gift notebooks and journals made from **recyclable** materials
7. Choose cards made from **recyclable** paper



It might be hard to find some of these items in a store, so a good option for gifts can be to make them yourself! A custom card or thoughtful gift can often feel much more precious than store-bought items. If you're trying to go zero waste for this holiday season, we suggest skipping out on the plastic toys and fast fashion clothing.

In terms of wrapping, we can diminish our waste footprint by wrapping gifts in newspaper, magazines, comics, or any sort of recyclable paper. Skip the ribbons. Other good alternatives are reusable tin boxes and reusable bags.

HOLIDAY DONATIONS

What's better than the gift of giving? While Santa and his elves are hard at work, we can do our part to spread joy and holiday spirit. Some holiday charities are listed below:

- [Toys for Tots](#)
- [Operation Christmas Child](#)
- Feeding America (local food banks)
- Angel tree programs



CAL ZERO WASTE NEWS

We've recently completed our Zero Waste Zoom Socials, a host of conversations where anyone can learn about fast fashion, recycling, composting, repairing, and more! Links to the recordings will soon be uploaded to our website at zerowaste.berkeley.edu.

The Cal Zero Waste housing Staff Associates are working closely with RSSP to pilot a residence hall sustainability intern program. In the fall semester, interns learned about a variety of zero waste topics from previous student project managers. In the spring semester, interns will launch their own sustainability-focused program in the residence hall to educate and encourage their peers!

Our Zero Waste Labs program is currently working with several instructional labs on campus to standardize bins, encourage purchasing of more zero waste products, and add zero waste information to training and curriculum.

Additionally, we have been planning and preparing for the annual Race to Zero Waste competition kicking off next spring. In a battle between schools throughout the nation, we hope have a strong presence and high participation in the competition!

GREEN RESOLUTIONS

With New Years right around the corner, there's no better time to make decisions about waste reduction.

Whether they are small or big changes, there's always something that we can do as individuals to reduce waste in our daily lives and inspire others to do the same.

From reducing meat consumption to shopping at thrift stores, there are plenty of choices you can make to live a more zero waste lifestyle!



RESOURCES

Cal Zero Waste: [Website](#) | [Instagram](#) | [Facebook](#)

Cal Recycle: [Holiday Waste Reduction Tips](#)

[Berkeley's Single-Use Plastic Ban](#)

[The Going Zero Waste blog](#)

[Campus Race to Zero Waste](#)

[Interesting Climate Lab Videos](#)