

WEEKLY LOW-WASTE RESET

A short checklist to use what you have and finish one open loop.

Week of: _____

USE WHAT YOU HAVE

- ☐ Check fridge, freezer, and pantry before shopping.
- ☐ Choose food that needs using; plan meals around it.
- ☐ Write only the groceries missing from that plan.

READY TO REUSE

- ☐ Return clean bags, bottles, and containers to their grab spot.
- ☐ Check whether a refill is actually needed before buying.
- ☐ Put reusable supplies where the next trip begins.

CLOSE OPEN LOOPS

- ☐ Move one donation or sharing item to its confirmed destination.
- ☐ Choose a date for one repair or maintenance task.
- ☐ Check local rules for anything headed to recycling.

USE FIRST THIS WEEK

ONE OUTGOING ITEM / NEXT DESTINATION

NEXT RESET DAY
