THE MIDWAY JOURNEY



Living Green: A Guide to Waste Management and Sustainable Living

PRACTICAL TIPS FOR ZERO-WASTE AND ECO-FRIENDLY LIFESTYLE

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Let's start a Zero Waste journey!



As we navigate the challenges of climate change, environmental degradation, and waste management, embracing a zero-waste lifestyle has never been more important. This guide provides practical tips and inspiration to help you reduce, reuse, and recycle your way to a more sustainable future.

Why Go Zero Waste?

- Reduce greenhouse gas emissions
- Conserve natural resources
- Protect biodiversity
- Improve public health
- Save money

Get Started Today!

- Reducing waste
- Reusing everyday items
- Recycling effectively
- Composting and more!

Join the Movement

Together, we can create a cleaner, greener and more sustainable world.

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Understanding Waste

01 The Facts

- Waste equivalent to the weight of 40,000 adult elephants is generated each day in India.
- Almost 65-70% of this is food waste.
- Less than 20% of waste generated is actually processed.

02 Types of Waste

1. Organic Waste (mostly kitchen waste)
2. Inorganic Waste (plastics, paper, metals, glass, textile)
3. Hazardous Waste (sanitary pads, spray cans, broken glass)

03 Waste Management Goals

- Reduce waste generation
- Increase recycling rates
- Decrease landfill waste
- Promote sustainable consumption

04 Your Role

Every small action counts! You can start by reducing waste generation, segregating waste at source and composting your food waste.

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Simple Tips to Reduce Waste



1. Carry Your Reusable Bag

Single Use Plastic Bags are one of the most polluting material that chokes our water bodies. Animals also ingest these bags, leading to serious health issues.



2. Carry Your Reusable Bottle

Plastic water bottles leach chemicals like BPA, phthalates into water. A litre of bottled water contains 2,40,000 pieces of microplastic !



3. Choose Products with Minimal Packaging

Avoid products with excess wrapping. Select items with recyclable packaging.



4. Take What You can Eat

Food that is wasted can feed someone in need. Start by taking little and then re-fill as per need.

Make a Difference

- Reduce your waste by 20% this month
- Share your reduction tips with a friend

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Get Creative with Reuse



1. Repurpose Old Items

- Turn old t-shirts into reusable bags
- Use glass jars for storage or planting



2. Donate or Sell Unwanted Items

- Give gently used items to charity
- Sell items online or to local scrap dealers



3. Use Reusable Containers

- Carry reusable containers for takeout
- Store leftovers in reusable containers



4. Upcycle or Refurbish Furniture

- Give new life to old furniture
- Reduce waste and support sustainable living

Make a Difference

- Reuse 2 items this week that would otherwise be thrown away
- Share your reuse ideas with us on social media

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Recycling Essentials



1. Separate Recyclables from Trash

Most of the plastics, paper, metals, glass and electronic waste can be recycled. Use designated container for storing recyclables.



2. Rinse and Clean Recyclables

Remove food and liquid residue from recyclables. Wash milk and oil pouches before storing.



3. Avoid Contaminating Recyclables

Never put any medical or other hazardous waste with the recyclables.



4. Recognise and Respect Waste Pickers

Keep your waste clean and respectfully interact with your local waste pickers to dignify their job.

Make a Difference

- Donate your recyclables to a local waste picker
- Interact with a waste picker to understand his/her challenges at work place

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Composting 101



1. What to Compost

- Food scraps (fruits, vegetables, bread)
- Leftover food
- Garden waste
- Dry leaves



2. Maintaining Your Compost

- Add equal parts "green" (wet waste) and "brown" (cardboard pieces/ dry leaves/ soil etc)
- Keep moist, not soggy
- Turn regularly

Benefits of Composting

- Reduces waste sent to landfills by 60%
- Creates nutrient-rich soil
- Reduces use of chemical fertilizers
- Supports healthy plant growth



Tips and Tricks

- Add compost to houseplants and gardens
- Use compost tea as fertilizer
- Compost reduces greenhouse gas emissions



Make a Difference

- Start learning more about composting from YouTube or other social media channels.
- Start composting at home, even if on a small scale.

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Benefits of a zero-waste lifestyle

Environmental Protection

A zero-waste lifestyle minimizes the production of greenhouse gases, mitigating climate change. By reducing waste sent to landfills, we decrease methane production and lower carbon emissions from waste transportation and disposal.

Conservation of Natural Resources

Zero waste reduces the demand for new materials, conserving natural resources like water, energy, and land. This approach also promotes sustainable consumption patterns, reducing the exploitation of resources.

Economic Benefits

Adopting zero waste saves money by reducing waste disposal costs, minimizing packaging expenses, and extending product lifespans, while also creating new job opportunities.

Improved Public Health and Well-being

A zero-waste lifestyle reduces exposure to toxic chemicals found in plastics, pesticides, and other waste products. This approach promotes cleaner air and water, reduced pollution, healthier food choices, and increased physical activity through sustainable transportation.

"From knowing comes caring and from caring comes change."

-Craig Leeson, Filmmaker and Oceans explorer



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Help us support our waste workers:

DONATE NOW

BANK DETAILS

Account Holders Name: The Midway Journey
Account No: 09090200001426
Bank Name: Bank Of Baroda
Branch: AT Road
IFS Code: BARB0ATROAD
Pan Card No: AAKAT2895D

CONTACT US

Current Office: House No. 12, By Lane, 2, Dr BK Kakati Rd, Ulubari, Guwahati, Assam 781007

themidwayjourney2018@gmail.com