

Zero Waste Day - 30th March

Zero Waste Day is a global day of action that draws attention to the importance of reducing waste and conserving the earth's resources. The focus is on integrating the principle of "zero waste" into everyday life and promoting alternative lifestyles that are less harmful to the environment. This not only means avoiding plastic waste, but also a more conscious approach to consumption, packaging and waste. Zero Waste Day encourages people to make more sustainable choices, such as avoiding single-use products and striving to recycle and reuse.



One aspect of the zero waste concept is realised in our allotment gardens, which not only offer the opportunity to grow your own fruit and vegetables, but also contribute to a more environmentally friendly lifestyle. In allotment gardens, the use of chemical fertilisers and pesticides is avoided in favour of natural methods and organic cultivation. This promotes biodiversity and helps to reduce the ecological footprint.

Allotment gardens also offer a valuable opportunity to produce food locally and sustainably, reducing long transport distances and the associated CO2 emissions. Having your own garden not only promotes the idea of zero waste by avoiding packaged food, but also contributes to a healthier lifestyle, as you can grow fruit and vegetables in a self-determined way without industrial intervention.

To summarise, Zero Waste Day and allotment gardening go hand in hand when it comes to protecting the environment and making everyday life more sustainable. Both promote a life with less waste, more mindfulness and a close connection to nature.

Let's take the International Day of Zero Waste as an opportunity to remind ourselves of this so that we can leave a world worth living in for our children and grandchildren.

Further links:

<https://www.unep.org/events/un-day/international-day-zero-waste-2025>

<https://unhabitat.org/international-day-of-zero-waste-2025>