

# Listicle (List Post) → Sample

Adapted from Student Sample (2019).

## Headline/Title

*8 Tips to Reduce Waste*

## Introduction/Opener

### Hook

A million bottles a minute. Almost 20,000 bottles every second. This is the current rate that plastic water bottles are being purchased worldwide. According to the Pew Research Institute this number is expected to increase an additional 20% by the year 2021. At this rate, the disastrous environmental impact seems impossible to combat.

### Background Information

Nonetheless, it was these facts and figures that inspired the “zero waste movement.” Now, leading a zero waste lifestyle isn’t exactly as simple as a blink of the eye. Though it’s often easy to feel inspired and encouraged to cut down waste, it isn’t necessarily the smoothest ride transitioning from your regular lifestyle to one where waste is reduced to a minimum. In fact, the average person likely feels overwhelmed at the prospect of where to begin. Of course, it isn’t impossible, especially with a few tips here and there to help ease the change of habits. So, if you’re looking for ways to cut down your waste production, other than just purchasing that handy reusable water bottle. Look no further. Here are ten easy tips to help get you started on transforming your lifestyle, reducing the amount of waste you produce, all in the name of mitigating the strain on our fragile planet.

### Thesis

*Statement of purpose for the list.*

## Body

*The list begins...  
For each entry in the list, explain its positive or negative attributes and how it supports your purpose.*

### Statistic/Numbers

### 1. Bring Tote Bags and/or Reusable Produce Bags

Simply keep these in easy-to-reach places, like the trunks of cars or inside other bags. It’s surprising how much plastic is wasted on grocery runs, just from the small individual packaging on snacks and household products, as well as produce bags, and regular plastic bags. So, its best to cut down on your grocery waste where possible. Sure, you can repurpose plastic bags, but eventually they are more susceptible to rips and tears, and must be thrown away. While some are recyclable, many are simply collected en masse in landfills.

According to the Toronto Environment Council, it is estimated that one plastic bag, may take up to 100 years to break down. Fabric or canvas bags are more durable (no annoying rips & tears while trying to carry your box of Cheerios), can be repaired with a simple needle and thread, and can easily be thrown in the wash.



*Hi, new best friend.*

## **2. Grocery Shopping at Bulk Food Stores**

Shopping here not only reduces food packaging to a minimum, but also prevents food waste, as you control the exact amounts of food you buy. Since the proportions of food are often smaller, you can also keep things like dried goods, spices, grains, and nuts fresher. Bulk food stores, such as [Bulk Barn](#), also allow shoppers to use their own reusable containers. So just like tip #1, this helps to reduce the waste that comes from single-use plastic bags. As a bonus, many bulk food stores actually encourage customers to shop using their own containers by offering discounts on purchases.

## **3. Bring Reusable Utensils, Water Bottles, and Straws**

Utensils, plastic water bottles, and straws all make up a large quantity of the one-time use plastics found essentially everywhere. From food courts, to parties, even to picnics in the park, people use all of these in extensive amounts. It's never too late to start bringing reusable alternatives to these! Many companies have started manufacturing multi-use stainless steel straws, which cuts down on both plastic and paper waste when ordering a fountain drink, or your preferred iced coffee at Starbucks. Additionally, a lot of drink containers and water bottles are insulated and will keep your beverage icy cold or steaming hot for the entire day, which a plastic water bottle cannot offer. All of these and many more can be found [here](#) on Amazon, all at reasonable and affordable prices.



*Oh hello, OTHER new best friend.*

## **4. Pack Lunches and Use Reusable Containers**

Although it may sound intimidating to pack your own lunches, “meal prepping” is a useful and healthy habit to keep. While it may seem like a hassle to put aside time to prepare lunches for the entire week, not all meal plans are difficult to follow and time consuming. Start with easier, simple recipes with fewer ingredients, and as you get into the routine of things, you can start experimenting with new recipes! By meal prepping, you can not only control the amounts you eat, therefore reducing food waste, but also control what you put into your meals. Furthermore, restaurants often produce a lot of waste for the sake of packaging, efficiency and convenience, but homemade meals are often less wasteful throughout the entire meal process, especially with the implementation of reusable containers. Many bloggers online and Youtube channels are dedicated to helping beginners get started with packing lunches and meal prepping

