Zero waste lifestyle

Testimonial of a family in transition

#zerocarabistouille
Who is the Zero Carabistouille Family?

Pierre  Sylvie  Naïs  Una  Maki
What decide us to begin?

- **2006**: Birth of Naïs
  - Organic food purchasing group (GAS)

- **2009**: Birth of Una
  - Washable diapers
  - Vegetable garden and collective compost

- **2015**: Béa Johnson Conference

- **Zero waste**: 1 jar of 1.6 L of trash per year for 4 persons
Why zero waste?

- Less property, more LINKS
- A better HEALTH
- A earth for TOMORROW
- Good for SAVINGS
- Less but BETTER
To become a consum’ACTOR

#1
COMPOST (ROT)

#2
REFUSE
Say no to the things you do not need

#3
REDUCE
Decrease consumption with possessions (foods & material goods)

#4
REUSE
Eliminate single-use products and start using reusable products

#5
RECYCLE
As less as we can
More thoughtful
Buy otherwise

- **In bulk**
  - In multiple places
  - Lot of choice

- **Local, seasonal, organic**
  - Good for the planet & health

- **Producers**
  - A person
  - A history

- **Consigne**
  - Worth money

- **Reusable**
  - Fabric bags, jars, boxes...

- **More vegetables**
  - Less meat

- **Second hand**
  - Circular & social

- **Sustainable**
  - Ecological, ethical, with respect for the worker

- **Less meat**
  - Good for the planet & health

- **Circular & social**
  - A person
  - A history

- **Ecological, ethical, with respect for the worker**
  - Worth money
Tools library

Alternatives
- Wood/bamboo toothbrush
- Tissue make-up remover
- Wax film for food use
- Furoshiki
- Tawashi

Home made
- Preserved jars
- Snacks
- Care and beauty products
- Do It Yourself (DIY)

Rental, loan & second hand
- Clothing
- Objects
- Toys
- Books