



divert^{NS}
Nothing Wasted

SHARING RESOURCE GUIDE

Tips and resources for preserving our shared future

SHARING RESOURCE GUIDE

TABLE OF CONTENTS

1. Introduction	
• About Waste Reduction Week & Circular Economy Month	2
• About Divert NS	2
2. Family Recipes: Cooking for a Sustainable Future	
• Introduction to Sustainable Cooking	3
• Chicken & Veggie Scrap Broth Recipe	3
• Carrot Top Pesto Recipe	4
• Tips for Reducing Food Waste While Cooking	5
3. Thrift and Textile Tips: Extending the Life of Your Wardrobe	
• Introduction to Sustainable Fashion	6
• Divert NS Repair Guide	6
• DIY Projects: T-Shirt Tote Bag	6 - 7
• Hannah's Guide to Thrifting	8
4. Gardening: Growing Your Own Food	
• Introduction to Home Gardening	9
• Easy-to-Grow Vegetables and Herbs	9
• Composting: Turning Waste into Nutrients	10
• Tips for Reducing Garden Waste	10
5. Intergenerational Stories and Wisdom	
• A Story from Robert Bernard of We'koqma'q First Nation	11
• Interview with Arlene MacGregor on Sustainable Living	12
6. Community Sharing: Building a Sustainable Network	
• Introduction to Community Sharing	13
• Organizing Clothing Swaps and Repair Cafes	13
• Sharing Tools and Resources	14
7. Conclusion	
• Resources for Further Learning	15

Introduction

The purpose of this booklet is to highlight the benefits of knowledge sharing in the context of waste reduction. By bringing together tips, techniques, and wisdom from past generations, we hope to continue the tradition of passing down knowledge that can be used to preserve our shared future.

About Waste Reduction Week & Circular Economy

For over 20 years, Divert NS has been celebrating Waste Reduction Week in Canada. Waste Reduction Week happens each year in October during Circular Economy Month. By focusing our efforts on extending the life of our products and materials through swapping, sharing, thrifting, and repairing, we are reducing the amount of waste sent to landfill and contributing to the circular economy.



About Divert NS



Divert NS is a not-for-profit corporation championing recycling and waste reduction in Nova Scotia. For over 25 years, we've helped build a recycling culture through environmental stewardship, education, and programming, helping to make Nova Scotia a recognized global innovator in waste diversion solutions. We believe Nova Scotians are ready to take on the challenge of changing our culture from one that recycles to one that refuses to waste in the first place.

Family Recipes: Cooking for a Sustainable Future

Food waste is a big problem. In fact, the Food and Agriculture Organization of the United Nations has estimated that if food waste were a country, it would be the 3rd largest emitter of greenhouse gases (after China and the United States).

We can help combat food waste within our own kitchens. Looking at how previous generations and other cultures prepare food will help us learn skills that will reduce waste, save money, and eat delicious meals!

"I credit my grandmother for teaching me to love and respect food. She taught me how to waste nothing, and to make sure I used every bit of the chicken. Finally, to boil the bones till no flavor can be extracted from them."

- Marcus Samuelsson, Ethiopian Swedish chef and restaurateur of Red Rooster in Brooklyn

Recipe 1: Chicken & Veggie Scrap Broth



After roasting a chicken, remove meat from bones and place the bones in a freezer-safe bag or container. Freeze until you are ready to make your broth. I often wait until I have two chicken carcasses to ensure a flavourful broth.

At the same time, place any veggie scraps in a freezer-safe bag or container. This could include broccoli stems, kale stems, wilted veggies, leftover cooked vegetables, carrot peelings, carrot tops, garlic or onion skins.

When ready, place the frozen chicken bones and veggie scraps into a large stockpot and add enough water to cover. Bring to a boil and then simmer on low for at least 4-5 hours. You can also use a slow cooker or pressure cooker for this step.

Strain the chicken bones and vegetables out of the broth. For a creamier and even more nutritious broth, add the vegetables back and blend them in with an immersion blender. If there was a lot of fat still on the chicken, let the broth cool and skim off any fat at the surface. The broth is now ready to add as the base of your soup. Heat the broth on the stove, season to taste with salt, pepper, garlic, and herbs. Add chopped vegetables, cooked chicken, and rotini noodles for a hearty chicken noodle soup.

Recipe 2: Carrot Top Pesto

Think twice before tossing those vibrant green carrot tops! Often overlooked, carrot tops are a great addition to your favourite dish. Carrot tops are rich in vitamins A, C, and K, as well as essential minerals like potassium and calcium.