## **5. Set Up Recycling and Compost Bins**

## Statistic/ Numbers

Don't dump everything into the garbage! It is crucial to properly sort recyclable items, such as plastic, paper, styrofoam, and foil into their own piles. By recycling them, they are given a "second life," so to speak. In fact, Recycling BC has noted that "compostable organics [make] up 36.2% of waste in Metro Vancouver" (Recycling BC, 2019). So, instead of allowing food scraps to accumulate in landfills, they can be reused or remade into other products. In particular, composting food reduces pollution, as food waste mixed into other forms of waste creates contamination and greenhouse gasses. Fresh food scraps can be used to create soup stocks, and some roots and pits even be regrown (here's looking at you, avocado pit!) Alternatively, once they have begun to break down, they can be as fertilizer in gardens. Since, it's confusing at times as to which items to throw out, recycle and compost, [here's](#) an easy guideline to follow and keep in mind.



*Compost bins come in a multitude of sizes to fit the space available in your home.*

## Quote from Expert

### 6. Visit a Thrift Store

According to Jack Froese, chair of Metro Vancouver's Zero Waste Committee, "We buy an astonishing three times as much clothing as we did back in the 1980s... and much of this 'fast fashion' is relatively cheap to buy and ends up in the trash, when it could otherwise have been repaired or recycled" (Richmond News, February 2019). Rather than supporting fast fashion and buying the most trendy clothing items that will only last a season, consider other alternatives. Thrifting is a sustainable and affordable way to reduce waste. It's true: "One's man's trash is another man's treasure". As this saying goes, many clothes others throw out can be great finds for another. Especially now with a trend of "thrift-flips" and recycling old clothes, the experiences at thrift stores are much more convenient and enjoyable. Many thrift stores are also charity based, so while you're getting a new (to you) pair of jeans for a low price, you're also supporting organizations that really need the extra help.



*Yikes.*

## 7. Start Donating

While on the subject of thrift stores... you can also start donating. Thrift stores will accept old clothes, furniture, appliances, and more to local donation centers or non-profit organizations. Be aware of the condition of the items you're donating! Keep in mind that if something is broken and unrepairable, it is better to break the item down and recycle it. Once again, many thrift stores and city donation bins are run by local charities. Not only are you giving someone else the chance to fall in love with the sweater you out-grew, but you are supporting the health and wellness of your community.



*Don't worry someone will love that old t-shirt again.*

## 8. Repair, Reuse, Repurpose

Many clothes are thrown out or donated because of small rips or stains, but many of these can be fixed with a needle and some thread, or even just a good rinse in the washing machine. Think twice before throwing an item of clothing into the trash! Follow [this guide](#) for some easy fixes and repairs that you can do at home. Another interesting option is swapping clothes with friends or family. For items that may not be repaired to their former glory, and may not be donated still have a chance at a second life. Items such as old clothes, bed sheets, or cloths can easily cut and sewn into convenient everyday items like handkerchiefs, rags, napkins, and even tote bags or produce bags.

## Conclusion

### Restatement of Thesis

There you have it: ten simple tips that can help reduce waste in your day to day life. Hopefully with these, you will begin to see some evident changes in your lifestyle, everyday habits... and even in the environment. Of course, this is only the beginning; the rest is entirely up to you! Don't forget to start slow and build up a routine personalized to you and your work life.

### Call to Action & Extension

#### Suggestions for Further Reading:

- [Sustain UBC - Sorting Guide](#)
- [Recycling BC: Compost Guide](#)
- [The Every Girl - Meal Prep Suggestions](#)
- [How To: Meal Prep Like a Pro](#)
- [The Penny Hoarder: Clothing Repair Hacks](#)

### Hashtags

#zerowaste #wastefree #plasticfree #reducewaste

### Provide a list of link to all images and references (quotes & statistics)

#### Sources (References & Images):

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Other images (reusable bag and compost) were sourced directly from the Wix stock images.