



BALAKA B. GHOSAL

First, the good news! Our Earth is not a stranded ship in the middle of an ocean with us in it. Second good news! Nor are we on Mars.

In both of those cases, running out of reserves wouldn't have been a comfortable feeling. But, still, to tell you the truth, we are in a tight spot. And that's THE BAD NEWS!

Now, that's as bad as being stuck in a stranded ship or in Mars. Somehow, we've the confidence about our home planet's bounty to keep providing all that we need. Till eternity.

We're borrowing from the future—from our children's well-deserved right to live a safe and healthy life. Living busy lives and filling up the landfills.

Our kids are standing on a more fragile ground since we've dug out the earth like a holey cheese.

The thought of using less stuff or reusing them over and over is uncomfortable. How 'bout a few teeny-tiny changes that are quite simple to add to your lifestyle?

What can we do?



Here's a cool list to start with.

We'll only go from room to room and make tiny creative shifts in our lifestyles. To leave a positive impact on everyone around us children.

Especially the children's future health. And a good bit of jingling change and some breathing moments spared from the rush-to-the-store time.

Bedroom



1. Do you have bright flat sheets lying around the house that no longer match the new beds' size?
Or a table cloth of an old table that was given away? Instead of retiring them for life, bring them out to repurpose.
I have sarees I don't need to cut. A full 6 yards long, I hang them as valet pieces. Stitching them into curtains is a possibility.
Shawls can become throws.
Scarfs can add color as a curtain tie.

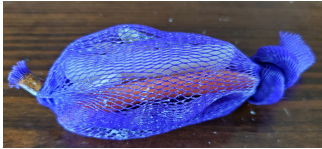
2.



Bed sheets come in see-through plastic casings with zippers. It's durable. But who would keep sheets in them regularly? These can serve as collection bags for many different items. Easy to see contents. I keep all my travel brochures or greetings cards in them.

Bathrooms:

3.



Don't you feel bad you have to throw away the thin sliver of soap just because it's not convenient anymore? No more! Slip them into a mesh bag and tie up the end. Rubber bands will work fine too.

4.

Want to save the cold water that first flows out of the showerhead until warm water flows out? Drill holes on a 2-gallon water jug with dispenser. Place a funnel on the hole and place it under the shower. You can water the plants or let your pets have fun with it.



5.



Rubberbands on a plastic case hold the soap up and keep it dry. Surely lasts way longer that way.

6.



Cut the nearly done toothpaste tube and find a good bit of paste inside. Later, use the clean pieces as funnels to fill narrow-neck bottles with liquids.

7.



Don't have a smart flushing system in your toilet? No problem. You can still **create a low-flow toilet**.

Simply lower a half-gallon jug filled with water in your toilet flush tank. It occupies enough space to save you water each time. Woohoo!

A large rock would work just as good. Start today. Fresh water is running out fast.



Clothing Closet:

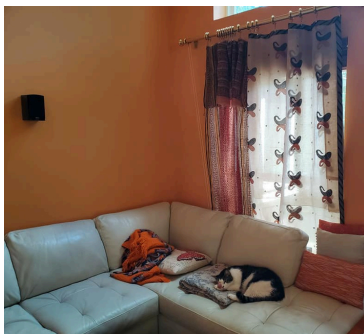
8. **Mixing and matching fashion creativity** can be a tad bit funky... with clothes, shoes, and accessories you already have. Some of these can be decades old. Yet good to use!

Put jewelry, scarves, skirts, and shoes together in mismatched combination—sky's the limit for how many unique ensembles you can create. No need to buy more clothes. Fast fashion is heaping up landfills at a horrendous speed, filling the world with microplastics as they break down.

9.



Talk to your cleaners and make a bag for your clean clothes to be packed in. Saves them tons of plastic. Return the hangers each time you go again.



Another idea of making curtains out of your long scarves. In the picture, two sarees are serving as my curtains in the living room. These serve as great conversation starters, people going gaga over them.

Kitchen:

10.



Cheese spread container's inner peel-off foil covers are preservable and reusable in many different ways. Cover leftovers, seal up half an avocado, wrap a spoon to travel. Endless possibilities!

11.

Same for the butter paper. I save them in my freezer and use them to wrap or cover food and line up baking trays with them.



12. Use an old tub as a soaker upper or your dishes. Saves a good deal of water too. Dump the water in your garden to water the plants if the water is not too oily.



13.



No need to recycle glass bottles and jars any more. Reuse them as containers, fill them at the bulk bins in grocery stores. Make jams and jellies, preserve, and pickles in them.

Garden:

14.



Punch in a few holes in trash can lids to serve as seeding pots. Great for herbs with shallow roots.

15.



Egg carton seed germinator.

16..



18.



17.



19.



Toilet paper rolls, burger patty holder, and even old shoes can serve as seed germinators. You can transplant with the toilet paper roll. It will soon become soil.

Raised bed can be easily made out of discarded trash cans. It can serve as a composter in the beginning, when full simply add some top soil and plant. Roots get instant food from the compost below.

Take Outs and Eat Outs

20.

When you go for a sit-down meal at a restaurant, **take your own reusable boxes** from home for your leftovers. Even for to-go orders--many eateries and sushi bars are open to this.



Be the leader and bring in that trend. Spread the idea!

This saves the waiters some work and the owners some money.

They love you as a customer. No more single-use foam, paper, and plastic for the landfills.



21.

While buying sushi at the grocery's sushi bar, hand them your clean box for them to fill up the to-go order. We can't avoid the label, but it's better than getting a whole new box to recycle. Recycle isn't cool. Reduce and reuse are supercool.



Study:

Working for hours? Before you call it a back-breaking job, get yourself a stand-up desk. FOR FREE! Simply put a box on the table or turn a walker into a table with wheels by slipping a plyboard or wooden plank. Go back to sitting when you need.

