

Hobbies



Our hobbies can sometimes define who we are, and at minimum they are a source of joy in our lives. Make sure your hobbies align with your low-waste lifestyle goals by remembering to apply the waste hierarchy: waste prevention and reuse are first.

Be intentional about gearing up

Be intentional with how you approach your hobby, especially when it comes to equipment, gear, and supplies. Where can you limit the amount of waste that your hobby is generating? If your hobby requires equipment, go for long-lasting and high-quality, or buy used. If you are new to a sport or just testing out a hobby, try a rental program before you invest in your own equipment. You can buy used or rent instruments, sporting equipment, books, movies and crafting supplies. If you find you don't participate in your hobby anymore or have equipment you've outgrown or upgraded, declutter and donate to give someone else a chance to try that hobby, too!



Focus on activities

Focus your family time on activities instead of toys and electronics. Many activities can be free or inexpensive, and you'll spend more quality time together. Explore parks, play sports, cook a low-waste meal, make a craft with repurposed materials, or walk the dog. Check out local calendars for seasonal activities like music or movies in the parks.



Online consumption

Online shopping is so simple and rewarding that for some people it can turn into a hobby. With almost everything you want to buy available at your fingertips, falling into the trap of overconsumption is easier than ever. The good news is that there are ways to cut back or adjust online shopping habits to make them lower impact.

First, remember that our goal is waste prevention. Waste prevention is not disposal – recycling, composting, or trash. Waste prevention is better consumption. Waste prevention starts when we are deciding whether to purchase a product or not.

Before buying new, first consider if you can reuse, rent, repair, or go without the product entirely. If you decide that you do need a product, try to keep your consumption local and buy used.

A few great options that focus on reuse include:

- Joining your local Buy Nothing group to find secondhand items, borrow items, or give items to neighbors. Learn more and find a local group at buynothingproject.org.
- Looking at Facebook Marketplace, Craigslist, or other online sale sites for used items
- Choosing to reuse by supporting local reuse retailers. Find reuse retailers near you at hennepin.us/choosetoreuse
- If you need to online shop for new items, be conscious and intentional about what you choose to purchase and consider these options to help limit the amount of unnecessary waste:
 - Turn off the one-click shopping option. Instead, put items in your cart and give yourself time to evaluate whether or not you really need the item.
 - If you can, bundle your shipments rather than ordering separate items that will each come in their own package. This will save on packaging waste and redundant transportation.
 - Buy items with less water content, such as bar shampoo, powered cleaners, and concentrated detergents. These items will take up less space and have less packaging associated with it, too.
 - Look for items from local retailers or makers.

After you get an online order, look for ways to reuse the packaging rather than disposing of it. Small boxes can be used for organizing, and larger shipment boxes can be saved and offered to neighbors who are moving.

If you are using curbside pick-up or personal shopping options, focus on what you can do to limit the amount of waste. See if your store will use paper or reusable bags rather than plastic. Be an advocate for change by writing to your favorite businesses and letting them know that you want low-waste options for curbside pick-up.



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Young woman working on a laptop at home, taken by Nenad Stojkovic via flickr.com. Used with permission under Creative Commons 2.0

