

Hello, mga kasambuhay!

My name is Anna Oposa, Chief Mermaid and Executive Director of Save Philippine Seas (SPS). I'm looking forward to being your workshop facilitator!

I grew up living an eco-friendly lifestyle because, well, I had to. My dad is an environmental lawyer, so we had all sorts of (sometimes strange) environmental practices and experiments at home. My brothers and I were always brought to tree-planting activities, trained to take very short showers to save water (with no water heater), and unplug unused devices, among others.

I still live a relatively eco-friendly lifestyle, but like most people, I also enjoy shopping and impulse-buying things online; I buy groceries that come in packaging that is not yet widely recycled; and I accumulate a lot of stuff. I'm trying to do my best with what resources I have. I've put together a list of items and shops that may help you in your journey. I've also included some notes, disclaimers, and (very) honest reviews!

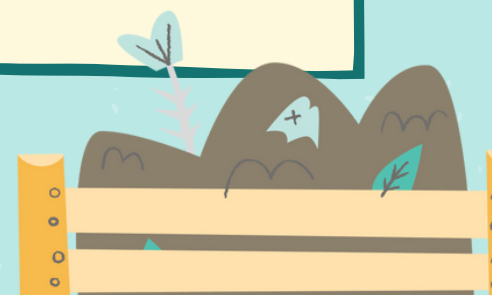
Composting

Bokashi Compost Starter Kit: I've been doing the bokashi composting method in my apartment for two years. This type of composting can accommodate animal meat and bones, which suits my lifestyle. I made a short video of my bokashi composting journey [here](#).

Vermicomposting: This is the composting method I did in college. If worms don't make you uncomfortable (I think they're kinda cute), you can give this a try. You can learn more and buy a starter kit from [Urban Vermicomposting](#) or [Worm Kubo](#).

Edible Plants

There are many grow-your-own-herb kits like the [Classic Kubo Kits](#), which was gifted to me. There must be a lot more options online. A disclaimer: I've killed ALL the herbs I've tried to grow (i.e., oregano, basil, mint, thyme), but I have friends who have been successful. These small "container gardens" are ideal if you have a small space, like a condo.



Home Care / Personal Care Products

Wonderhome Naturals: This is a new local brand that was just launched and they can pick up and refill products within Metro Manila. The products I've tried and loved are the dishwashing soap, kitchen deodorizer, yoga mat cleaner, desk and gadget cleaner, and berry laundry detergent.

Messy Bessy has a bottle return program and recycling partnership with The Plastic Flamingo. My favorite product is the chamomile hand sanitizer - I buy the largest variant and refill my pocket-sized containers.

Human Nature also has a refilling option for home care products. I prefer the fragrance-free detergent from their baby line over the citrus variant. Other products I love: Cooling Body Cleanser, Shampoo Bar, and Clarifying Shampoo. SPS is working with Human Nature and other organizations to advocate for refilling of personal care products.

Reusable cotton rounds: A lot of my friends are fans of this product, but I only use this to remove makeup or sunscreen (a.k.a. first cleanse).

Kitchen Products

Reusable food-grade bags: I have a set of Stasher reusable bags. They're on the pricier side but they're worth it. (Take it from someone who impulse-purchased cheap silicone bags online that don't even seal.) I bring them to the supermarket meat station so I don't use the plastic bags. They're also microwave-friendly and freezer-friendly. The cheaper alternative is Zippies (there are also unbranded versions of these), but one of my Zippies bags split open after a few uses.



Zero-Waste Stores

Among the stores listed below, I've tried Loop, Got Heart, and humble market. Descriptions are lifted from their websites.

Loop Store is a collective of the better goods. This is my go-to store! SPS partners also have a discount code: savephseas.

Simula PH is a locally grown space that makes sustainable and zero waste products accessible in the Philippines.

Got Heart PH carries natural/organic food and artisanal products.

Ritual PH is a small general store and cacao/coffee joint that sells local, eco-friendly, preferably organic products not enclosed in plastic bags.

humble market carries living essentials that are mindful of your health and their impact on the world around us; and, of how our actions affect the generations to come.



Going low-waste has a lot of challenges. "Aim for progress, not perfection" are words I live by. Every lifestyle is different, and every commitment you make is already a step in the right direction. If you have any follow-up questions or would like to share your journey with me, please reach out!

Good luck and best fishes!

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