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Eco-Conscious in the Kitchen

Green your kitchen routine with these simple tips!

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We spend a lot of time in the kitchen, but have you ever thought about how to make your kitchen habits more eco-friendly? Beyond opting for local, organic, meatless and dairy-free, you can cultivate a green kitchen habits with these waste-busting, eco-cleaning tips!

Eco-Conscious Kitchen Habits



Photocredit: Flickr / [sewtrashy](#)

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Our kitchens can be a huge source of waste. Check out these tips for minimizing how much your kitchen generates on a daily basis:

Quit the plastic wrap

This one-use waste of resources is also not recyclable. Instead, invest in glass food containers with tight-fitting lids to avoid flexible plastics altogether. Alternatively, there are many reusable, sticky bowl covers you can reuse over and over if you can't live without a wrap-type solution.

Ditch bottled water

Another huge single-use waste is water packaged in plastic bottles. If you're concerned about the water quality from your municipality, invest in a good home water filtration system (choose one with recyclable filters, if possible).

Pack waste-free lunches

Instead of paper bags and plastic baggies, seal your lunch in reusable containers with good lids and then pack it all into a reusable sack. Litterless lunches are the way to go!

Buy foods in minimal packaging (take your own bags!)

Whenever possible choose the option with the least cardboard, plastic, metal, and glass. Fresh and whole is always best (especially when packed in reusable bags) and bulk is great, too (again, take your own containers).

Recycle everything else

Inevitably you will end up with some waste from your kitchen. Be sure to recycle every scrap you generate as far as you can. The goal: starve that trashcan!

Minimize Organic Kitchen Waste



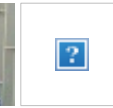
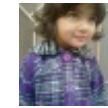
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Baking Brandi Wagner Brittany

As the main source for indoor organic waste, your kitchen can either contribute to climate change (food rotting in an oxygen-deprived landfill creates methane, a super-charged greenhouse gas) or be a DIY factory for creating planet-enriching organic matter.

Preserve produce for longer

There are several products on the market that help to reduce humidity and cut the impacts of ethylene gas (which is nature's ripening agent and will speed the rotting of your produce). These produce savers are made with natural minerals that absorb moisture and gases to help you reduce your produce waste.

Buy only what you need

A simple way to ensure you don't have organic waste is to buy only what you can consume. As with construction, measure twice, buy once!

Compost organic waste

Composting at home (even in urban centers!) is a great way to divert organic waste from the landfill while creating healthy compost you can use on house plants or in your backyard garden.

Natural & Non-Toxic Kitchen Cleaning



Photocredit: Flickr / Julie H Brown

For automatic dish washing, be sure to choose a brand that's not only free of phosphates (chemicals that poison and suffocate aquatic life), but also not tested on animals.

Use natural kitchen cleaners

Disinfect and polish all of the surfaces in your kitchen with natural kitchen cleaners free of the toxins found in conventional store-bought cleaners.

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Vegan Recipe Vegetarian Visnja
Milidragovic Yoga

Healthier produce washes

Check out our [DIY produce scrubs and washes](#) for ideas on how to make your own safer, cheaper versions.

Abolish disposables

Stop using paper towels and other disposable cleaning products that waste natural resources and put a huge dent in your budget. Many reusable clothes, mops, and sweepers exist that make cleaning both easy and eco-friendly.

Limited Time Offer



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About the Author:

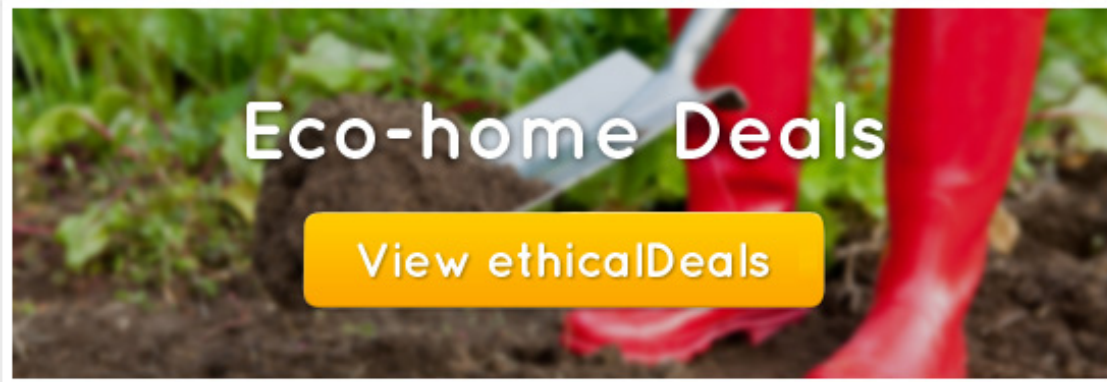
Maryruth has been seeking the keys to environmental justice - both at home and at work - for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site.](#)

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