

# A ZERO WASTE LIFESTYLE

A 6-week introductory webinar series to a Zero-Waste Lifestyle

# 1

## THE FIVE R'S OF ZERO WASTE

Learn what the five R's of the Zero Waste Movement are and how each is important to reducing the waste in your home and life.

## THE BENEFITS OF ZERO WASTE

Learn about the benefits of the Zero Waste lifestyle for you, the community, and the planet.

# 2

## ZERO WASTE SHOPPING

Learn how to shop Zero Waste and learn about the resources for shopping Zero Waste in the Seattle area.

## BUSINESS SUSTAINABILITY

Learn about businesses and their sustainability practices. How to assess a business and how to detect greenwashing within a business.

# 4

## HOW TO GET INVOLVED IN ECO LEGISLATION

Learn how to get involved with your community and your state in the fight to get environmental policy implemented.

## NEXT STEPS TO START A ZERO WASTE LIFESTYLE

Learn what the next steps are to begin the Zero Waste lifestyle. How to put your new knowledge into practice.

# 6



Learn more at [www.seattlezerowaste.com](http://www.seattlezerowaste.com)