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.