Want to plop on the floor and read? Prop an old computer monitor for a backrest. All of these are at your service. Zero Dollars!

22.



23.



24.



25. Packing Gifts:

Try making a gift box from a medicine box. My shots arrived in a special clip-shut paper box. It was perfect for tiny gifts like essential oils, homemade cookies... and so much more.

Decorating with old address labels, used stamps, and your own artwork makes it memorable for both the giver and the receiver.

If you noticed the recycling sign on my T-shirt, it is recycled out of 50% plastic bottles and 50% organic cotton. I've been wearing it for 12 years.



Kids Room::

Reusing in the kids' room saves money for their future and teaches them more creativity. Involve them in all kinds of reuse that you do around the house as well.

26.



Kids can be good hunter gatherer of little things. Use all kinds of knick knacks to create letters to write their names on their door or for craft projects.

27.



Mask-making is an endless resource of fun. Pizza boxes to parcel boxes can become whatever you want it to be. Halloween need not cost you a dime.

28.



Reusing Inner Packaging:

The cardboard frame of a laptop can be used as a vision board for a child. Or a scrapbook on the wall. A chipped mug serves as a pencil holder. And the autumn pumpkin decor in the picture is my medicine chest throughout the season and beyond.

Pantry:

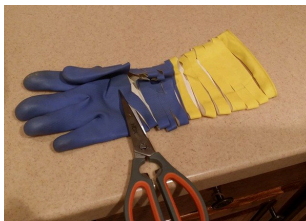
- 29.** The kitchen can be a place for great creativity for reuse.

Save jars from sauces, jams, jellies and reuse them. I even take them to the grocery store to be refilled with stuff.

Some stores have weighing scales where you can cancel out the weight of the container. Or else, you've to note these down manually for taking it out of the total weight at the counter. So far, all folks at the cash register have been cooperative, no matter how surprised they were.



- 30.**



The washing gloves can make many rubber bands after their life is done. You can even string them together to make a long tie. You can even snip off the finger tips and use them as wristies to protect your exposed wrists--rain or ice.

- 31.**

A good bit of trash happens from labels, receipts, strings, rubber bands, clips that arrive with even the most minimal packaging. One option is to send them to Terracycle. They use everything except batteries and food to make other stuff. Their All Your Waste box is my all time favorite.



There are companies working on making a difference.

By leaving the virgin resources where they belong and still creating cool stuff for all of us. Kudos to their creativity.

Stay in touch with me if you're one such business.



I've given away empty boxes,
usable items, craft items
from my collection of
broken, unusable things.

**If you have an excess of
anything or any plain stuff
that can be of use to
somebody, ask in the
global Zero Waste
Minimalist groups or the
Buy Nothing group on
Facebook for your town.
Each city and town has its
own local group to create
more opportunity on
sharing resources.**



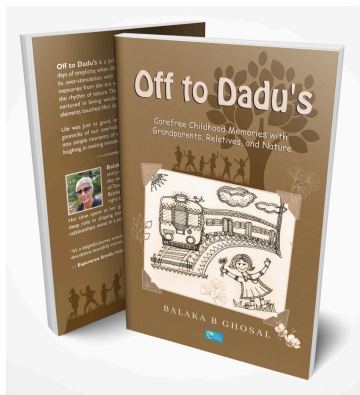


Did you resonate with my first set of reuse ideas?

I grew up simple, with my parents living on less, by using creative ways to find other purposes for things that would otherwise be thrown away.

Here's a poetic sneak peek of a lyrical montage of my childhood vacations full of the simple joys of life at my grandparents' home. Wellness is not plugged into electronic gadgets or fancy. It can be found in caring--for loved ones, art, music, animals, and trees.

Sharing the story has been fun, especially the doodling to capture the right moments.



Here's the link:

[https://www.amazon.com/s?](https://www.amazon.com/s?k=off+to+dadu%27s&crd=1Q9AFEC6JQDQ3&srefix=off+to+dadu%27s%2Caps%2C119&ref=nb_sb_noss_1)

[k=off+to+dadu%27s&crd=1Q9AFEC6JQDQ3&srefix=off+to+dadu%27s%2Caps%2C119&ref=nb_sb_noss_1](https://www.amazon.com/s?k=off+to+dadu%27s&crd=1Q9AFEC6JQDQ3&srefix=off+to+dadu%27s%2Caps%2C119&ref=nb_sb_noss_1)

If you've loved the book, I'd appreciate a review on Amazon and your social media to share the joy with others. You could also review on Goodreads, Barnes and Noble, and wherever else you find the book on that site's link.

Thank you for the opportunity to share my joy with you!





For more tips and product shoutouts,
peep into my special page,
<https://thegreenwriter.com/gift/>.

I'll be adding more tips for all kinds of
reuse for cost-cutting and saving the
environment.

See you there! Be well and play your
part in making the world a better place.



When my camera
loses its lens cover, it
reuses my masks.
Smart!



*I'd love to continue our journey on social media.
Below are my invitations to connect!*

Emails:
info@thegreenwriter.com
balaka.ghosal@gmail.com

LinkedIn: <https://www.linkedin.com/in/balaka-b-ghosal-26b7b663>

Facebook: facebook.com/ubeegreen/

Twitter: <https://twitter.com/Balaka31>

Youtube:
<https://www.youtube.com/channel/UCv7pjYspHtF17XAYvav5fxg/videos>

Medium: <https://medium.com/@balaka-ghosal>

Special Request:

To save paper and ink, please do not print this document.
Sharing this electronically with your friends and family is
your best caring gesture. Even better if you can send them
my website link thegreenwriter.com to them to download
whatever they heart appeals to.

Thank you, in advance!