**Beat: Lifestyle**

# A Family That Goes Weeks Without Producing A Single Piece Of Trash

**Zero-Waste Lifestyle**

Hungary, 23.03.2022, 19:44 Time

**USPA NEWS -** Meet the eco-family who goes weeks without throwing a single piece of trash away, thanks to epic amount of recycling and savvy shopping.

41-year-old Esther Peñarrubia encourages her two kids to make crafts and drawings from old bits of packaging so that nothing ends up in landfill. Over the past two weeks, Esther has only been forced to discard a balloon from a party, the backing from a sheet of stickers, an old T-shirt she used to clean shoes, and a broken toy.

She began minimizing her family's waste when she moved and decided that she would leave all single-use items behind. The mother of two, who lives in Girona, Catalonia, shunned cling film and tin foil, and decided to buy everything she needed in bulk or from second-hand shops. "There are already reusable items that we would have to buy once, so it would be a waste of time and money buying the single-use ones. It's cheaper and you know that the item will continue being used instead of being set aside, so it's just perfect! Each of us play a big role in taking care of the environment. It's enjoyable to try to help rather than just keep complaining about the current situation. Moreover, you don't take out your rubbish quite so often, because you don't generate it," she says.

Any kitchen leftovers go in the compost bin, and glass containers are washed up and repurposed for something else. This means that the family only send a piece of rubbish to landfill every two weeks on average. She tries not to buy any plastic at all, but when she does, like a five liter bottle of olive oil that lasts a few months, it gets thoroughly washed and recycled. Her five and seven year old children know to draw and make crafts from scrap paper packaging, before that too is recycled.

After watching a TED talk in November 2015, Esther realized that her lifestyle was called 'zero waste'. For cleaning products, like hand soap and detergent, she walks or cycles to a bulk supplier once every two months to buy up to 4 kilos worth. She buys fruits, vegetables and bread from local suppliers in bulk on a weekly basis. The family also grow their own tomatoes, lettuce, broccoli, and herbs in the kitchen garden, and have orange and mandarin trees outdoors. Esther has also found herself in a community of friends who trade items with each other that they need, like furniture or plates, communicating in WhatsApp group chats.

When her children were young, Esther would use cloth diapers instead of disposable ones. While this would result in her washing them three times a week, she would rather do that than them go to landfill. She says "We try to use the minimum possible and received some toys and baby equipment from friends and relatives. If we really had to purchase anything, first we tried at the second-hand market or on free apps."

Christmas and birthday presents are wrapped in a reusable cloth rather than wrapping paper. Esther says "They know that if a new toy enters our home, another should go to another family's house, so we try not to accumulate a lot of stuff. We avoid toys or other material made out of plastic and choose cardboard, wood or metal, instead. We haven't got a TV at home, so at Christmas time they aren't exposed to toy adverts on a daily basis. When they ask for a new toy, we explain to them that depending on the material we would think about it, and if it's plastic they understand that we won't like it."

They also tend to organize family activities as gifts, like a cinema trip, or buy them second hand items. To help educate her kids, Esther takes them out on nature walks to the forest where they pick up rubbish as they go. "They use their little gloves and enjoy this activity, because they know it's better for the environment," she said. They also take books out at the library on climate change and plastic that they read all together.

Esther thinks the challenging part of her life is convincing others that it is achievable, as people often assume the swapping to reusable products is expensive. She said "If you think and organize your buying habits, consume less things and from better quality, choose reusable alternatives, buy everything you can in bulk and from the second-hand market, then it's not more expensive and you can save money."

Esther, who has a PhD in agricultural engineering, finds that it is often simpler than people think. "Zero waste culture doesn't only

comprise of the reduction of our waste, it involves a more conscious lifestyle and way of consumption. There are plenty of local enterprises that produce under more sustainable, ethical and social criteria. Think and get informed about who, how and where your food, clothes and other items have been produced."

Thank you for reading my article. These are merely my thoughts and insights based on the facts. I use only verified sources. No fake news here. I write about a variety of subjects, mainly things I want to research and know more about. You can check out my website – Small Village Life at smallvillagelife.com, where I share useful articles and news.

Wendy writes for the United States Press Agency and is a former columnist with the Fulton County Expositor, Wauseon, Ohio.

Source: South West News Service

**Article online:**
https://www.uspa24.com/bericht-20267/a-family-that-goes-weeks-without-producing-a-single-piece-of-trash.html

**Editorial office and responsibility:**
V.i.S.d.P. & Sect. 6 MDStV (German Interstate Media Services Agreement): Wendy Westhoven

**Exemption from liability:**
The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report. Wendy Westhoven

**Editorial program service of General News Agency:**
United Press Association, Inc.
3651 Lindell Road, Suite D168
Las Vegas, NV 89103, USA
(702) 943.0321 Local
(702) 943.0233 Facsimile
info@unitedpressassociation.org
info@gna24.com
www.gna24.com