

30-Day Zero Waste Challenge (2025 Edition)

Try one small action each day. No pressure, no perfection—just progress.

Day	Action
1	Do a trash audit: What do you throw out the most?
2	Bring a reusable water bottle everywhere
3	Say no to plastic bags — carry a cloth one
4	Refuse plastic cutlery with delivery or takeout
5	Repurpose glass jars for food storage
6	Use cloth napkins instead of paper
7	Switch to bar soap or refillable liquid soap
8	Buy one pantry item in bulk
9	Visit a refill store or bulk bin section
10	Try composting food scraps (even in a pot!)
11	Use up leftovers before cooking new meals
12	Make a natural surface cleaner with lemon + vinegar
13	Start using a bamboo toothbrush
14	Follow a zero waste creator on Instagram or YouTube
15	Replace tea bags with loose-leaf tea
16	Carry a small zero-waste kit (spoon, cup, napkin)
17	Reuse an old t-shirt as a cleaning rag
18	Avoid fast fashion—repair or swap clothes instead
19	Cook one waste-free meal (no packaging waste)
20	Cancel unnecessary junk mail or flyers
21	Try a DIY lip balm or deodorant
22	Share your progress online to inspire others
23	Donate items instead of tossing them
24	Start a "reusables" bag by your door (bottle, bag, etc.)
25	Buy nothing today — just be content
26	Repair something broken instead of replacing it
27	Try a local farmer's market or zero-waste vendor
28	Use a menstrual cup or reusable pads (if applicable)
29	Read or watch a documentary about plastic waste
30	Reflect: What habit felt easiest? What will you keep doing?

Plastic vs. Reusables: Cost Comparison Table (2025)

☐ **Placement Suggestion:** Under “Common Challenges (and How to Beat Them)” — right after the section: *“I Don’t Have Time or Money for This”*

☐ **Reusable vs. Disposable: What Saves More in 2025?**

Item	Disposable Cost (Per Year)	Reusable Cost (One-Time)	Savings Over 2 Years
Plastic Water Bottles	₹3,600 (₹10/day)	₹500 (steel bottle)	₹6,700
Paper Towels	₹2,000	₹0 (old rags)	₹4,000
Plastic Bags	₹1,200	₹200 (cloth bags x2)	₹2,200
Takeaway Cutlery	₹1,000	₹300 (travel set)	₹1,700
Menstrual Products	₹3,000	₹800 (cup)	₹5,200
Shampoo Bottles	₹1,500	₹300 (refill bars)	₹2,700
Total	₹12,300	₹2,100	₹22,500 over 2 years

Key Insight:

☐ Most reusables **pay for themselves in just 1–2 months**—and save **thousands** long-term.