

Zero Waste Swaps for Indian Beginners (2025)

Kitchen Swaps

| Item to Replace | Eco-Friendly Swap | Why It's Better |
|-----------------|-------------------------------|--|
| Plastic bags | Cloth or jute bags | Reusable, durable, supports local artisans |
| Aluminium foil | Steel tiffin / reusable wraps | No waste, keeps food fresh |
| Paper towels | Old cotton cloths | Free, washable, long-lasting |
| Tea bags | Loose-leaf tea + strainer | Less packaging, better taste |
| Plastic sponges | Coconut coir scrubbers | Biodegradable, locally available |

Bathroom & Personal Care Swaps

| Item to Replace | Eco Alternative | Benefit |
|--------------------|------------------------|------------------------------|
| Plastic toothbrush | Bamboo toothbrush | Biodegradable, compostable |
| Shampoo bottles | Shampoo bars / refills | Less packaging, long-lasting |
| Disposable razors | Metal safety razor | Reusable, cost-effective |
| Wet wipes | Cotton cloths | Gentle, washable, zero-waste |
| Plastic combs | Wooden combs | Sustainable, durable |

Study/Work Life Swaps

| Disposable Option | Eco Upgrade | Why Switch? |
|-----------------------|-------------------------|------------------------------|
| Plastic pens | Refillable / metal pens | Reduces plastic, saves money |
| Paper notebooks | Recycled / digital apps | Saves trees, less clutter |
| Coffee cups | Steel / ceramic mug | Reusable, keeps drinks warm |
| Foil-wrapped lunch | Steel dabba + cloth | Waste-free, reusable |
| Plastic water bottles | Metal / glass bottles | Safer, long-lasting |