

HOW TO BE A FREEGAN

VIDEO

So you _____ your _____ and plastics. Big deal. “Freegans” are trying to _____ the environment by _____ exclusively on stuff in your _____. Here’s how to _____ them.

You Will Need

- A willingness to get dirty
- A tolerance for eating food from the garbage
- A commitment never to buy anything new

Step 1:

Learn to love dumpster _____ – that is, literally _____ into dumpsters to forage for food and other _____. Just be discreet. Dumpster _____ is _____, and can lead to a _____.

Sometimes it _____ to take a _____ approach and ask a store or restaurant manager if you can be given the food being thrown out anyway.

Step 2:

Learn how to _____ in your neighborhood for _____ plants. Your local horticultural center or _____ can help you.

Whenever you have a particularly good food haul, share it with others so nothing goes to waste.

Step 3:

_____ house furnishings by _____ the streets on days that people are _____ to _____ large _____.

May is a good time to go through the garbage near universities because students are clearing out their dorms.

Step 4:

_____ of your car – even if it’s a hybrid – and _____ on walking, bike _____, _____, and hitch _____ for most of your transportation _____.

Step 5:

Frequent _____ shops for _____ clothes, appliances, and _____.

Step 6:

_____ an _____ building you can make your _____ . That’s what freegans do, even though _____ is illegal.

Did you know? Nearly half of all food produced in the United States goes to waste, according to a University of Arizona study.