

# Zero-Waste India Starter Checklist

Beginner-Friendly | Culturally Rooted | Eco-Positive

*"Small steps lead to big change - start where you are, use what you have."*

## Step 1: Start at Home

- ☐ Conduct a 3-day waste audit
- ☐ Separate dry and wet waste
- ☐ Start composting (e.g., khamba, bokashi, or DIY bin)
- ☐ Say no to plastic bags; use cloth or jute bags
- ☐ Switch to steel or glass containers

## Step 2: Shop Smart

- ☐ Buy grains and spices from local kirana stores or bulk shops
- ☐ Carry your own jars, bags, and containers
- ☐ Avoid individually packaged products
- ☐ Support local farmers and organic mandis

## Step 3: Personal Care Swaps

- ☐ Use bar soap instead of bottled body wash
- ☐ Try bamboo toothbrushes and neem combs
- ☐ Choose safety razors or reusable razors
- ☐ DIY toothpaste or use herbal brands in glass jars

## Step 4: Cleaning the Eco Way

- ☐ Make your own bio-enzyme cleaner from citrus peels
- ☐ Use vinegar + baking soda for scrubbing
- ☐ Choose eco-friendly detergents (e.g., BubbleNut Wash)
- ☐ Use reusable dishcloths instead of paper towels

## Step 5: Out & About

- ☐ Carry your own steel water bottle
- ☐ Use a travel cutlery kit (spoon, straw, napkin)
- ☐ Refuse single-use plastics at cafes or events
- ☐ Pack tiffins instead of ordering food in plastic

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## Step 6: Community & Festivals

- ☐ Participate in local clean-up drives
- ☐ Follow low-waste practices during Diwali, Durga Puja, etc.
- ☐ Share, donate, or repair rather than throw
- ☐ Encourage friends & family to join the zero-waste movement