

The Gainesville Zero Waste News

Zero Waste Move-Out Plan for College Students (and the rest of us)

Moving out can be challenging mentally, physically, and emotionally. But, often overlooked during the hectic process of moving out is your environmental impact. Surveys have shown that nearly **80% of people admit to trashing something valuable during a move-out**, and almost all people surveyed regretted not planning their move better to avoid waste.



Below are some easy tips for making mindful decisions to reduce waste while simplifying your transition to a new space.

- **Start downsizing 3 to 4 months before your move-out date.** Hold back on bringing items stored elsewhere into your apartment or buying new items you'll have to pack soon. This will reduce the number of items you'll have to deal with on moving day.
- **Sort items into three piles – Yes, No, and Maybe.** Then turn your No pile into your donation pile, and sort through your Maybe pile again to whittle it down even more.
- **Offer up items for free to your neighbors on Facebook's "Buy nothing - Gainesville, FL."** It beats having to move it.
- **Contact local donation centers** to inquire about their specific guidelines for larger items, such as furniture. They may be able to pick it up from your place.
- **Declutter your space by recycling.** Old papers, greeting cards, and unused boxes can all be recycled. While some items might be small, they can accumulate over time.
- **Shop small in your last few weeks before moving out.** Don't get stuck with a fridge full of wasted food you can't transport. Unopened food can be donated. Old food can be composted.

With conscious planning and mindful decisions, you can make your move efficient, stress-free, and zero waste.

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