A great way to use up those carrot tops is to make Carrot Top Pesto!



Ingredients:

- 1 cup carrot tops, stems removed (stems from approximately one small bunch of carrots makes 1 cup).
- 2 Tbsp extra virgin olive oil (add more as needed)
- 1/3 cup of toasted pumpkin seeds (or substitute for pine nuts, cashews, or walnuts)
- 2 Tbsp lemon juice
- 2 cloves of garlic, peeled
- 1/2 tsp salt
- 1-2 Tbsp water (add more as needed)

Instructions:

1. Remove carrot tops from one bunch of carrots, wash and dry thoroughly.
2. Remove the stems from carrot tops (save the scraps to make a veggie broth).
3. Add all the ingredients to a food processor or blender.
4. Enjoy as a dip, on your favourite pasta dish, or spread it on roasted vegetables.

Other uses for carrot tops:

1. Add them to soup, carrot tops are a great substitute for herbs like parsley.
2. Add them to your green smoothie, carrot tops are packed with nutrients.
3. Make a delicious chimichurri sauce.

“Cutting food waste is a delicious way of saving money, helping to feed the world and protect the planet.”

– Tristram Stuart, English author and environmental campaigner

Tips for Reducing Food Waste

- **Plan and cook your meals** to reduce packaging and food waste. Find inspiration and ideas on how to use up leftovers or ingredients by searching “scrappy cooking” or “zero-waste recipes” online or visit [Love Food Hate Waste Canada](#)’s recipe webpage. Create shopping lists to avoid overbuying.
- **Store food properly.** Love Food Hate Waste Canada’s [Fridge Guide](#) and [Food Storage Guide](#) show you where the best storage methods to ensure food stays fresh for longer.
- **Understand expiration dates** and distinguish between “best before” and “use by” labels. [Love Food Hate Waste Canada](#) has some useful information about what these terms mean and Second Harvest has an [excellent chart](#) you could print and attach to your fridge to remember which foods are safe to eat past their best-before date.
- **Learn ways to preserve food** including [fermenting](#), drying, pickling, and canning.
- **Use your freezer** – Freezing your food will extend its life and reduce waste. Not sure what can be frozen or the best method to freeze items? [Check out these tips.](#)
- **Use your veggie scraps!** Keep a large bag or container in your freezer with veggie scraps for broth. Throw in onion and garlic ends, carrot and celery ends, vegetable peelings, mushroom stems, leftover herbs, zucchini ends, etc. When your bag is full, put the contents into a pot, slow cooker, or pressure cooker with water to make broth.
- **Grow your own kitchen scrap garden.** There are quite a few vegetables that you can regrow from scraps, saving waste and grocery money. The [Farmers’ Almanac](#) shares tips on how you can regrow 12 different vegetables from scraps.
- **Donate surplus food** to local food banks or organizations. Whether you have a bumper crop from your garden or items in your pantry that you would like to donate, contact your local food bank or community kitchen to see if they can be used.



Thrift and Textile Tips: Extending the Life of Your Wardrobe

Introduction to Sustainable Fashion

Sustainable fashion is not just about wearing eco-friendly fabrics or buying from ethical brands; it's about rethinking our entire approach to clothing consumption. In fact, the most sustainable piece of clothing is the one that's already in your closet! By valuing what we already own, repairing and repurposing items, and making mindful purchasing decisions, we can significantly decrease the environmental footprint of our wardrobes and help keep textiles out of the landfill.

"Sustainable fashion is not a trend, it's a responsibility."

- Livia Firth, Sustainable Fashion Advocate



Divert NS Repair Guide

Repairing instead of buying new items is a great way to save money and resources. Not only does repairing help keep usable goods out of landfills, it also reduces greenhouse gas emissions that are created by manufacturing and transporting new items. By choosing to repair items instead of buying new ones, you can help contribute to the circular economy and reduce waste.

Check out our [Repair Resource Guide](#) for more information.

DIY Projects: Make a Reusable Tote Bag

There are lots of ways to transform old fabrics into something new and useful! Try creating a reusable tote bag out of an old t-shirt. Check out this step-by-step guide to help you create your own (no sewing needed!):

Materials Needed:

- Old t-shirt (preferably a thicker fabric for durability)
- Scissors
- Ruler or measuring tape
- Fabric chalk or a washable marker

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Continued: Make a Reusable Tote Bag

Instructions:

Step 1: Choose Your T-Shirt

Select a t-shirt that you no longer wear but still has some life left in it. A thicker cotton shirt will make a sturdier bag.

