

References and additional resources

Blogs

Personal accounts of zero waste journeys, including tips, products and recipes

- 100 Days of Real Food 100daysofrealfood.com
Healthy eating blog, focuses on kids' meals and frugal shopping
- Going Zero Waste goingzerowaste.com/blog
Written by a young woman in California, includes tips to get started and ongoing improvements.
- The Non-Consumer Advocate thenonconsumeradvocate.com
A mom who advocates for avoiding waste, living frugally and helping people live with less.
- My Plastic-Free Life myplasticfreelife.com
A California woman's commitment to avoiding the use of plastic.
- Trash is for Tossers trashisfortossers.com
Perspective of a young woman in NYC, includes many DIY recipes (including video tutorials).
- Zero Waste Home zerowastehome.com
Journey written by a family in California that has been living a low-waste lifestyle since 2008.

Other environmental websites:

- Buy Me Once
buymeonce.com/home-usa:
Website that highlights a wide variety of products with lifetime warranties.
- Environmental Working Group
ewg.org/guides/cleaners
Searchable toxicity database for different chemicals in household cleaners, beauty products, etc.
- Earth 911:
earth911.com/living-well-being/zero-waste-how-to-make-less-trash
Website offers tips on how to recycle, prevent pollution, and protect the environment. Has tutorials on DIY products, cleaners, and eco crafts.
- Tree Hugger
treehugger.com/green-home/zero-waste-backbone-needed.html
Sustainability lifestyle website and news source.
- One Can a Month Challenge – EnviroMom
enviromom.com/join-enviromoms-one-can-a.html
Website for a challenge to reduce waste to create one can of garbage per month.
- Mother Earth Living
motherearthliving.com/healthy-home/zero-waste-living-zmfz15jfhou.aspx
Magazine and online publication about living sustainably
- Minnesota Grown
minnesotagrown.com
An online directory listing farmers markets and local producers.
- Save the Food campaign
savethefood.com
Campaign developed by the Natural Resources Defense Council and the Ad Council to address food waste in America. The website contains tips and information about avoiding wasting food.
- Love Food Hate Waste
lovefoodhatewaste.com
A UK-based website with recipes, storage information and tips on reducing food waste at home.
- The Freecycle Network
freecycle.org
Website to connect people and promote a sharing economy.
- Craigslist
craigslist.org/about/sites
Online classifieds website
- NextDoor:
nextdoor.com/
Neighborhood social/sharing group
- Twin Cities Free Market
twincitiesfreemarket.org
Reuse program created by Eureka Recycling.

Documentaries

- No Impact Man colinbeavan.com/movie/
A Manhattan family tries to make no waste for one year
- Expired? notreallyexpired.com/watch-the-film/
A short film about how confusing labels lead to food waste in America
- Just Eat It: A Food Waste Story foodwastemovie.com
75 minute documentary about food waste and food rescue
- The Story of Stuff: [youtube.com/watch?v=9GorqroigqM](https://www.youtube.com/watch?v=9GorqroigqM)
Short online movie about how we make, use and throw away products
- The True Cost: truecostmovie.com/
A story about the clothing industry and its impacts

Books

All of these are available through the Hennepin County Library system as hard copies. Some are accessible as e-books as well.

- All You Need Is Less: The Eco-friendly Guide to Guilt-free Green Living and Stress-free Simplicity by Somerville, Madeleine
- Craftcycle: 100+ Eco-friendly Projects and Ideas for Everyday Living by Heidi Boyd
- Eco Dog: Healthy Living for your Pet by Corbett Marshall
- The Eco-nomical Baby Guide: Down-to-earth Ways for Parents to Save Money and the Planet by Joy Hatch
- Eco Thrifty: Cheaper, Greener Choices for a Happier, Healthier Life by Deborah Niemann
- Green Guide Families: The Complete Reference for Eco-friendly Parents by Catherine Zandonella
- Green Tea Living: A Japan-inspired Guide to Eco-friendly Habits, Health and Happiness by Toshimi A. Kayaki
- The homemade pantry: 101 foods you can stop buying & start making by Alana Chernila
- Lemons and Lavender: The Eco Guide to Better Homekeeping by Billee Sharp
- The New Art of Living Green: How to Reduce your Carbon Footprint and Live a Happier More Eco-Friendly life by Erica Palmacrantz Aziz
- El pequeño libro verde del hogar: 250 trucos para un estilo de vida eco por Sarah Callard
- Ready, Set, Green: Eight Weeks to Modern Eco-living From the Experts at TreeHugger.com by Graham Hill
- Waste-free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food by Dana Gunders
- Zero waste home: the ultimate guide to simplifying your life by reducing your waste by Bea Johnson
- The zero-waste lifestyle: live well by throwing away less by Amy Korst