

7-Day Zero-Waste Challenge (India Edition)

Practical, Daily Steps for a Greener Lifestyle

Day 1 Say NO to single-use plastic. Carry your own cloth bag and water bottle.

Day 2 Segregate your waste: wet, dry, and e-waste.

Day 3 Cook with zero-waste in mind. Use vegetable scraps for broth.

Day 4 Start a small compost bin or explore community composting.

Day 5 Switch to a natural cleaning solution using vinegar and lemon.

Day 6 Say YES to reusables: steel straw, bamboo toothbrush, reusable containers.

Day 7 Buy local, package-free produce from your nearby farmer's market.

Print this sheet and check off each day to track your zero-waste journey!