



Mission Possible: Launch your Waste
Reduction Journey
September 28, 2023

Nith Valley EcoBoosters:

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<https://nvecoboosters.com> (Event recording can be found on the NVEB YouTube channel)

www.facebook.com/Nith-Valley-EcoBoosters

<https://www.instagram.com/nvecoboosters>

Post-Event Resource Sheet

If you have any questions for our keynote speaker, Jamie Kaminski, please email them to him at: admin@zerowastecanada.ca

<https://reepgreen.ca> –Try the Zero Waste October challenge

<https://www.storyofstuff.org> - Read about campaigns aimed at a sustainable lifestyle.

<https://www.tru.earth> - Laundry & kitchen products created to kick the plastic habit.

<https://earth911.com> –Tips to live life in an ecologically friendly manner.

Auditor General of Ontario Audit of Waste Generation in Ontario:

https://actionnetwork.org/user_files/user_files/000/097/302/original/2021_Audit_of_Waste_Generation_in_Ontario.pdf

Zero Waste Baby Guide. This guide aims at helping parents to reduce waste while starting a baby on a Zero Waste lifestyle. A zero waste lifestyle is the first step in creating a better planet for generations to come.

https://actionnetwork.org/user_files/user_files/000/097/303/original/Zero-Waste-Baby-Guide-1.pdf

Zero Waste Break Free From Plastics. Sometimes it feels that plastic has a stranglehold on us. It is everywhere including places it should not be like in the ocean and in the guts of fish and birds. This guide is meant to help you transition to a more plastic- free lifestyle.

https://actionnetwork.org/user_files/user_files/000/097/304/original/Zero-Waste-BreakFreeFromPlastics.pdf

Zero Waste Camping. If you think you have to compromise on your Zero Waste lifestyle while camping, think again. This guide provides a Zero Waste Packing List that you can use when planning your next camping trip.

https://actionnetwork.org/user_files/user_files/000/097/305/original/Zero-Waste-Camping-.pdf

Zero Waste Christmas. This guide aims at helping you reduce waste during the Christmas holiday season and transition into a true, zero waste lifestyle.

https://actionnetwork.org/user_files/user_files/000/097/306/original/Zero-Waste-Christmas.pdf

Zero Waste Cleaning Guide. This guide aims at helping you reduce toxins and waste in your home and transition into a true, zero waste lifestyle.

https://actionnetwork.org/user_files/user_files/000/097/307/original/Zero-Waste-Spring-Cleaning-Guide.pdf

Zero Waste Starter Kit. This guide aims at helping you reduce waste throughout the year and transition into a true, zero waste lifestyle.

https://actionnetwork.org/user_files/user_files/000/097/308/original/Zero-Waste-Starter-Kit.pdf

David Suzuki Foundation Living Green – Ideas for reducing waste

<https://david Suzuki.org/living-green-category/zero-waste/>

Canada Reduces. Canada Reduces is a network of local groups formed by neighbours to promote waste reduction habits in their community. The mission of the network is to reduce plastic and packaging waste in their neighbourhoods by inspiring both neighbours and neighbourhood businesses to take on waste reduction together.

<https://www.canadareduces.ca/>

Beyond the Blue Box: Ontario's fresh start on waste diversion and the circular economy

A special report prepared by Dianne Saxe when she was the Environmental Commissioner of Ontario (2017).

<https://www.auditor.on.ca/en/content/reporttopics/envreports/env17/Beyond-the-Blue-Box.pdf>

Canadian Geographic: Canada leads the developed world in per capita production of garbage.

What's behind our nation's wasteful ways?

<https://canadiangeographic.ca/articles/canadas-dirty-secret/>

Myths vs Facts: Are your recycling efforts worth it? Yes, they ARE making a difference! (Region of Waterloo)

<https://www.regionofwaterloo.ca/en/living-here/resources/Documents/Waste/Waste-Myths-and-Facts-2019-access.pdf>

Waste Incineration: What it is, why it is practiced, implications and zero waste alternatives (Zero Waste Canada)

https://actionnetwork.org/user_files/user_files/000/097/535/original/Zero-Waste-Incineration.pdf

A dairy farmer provides refillable milk in bottles from a vending machine at their farm.

<https://kitchener.ctvnews.ca/milk-vending-machine-comes-to-dairy-farm-near-woodstock-1.6203082>