

Simple ways to eliminate waste in the home, at work & out in the world

A Family Guide to

# WASTE-FREE

*Living*

'This book provides the ingredients to create a new normal'  
Costa Georgiadis

Lauren & Oberon Carter

## TOILET PAPER

Globally, the paper equivalent of 270,000 trees is either flushed or sent to landfill each day. Of that figure, 10 per cent is in the form of toilet paper. Most brands of toilet paper in the supermarket are wrapped in plastic or plastic-lined paper. Recycled toilet paper offers an improvement, using 50 per cent less energy and 90 per cent less water to create. Its production creates 74 per cent less air pollution and saves 17 trees per tonne. If you're aiming to reduce your toilet paper waste, you may like to try the following:



Use less paper – can you make do with a square or two? Encourage your kids to use less, too.

Choose a bidet! If you're planning a bathroom renovation, or building a home, you may like to consider installing a bidet. Culturally acceptable in many countries, they're one way to eliminate the need for toilet paper completely.

Avoid the triple-layer, extra-soft paper if you can – it requires more water, more resources and more paper!

Choose recycled toilet paper, wrapped in paper packaging, if possible.



An even more effective way to reduce your loo-related waste output is to install a composting toilet. This can be a simple bucket and sawdust set-up, or a top-of-the-range composting toilet system. Any method you choose will save around 10,000 litres of water per person per year. It will also help you make the most of a marvellous resource which, when properly composted, can help put nutrients back into the soil. If this is an option you want to explore, make sure you check out council regulations in your area and do some reading on composting humanure.



DO  
THIS

#### WHAT YOU'LL NEED

- Reusable fabric squares – about 5–10 per person in your home. You may like to cut flannel fabric squares or old towels with pinking shears, or hem with a sewing machine. Face washers are an easy, ready-made option.
- Basket or container for clean squares.
- Small container for used squares. A lidded 2 litre yoghurt tub works well.
- Squeeze bottle of water to help you get extra clean (optional).

## FAMILY CLOTH

If you're used to washing nappies and cloth pads by now, reusable, washable toilet wipes provide another easy waste-reducing option you may like to investigate. It can help you save money as well as paper and resources.

#### STEP 1

Use a clean square from your basket or container each time you use the loo.

#### STEP 2

Place the used square in the lidded bucket.

#### STEP 3

Wash the full bucket of squares with towels or other washing, or run a separate small load, if you prefer. Water temperatures over 40°C are effective in dealing with most pathogens, while sunlight is an effective bleaching agent.

#### STEP 4

Replace the clean squares in the basket beside the toilet.