

Zero Waste Home Checklist (India, 2025 Edition)

Kitchen

- ☐ Use cloth bags for veggies and groceries
- ☐ Store food in steel dabbas or glass jars
- ☐ Buy grains/spices in bulk from kirana stores
- ☐ Compost kitchen waste in a terracotta pot or bin
- ☐ Replace paper towels with reusable cloth wipes
- ☐ Try eco-friendly dish bars (e.g., Bare Necessities, Green Feathers)
- ☐ Avoid multilayered plastic packaging

Bathroom

- ☐ Switch to a bamboo toothbrush
- ☐ Use soap and shampoo bars
- ☐ Try a menstrual cup or cloth pads (e.g., Boondh, Eco Femme)
- ☐ Refill toiletries instead of buying new plastic bottles
- ☐ Use natural scrubs like besan or multani mitti
- ☐ Install a bucket or low-flow showerhead

Bedroom

- ☐ Declutter clothes you haven't worn in a year
- ☐ Donate or upcycle old items
- ☐ Use organic cotton or khadi bedding
- ☐ Add natural decor (bamboo, jute, wood)
- ☐ Make your own room freshener (essential oil + baking soda)
- ☐ Use LED bulbs and unplug electronics when not in use

Living Room

- ☐ Buy secondhand or repurpose furniture
- ☐ Decorate with handmade or upcycled items
- ☐ Use old containers or baskets for storage
- ☐ Donate unused electronics and decor
- ☐ Use solar or LED lighting

☐ Keep the space minimal and intentional

Zero Waste Mindset

☐ Follow the 5Rs: Refuse, Reduce, Reuse, Recycle, Rot

☐ Start with one room or habit at a time

☐ Involve family or roommates

☐ Celebrate small wins weekly

Tip: Start by ticking off just 3 items this week. Progress over perfection!