Welcome to our extended Zero Waste collection!

Already familiar with our poster and ready to dive a little deeper? In this guide, you'll find many more detailed tips from everyday university life and at home to help you practically cut down on unnecessary waste.

The core principle across all areas is simple: refuse, reduce, reuse, recycle, rot. Keeping this rule in mind makes it easy to spot new ways to conserve resources in your daily routine. Simply pick the ideas that fit your lifestyle best. Even small changes make a big difference over time!

In the Bathroom

- Toothpaste tablets instead of toothpaste
- Solid shampoo / solid conditioner
- Body soap and bar soap for showering and handwashing
- Refillable shampoo at *Speicher* (zero-waste store)
- Compostable dental floss
- Cloth panty liners instead of disposable products
- Menstrual cup instead of tampons
- Cloth handkerchiefs instead of disposable tissues
- Washable cotton rounds
- Reusable silicone swabs
- Certified natural cosmetics
- Toothbrush made from renewable materials or with a replaceable head

In the Kitchen

- Loose-leaf tea in tea infusers
- No tea bags or coffee pods
- Drink tap water
- Make rags out of old T-shirts, etc., instead of using paper towels
- Use loofah sponges as dish sponges
- Use kitchen utensils made of stainless steel, glass, and wood instead of their plastic alternatives - they last much longer and prevent microplastics
- Instead of aluminum foil or plastic wrap, use beeswax wraps; for vegans, plant-based wax wraps are also available
- Save old screw-top jars: either reuse them yourself or donate them to Speicher

Our Clothing

- Repair (or have items repaired) instead of buying new
- Buy secondhand
- Use clothing swap programs or host clothing swap parties
- Only buy what we really need: no impulse purchases!
- If buying new: look for quality, organic, and Fairtrade certifications (e.g., GOTS), or Cradle to Cradle
- Avoid textiles made of plastic or containing microplastics, or choose recycled textiles (wash them in a laundry bag to catch microplastics)

Cleaning

- Look for Blue Angel (Blauer Engel) or Cradle to Cradle certifications on cleaning products, e.g., Frosch
- Make your own glass cleaner, fabric softener, oven cleaner, dish soap, toilet cleaner, etc., using vinegar essence, baking soda, washing soda, curd soap (pure bar soap), and citric acid
- Diluted vinegar is a great mirror cleaner and generally works well against limescale and dirt
- Vinegar as an all-rounder:
    - General: Its acid dissolves dirt and grease and prevents mold growth
    - Glass cleaner: 1:1 vinegar-to-water mixture
    - Fabric softener: A splash of diluted vinegar essence in the fabric softener compartment
    - Oven cleaner: Mix baking soda and water in a 1:1 ratio and let it sit for several hours
    - Dish soap: Grate 20 g (approx. 0.7 oz) of curd soap, dissolve in 200 ml (approx. 0.85 cups) of hot water + 1 tbsp of baking soda, or use a solid dish soap bar
    - Toilet cleaner: Sprinkle a few tablespoons of citric acid into the toilet bowl and let it sit for 2 hours (use with caution, as the acid can damage porcelain)
- Citric acid is great for descaling
- Make rags out of old T-shirts, etc., instead of using microfiber cloths
- Reusable supplies: washable rags instead of paper towels & downcycling based on hygiene zones
- Use refill stations and cleaning tabs

Shopping

- Bring cloth bags to the bakery to avoid paper bags
- At deli/service counters: bring your own containers for olives, cold cuts, cheese, etc.
- Bring cloth produce bags for fruits and vegetables
- Buy fruits and vegetables at the farmers market → bring a cloth bag or basket
- Use the reusable bag-sharing cabinet (*Taschenschrank*) at the Tübingen City Hall (*Rathaus*)
- At the grocery store, look for products packaged in cardboard, paper, or glass rather than plastic
- Join a CSA (*Community Supported Agriculture* / *SoLaWi*) or food-sharing initiative, or order an organic produce box
- Choose (plant-based) dairy products in returnable glass jars/bottles
- Reusable instead of single-use: avoid beverage cans, cartons, and PET plastic bottles
- Buy seasonal and local fruits and vegetables whenever possible
- Choose jarred goods in returnable glass instead of cans whenever possible
- Shop in local stores instead of online to save shipping packaging and support local businesses
- Borrow and share items that are rarely needed (e.g., electrical appliances) instead of buying them, e.g., at the Library of Things (*Bibliothek der Dinge*) at the public library
- Cook from scratch using fresh ingredients

Our Tips for Tübingen

- Tip for package-free groceries and jarred goods in returnable glass in Tübingen: Speicher
- At Contigo, you can also bring your own reusable cup for coffee
- Bring your own takeout containers when ordering food to go, or use ReBowls
- Use ReCups
- What's always worth carrying with you: reusable cutlery, a cloth bag, and a food container
- Bring your own reusable water bottle so you can refill it with great tap water anytime, anywhere
- Visit the Library of Things (Bibliothek der Dinge) at the Tübingen Public Library (Stadtbibliothek)

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