Step 2: Cut Off the Sleeves

Lay the t-shirt flat on a clean surface. Using your scissors, cut off both sleeves along the seam. If you want a more defined handle, you can cut the sleeves a bit wider.

Step 3: Create the Bag Opening

Cut off the neckline of the t-shirt. You can cut in a straight line or create a more rounded shape, depending on your preference.

Step 4: Mark the Bottom

Turn the t-shirt inside out. Use your ruler or measuring tape to mark a straight line across the bottom of the shirt, about 5 cm from the hem. This will be where the bottom of your bag is tied.

Step 5: Cut Fringe

If you prefer a no-sew method, cut fringe along the bottom of the t-shirt. Each fringe should be about 1/2 inch (1.25 cm) wide and 2 inches (5 cm) long. Make sure you cut both the front and back layers of the shirt together.

Step 6: Tie the Fringe

Tie each pair of fringes (front and back) together in a double knot. This will close the bottom of your bag. For added security, you can tie neighbouring fringes together as well.

Step 7: Turn Right Side Out

Turn your t-shirt right side out. You should now have a functional and stylish tote bag!

Hannah's Guide to Thrifting



Thrifting can be overwhelming and sometimes it can be hard to know what types of items to look for to ensure you're picking up quality pieces.

We asked our resident thrifting expert, Hannah, for her top tips to follow when thrifting.

Hannah has been an avid thrifter for many years, reducing waste by shopping mainly second-hand. She encourages others to choose to purchase second-hand over fast fashion by sharing her thrifting journey on social media. [Visit her Instagram page here.](#)

Inspect for Quality

- Check for Wear and Tear: Look for holes, stains, missing buttons, or broken zippers. Certain rips or tears are easily mendable and some brands even have repair programs for clothing
- Fabric Quality: Feel the fabric to assess its quality. Natural fibers like cotton, wool, and silk generally last longer and feel more comfortable.

Know Your Measurements

- Bring a Measuring Tape: Sizes can vary greatly between brands and eras. Knowing your measurements can help you find clothes that fit perfectly.

Be Open-Minded

- Think Creatively: Look at items with potential for DIY projects. A dress could be turned into a skirt, or a large shirt could be tailored to fit.

Check Labels

- Brand Awareness: Recognize high-quality brands that tend to be more durable. Familiarize yourself with labels that indicate good craftsmanship.

Look for Timeless Pieces

- Shop more sustainably by picking up timeless pieces such as, cable knit sweaters, button down shirts, and high quality t-shirts.



Gardening: Growing Your Own Food

Home gardening, no matter the scale, can be a tasty and satisfying way to reduce waste. Growing your food can help reduce packaging, food waste, and the transportation of food.

Easy-to-Grow Vegetables and Herbs

If you don't have enough space for a traditional garden, or if you are a beginner gardener, you can grow several types of vegetables and herbs in containers. Vegetables suitable for containers include beets, beans, cabbage, carrots, cucumber, eggplant, green onions, lettuce, spinach, kale, tomatoes, peppers, and radishes. Look for varieties that are labeled as "bush," "patio," "dwarf," or "compact." Herbs like thyme, oregano, parsley, rosemary, basil, chives, cilantro, and lavender are excellent additions to a container garden.

[Click here for more information](#) about beginner container gardening.



If you want to learn more about gardening in Nova Scotia, join a local gardening group. Many communities have gardening groups that meet regularly to share tips, seeds, and plants, and to work on projects together. There are also many online and social media groups that you can join to learn more about gardening in Nova Scotia.

[Click here for local tips](#) and inspiration for your garden.

Composting: Turning Waste into Nutrients

Composting is the process where organic material, such as kitchen and yard waste, breaks down allowing rich nutrients to be returned to the soil. By adding compost to your vegetable or flower gardens, shrubs, and lawn, you are supplying rich nutrients and conditioning the soil.

Most municipalities offer curbside green bin collection for your kitchen waste and other organics. They compost these organics and sell the finished compost or provide it free of charge during select periods throughout the year. Contact your local municipality or waste educator to find out about your municipality's composting program.



30% of the waste produced in your home can be composted in your backyard. Composting in your backyard will reduce the need for curbside collection, hauling, and processing by your municipality. [Divert NS' Guide for Backyard Composting](#) provides information on the benefits of compost and how to set up your own backyard compost pile.

