

Zero-Waste Movement Aims to Reduce Trash *from VOA*

There is a small but growing movement in America of (1)_____ that want to reduce waste to zero. Their goal of producing no (2)_____ is probably impossible to reach. Some come close, reducing a year's (3)_____ of trash to only a few things that can (4)_____ into a small container. All other things, they say, can be recycled or composted.

Zero Wasters, as they are called, help each other by sharing (5)_____ on blogs and social media. A number of people also have written recent books on the subject. Some of the advice includes where to buy things to avoid (6)_____ packaging and where to recycle things that most people (7)_____ away.

Bea Johnson is author of "Zero Waste Home: The Ultimate (8)_____ to Simplifying Your Life by Reducing Your Waste." She said, "It may be too extreme for a lot of people, but even if you can cut your trash down by even 20 percent, you'll gain 80 percent of the (9)_____, like saving time and money for experiences instead of shopping for unnecessary stuff...." She added, "It's about a simpler life based on (10)_____, not having."

Johnson said that reducing shopping means her family has more money for fun vacations. She said her family buys recycled things also. All their clothing, for example, comes from used clothing stores. She says that has reduced her household spending by 40 percent.

"We can get most (11)_____ on eBay and request that they be sent to us without any non-recyclable packaging," she said. Johnson has been writing about zero-waste efforts since 2008.

Elizabeth Graves is the editor-in-chief of Martha Stewart Living magazine. She says she considers Zero Waste a movement. Graves said the (12)_____ generation is very concerned about how they live. She adds, "More and more people are showing that while it's (13)_____ at first, it can be done."

Graves' magazine recently reported on Lauren Singer of New York City. Singer started her own blog, Trash is for (14)_____. She gives advice about how to reduce waste and where to buy goods that have little or no packaging.

Singer said that she can fit six years of her trash into a single Mason (15)_____. "I realized that I can make a huge difference even as one individual," she said, "It's (16)_____."

Zero Wasters like to talk about five "r's" that describe what they do: Refuse, Reduce, Reuse, Recycle and (17)_____. The first "r" stands for refuse. They refuse containers and (18)_____ at restaurants. To this end, they either ask to use their own containers or request that things like food be (19)_____ in paper.

Zero Wasters also seek to reduce the number of things they buy. They reuse household goods and recycle materials. They also try to compost, or rot, food material that can be used to enrich (20)_____.



**advice being benefits brands empowering fit Guide households intimidating jar
millennial Rot soil straws throw Tossers trash unwanted worth wrapped**

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