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Zero-Waste Lifestyle

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Zero-Waste Lifestyle

Zero-waste lifestyle aims at reducing the amount of litter produced to nil. This indicates that an individual is required to live their lives without creating avoidable scraps. When this is achieved, one can be considered to be living a zero-waste lifestyle. In modern society, there are creations of a large amount of litter. The more community members consume products, the more the creation of rubbish (Hines, 2019). Investigators have determined that every minute people spend consuming products results in one full dumper truck with plastic wastes dumped into the ocean. Hence, many individuals try living a zero-waste lifestyle to deal with this issue. Preserving the environment is the number one priority for them.

There are several benefits associated with a zero-waste lifestyle. These benefits act as the driving force to living a waste-free life. For that reason, most people leading a zero-waste lifestyle are highly appreciative of the benefits that come with the lifestyle. One of the major benefits that people get from leading this type of lifestyle is saving money. This is achievable through reduction of money spent on new things such as clothing, electronics or accessories. The only time one can purchase this type of product is only when they need it (Hines, 2019). Additionally, changes in practices are also important when it comes to living this lifestyle. This also contributes to saving an individual's money by reducing the unhealthy habits they may be indulging in.

Recycling is one of the major practices that people living a zero-waste lifestyle exercise. This involves creating a different product from wastes. Several popular products are created from waste material. For example, a majority of the ceiling boards, grocery bags, wall arts, tissue papers among others are all made from waste materials. Most of the people who live a waste-free life tend to use these types of products more than those made from fresh raw material. As a result, this reduces the amount of harm caused to the environment (Mangla, 2020). Most of these products are normally biodegradable, therefore, little or no harm is done to the environment.

Practicing the zero-waste lifestyle is possible for every individual including me despite it being challenging when starting. The reason being, you are required to let go of your normal daily routine and switch to a routine you are not familiar with. Thus, making a gradual transition to take full advantage of the benefits that come with this type of lifestyle is necessary (Moss, 2019). Despite its challenges, I can imagine myself doing it. However, it will be difficult at first but as time goes by, I will have to adapt if I want to benefit and the entire society.

There are different ways in which I could go about leading this kind of lifestyle. Firstly, reusing products that are reusable for as long as I can if possible. This not only reduces the money I would be spending on buying new products but also reduce the amount of litter I dispose of. Secondly, rotting of organic products will reduce the amount of waste disposed of daily. Also, this process acts as a way of adding nutrients to the soil which may reduce the use of artificial fertilizers which cause soil pollution. Thirdly, refusing products that I may be offered but do not need. Furthermore, this reduces the number of unwanted products I may not want in my house. They include things such as free pens, plastic straws and utensils, promotional bags from seminars among others. All these products are unnecessary because they just add the amount of litter I may have in the house. Therefore, refusing to take such products is necessary. Last but not least, recycling products that I have reused until they have reached the end of their lives. Several recycling firms may be able to lend a helping hand in recycling over reused or hard to recycle products (BBC NEWS, 2019). Through their help it is possible to dispose of these types of waste, thus, reducing environmental pollution.

To conclude, living a zero-waste lifestyle is possible for every individual. However, this requires a high level of discipline to get used to the lifestyle and in the end, enjoy its benefits. Imagine if every individual lived such a life, what could be the result of the entire environment? Therefore, every individual should take part in shaping the environment for the benefits it may have to the entire society. Also, be visionary about the products you may have inside your house. Instead of disposing of the used or

unwanted products, think of ways you can make them useful in different ways to limit the amount of waste produced from your house.

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