Tips for Reducing Garden Waste

Reuse & Repurpose. You can reuse and repurpose a lot of items in your garbage or recycling bin rather than buying new gardening supplies. Egg cartons can be used to start seeds and items like yogurt cups, rinsed soup cans, and cut milk cartons can all be repurposed into planters! Be sure to carefully cut holes into the bottom of your DIY pots to ensure that the seedlings are getting adequate drainage. Instead of purchasing plastic plant labels, you can paint rocks or old paint stir sticks.

Connect with community members. Join a local garden club to meet fellow gardeners and learn more about gardening. Many communities hold special events, such as Seedy Saturdays, where community members can gather and share plants, seeds, and gardening tips.

Sharing tools with fellow gardeners is a great way to connect with fellow gardeners in your area, save money, and build a community. Don't know where to begin? Research existing gardening and neighborhood groups or connect with your homeowner's association. Social media is also an excellent way to connect with neighbours.

Intergenerational Stories and Wisdom

A Story by Robert Bernard

Robert Bernard is the Executive Director of the Nova Scotia Indigenous Tourism Enterprise Network (NSITE'N). Robert is from We'koqma'q First Nation in beautiful Cape Breton, where he is an avid community volunteer and enjoys spending time with his family. This story is adapted from the Divert NS learning resource: **Food Waste: The Journey from Mother Earth to Table** and is set in the early 1300's, before the time of the arrival of Europeans, when only Mi'kmaw people occupied these lands they call Nova Scotia today:



Mother Earth would guide our path towards living a very traditional way of life, one that was filled with communicating between the relationships they provided us with spiritual thankfulness that is found in all living beings and plant life. It was about understanding and appreciating every little gift that was given to us as a people. It was about protecting the water, the environment and respecting how we harvested only what we needed to eat and not abusing or wasting what was offered to us by Mother Earth.

As part of the harvest the gatherers would say a small prayer of thanks to the animal, to the fish, to the plant or trees and thank them for sharing their spirit with us for our survival.

This was called Netukulimk, [ne-du-gu-limk] which talked about “only taking/ using what you need” — the very earliest concepts of sustainability or having true respect for all the surroundings around you.

Families and individuals all knew about these important relationships, they knew that when they had to harvest wood for their fires, they only took what they needed to stay warm. They only took enough so that they could cook their meals. When they harvested animals and fish for their food, they always knew that if they took too much, that there may not be enough there when they came back again. The people knew about the natural laws of respect for all of these relationships they had with the land, the animals, fish and plants. They knew that the plants were also their medicines, and they all trusted in the traditional knowledge and ways of the elders and the knowledge keepers and medicine men who helped to protect them when they became sick.

This is a story of survival, resilience, relationships in the circle of life, and a story of the importance of cultural knowledge. The lessons here are about utilizing the local resources and not wasting, throwing away, or overusing (another form of waste). These lessons now need to be applied in today's world and society.

An Interview with Arlene MacGregor, Pictou County



Arlene is a dairy farmer from Pictou County. She volunteers with many community organizations and enjoys spending time with her family, including her eight grandchildren.

- 1. Why is it important to know how to grow your own food?** Growing food in our garden makes me happy because you can see the results of your work. I take a lot of enjoyment out of planting the seeds, tending the garden, and then harvesting the fruits and vegetables. We do a lot of pickling so we can enjoy the benefits of the garden throughout the year. The food that we grow ourselves seems to taste much better than what we buy.
- 2. Why is passing down knowledge about how to cook/bake, sew, farm/garden etc. important to you?** I love teaching my grandchildren things like baking, sewing, and gardening. It's a special time for us to be together. When they can take these skills, and then create something on their own, there is a lot of pride there. These are all skills that will help them as they get older, and I think that's important.
- 3. How do you share/pass down knowledge to others?** There are so many ways to share knowledge. I'm part of community groups like the Women's Institute, Meals on Wheels, and I'm also active with our church. These organizations all have opportunities to meet community members, learn from each other, and share our skills. I've helped with our local 4H club as a leader and taught various topics. Anyone who wants to learn more about dairy farming is always welcome, and I love spending time with my grandchildren and sharing what I know with them.
- 4. How do you reduce waste in your day-to-day life?** A lot of what I do that reduces waste also saves us money and time and I enjoy doing them. I save and reuse a lot of different containers to store things. We go through a lot of laundry detergent on the farm, so I make our own rather than buying from the store. Ripped socks, pants and clothes that can be repaired, I patch and sew those so they can continue to be worn. We pickle and preserve food harvested in the summer and fall, so we can enjoy them year-round.
- 5. What do you think the benefits of sharing are on the wider community?** Bringing people together, especially those from different generations, and cultures, has so many benefits. There are a lot of things we can learn and share. I have learned a lot through my volunteer work and I'm so happy that I've had the opportunity to share and help others. It builds a real connection with your neighbours and community when you can help each other. It is much more than sharing things to save money or reduce waste. It's about building a community.

