

## CVSan's List of Suggested Zero Waste Books



It has been said that sharing education, such as a good book, is what can change the world. At CVSan we're inspired by great books on waste reduction all the time. Here's a list of some of our suggestions:

- [American Wasteland](#) by Jonathan Bloom: In a book based on real-life experience at a local grocery store, a fast-food chain and a food-recovery group--as well as interviews with Brian Wansink, Alice Waters and Nobel Prize-winning economist Amartya Sen--the author explains the history, culture and mindset of waste and explores how it can be prevented through eco-friendly and sustainable food.
- [Cradle to Cradle](#) by McDonough and Braungart: A manifesto for a radically different philosophy and practice of manufacture and environmentalism. "Reduce, reuse, recycle," urge environmentalists--in other words, do more with less in order to minimize damage. As this book argues, however, this approach perpetuates a one-way "cradle to grave" manufacturing model that casts off as much as 90% of the materials it uses as waste, much of it toxic. Why not challenge the notion that human industry must inevitably damage the natural world, they ask. Products might be designed so that, after their useful life, they provide nourishment for something new. Elaborating their principles from experience (re)designing everything from carpeting to corporate campuses, the authors make an exciting and viable case for change.
- [Junkyard Planet](#) by Adam Minter: Tracing the export of America's trash, a veteran journalist with access to and insight on the waste industry reveals the huge profits that China and other rising nations earn from our trash, causing the decline of our economy and the ascent of the developing world.
- [The Earth Book](#) by Todd Parr: In Parr's signature chunky style, smiley-faced kids share what they love about the planet and what they do to protect it. "I turn off the faucet while I brush my teeth," says a purple boy in a hot pink bathroom. On another spread, two figures stand in a sunny garden with neatly planted rows of produce: "I love watching things grow and I want there to be enough food for everyone." The earnest message springs off the page.

- [How to Help the Earth](#): By the Lorax with Tish Rabe: The star of *The Lorax* by Dr. Seuss makes his Step into Reading debut in this rhymed reader that offers kids easy suggestions for going green! After explaining how the trash in a wastebasket ultimately ends up in a landfill or incinerator, the Lorax suggests realistic ways children can reduce waste, such as by carrying a lunch box, donating old clothes and toys, sharing magazines with friends, recycling cans and bottles, and using rechargeable batteries. He also explains how they can save energy around the home by turning off lights, taking shorter showers, donning sweaters to stay warm, and much, much more. Overall, this is a great introduction to helping the Earth *and* helping kids step into reading!
- [Zero Waste Home](#) by Bea Johnson: While the concept of producing less or no waste is great, how can individual consumers reach this goal? Johnson's first book takes the reader by the hand and explains her approach to achieving a zero-waste household. Organized by general topic, tips and guides help readers make their way through the five Rs: refuse, reduce, reuse, recycle, and rot. While this lifestyle seems a bit much, the advice is still sound. Recipes for goods including homemade condiments and cleaning supplies are included, along with a list of resources.

If you would like to explore more, in 2015, Castro Valley Sanitary District (CVSan) donated a [supply of zero waste books and movies](#) to the Castro Valley Library. The titles cover a range of topics from creating a zero waste home, repairing bicycles, sewing, tackling the massive wasted food and e-waste problems our country and the world face, the sharing economy, a cradle-to-cradle way of thinking and more.