Community Sharing: Building a Sustainable Network

The sharing economy is about sharing existing resources between multiple people, rather than letting them sit idly. Sharing resources reduces the need to create new resources and prevents waste. Examples of the sharing economy include car sharing, community swap events, equipment rentals, and libraries.

But sharing is not only about the items being shared, it's also about sharing cultural knowledge and traditions, skills, time, and resources. Sharing includes attending a class at your local library to learn how to sew, learning a family recipe from a grandparent, or teaching a neighbour how to build a birdhouse. This knowledge sharing not only reduces waste and helps save money, but it also improves community connection and our social well-being.



Community Swaps & Repair Cafes

Community swap events and repair cafés are great examples of community sharing.

Swap Events allow people to bring their gently used clothing, sports equipment, or small household items that they no longer want or need and swap them for something 'new'. These social functions are becoming increasingly popular across Canada to foster community engagement, reduce waste, and save money. For more information on the benefits of community swaps and how to organize an event, the Zero Waste Chef's blog post: <https://zerowastechef.com/2018/02/14/how-to-organize-a-community-swap-and-why-you-d-want-to/>

Repair Cafés are workshops on repairing objects together instead of throwing them away. They are usually organized and led by community members and are also an opportunity for neighbours to meet each other and share their knowledge and experiences. Repair cafes can be organized as regularly occurring workshops or as one-time events. They often happen in a communal community space or in partnership with a community business or organization. To learn more about Repair Cafés and how to organize one, visit: <https://www.repaircafe.org/en/>

Community Sharing Resources

Many organizations throughout Nova Scotia have a goal to share resources and skills. Some examples are:

- **Public Libraries:** in addition to books, your public library often offers workshops on different life skills and drop-in sessions to share information and knowledge. They also lend out items such as recreation equipment. To find a library in your area, visit: <https://library.novascotia.ca/map>
- **Many municipal recreation departments** have recreation equipment available to borrow and offer events to learn certain activities and equipment. Check with your municipal parks and recreation department to see what they offer.
- **Non-profit and community organizations**, such as:
 - [Halifax Tool Library & Workshop](#): The Halifax Tool Library is a non-profit organization that provides borrowing access to an inventory of over 2500 tools and community workshop space to members.
 - [Every One Every Day](#): brings together people from different parts of North End Halifax to create and learn from one another. These projects involve sharing spaces, skills and resources.
 - [Bike Again](#): a DIY Community bike workshop located at 5664 Charles St, Halifax
 - [Bike Again Yarmouth](#): a volunteer-run community space with the goal of making free bikes more available to everyone who needs one.
 - [Halifax Makerspace](#): A place for creative people to share tools, knowledge and workspace to bring their ideas to life.
 - Local gardening clubs hold sessions to share gardening tips, share plants, and seeds.



To find additional sharing resources near you, visit the [Divert NS Community Resource Directory](#).

All Sharing Resources

[Divert NS: Swap, Share, Thrift, Repair](#)

[Circular Economy Month](#)

[Local Waste Educators](#)

[NS Public Library map](#)

[Love Food Hate Waste: Leftover Food Recipes](#)

[Love Food Hate Waste: Fridge Storage Guide](#)

[Love Food Hate Waste: Food Storage A to Z](#)

[Love Food Hate Waste: Best Before Dates](#)

[Second Harvest: Best Before Timetable](#)

[Caroha.com: Fermentation](#)

[Taste of Home: Guide to Freezing Food](#)

[Farmer's Almanac: Regrow Vegetables from Scraps](#)

[The Spruce: Container Gardening for Beginners](#)

[Halifax Seed: Gardening Tips and Inspiration](#)

[Divert NS' Guide for Backyard Composting](#)

[Food Waste: The Journey from Mother Earth to Table](#)

[Zero-Waste Chef: How to Organize a Community Swap](#)

[Repair Cafe: Start Your Own Repair Cafe](#)

