

Everyday choices, bigger impact :

How to practice circularity in your everyday life

Every choice you make, from your morning chiya to the clothes you wear, has the power to create a positive impact on people, places, and the future.

The circular mindset

(Before you throw)

Most things we throw away still have value, and a circular mindset helps us pause before letting go. Ask yourself:

Can I repair it instead of replacing it?

Can I reuse it in another way?

Can I share, swap, or pass it on?

Use it again and again

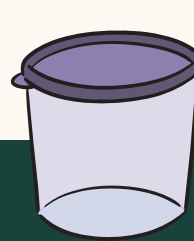
Single-use items create long-lasting waste, but simple reusable swaps make a big difference over time.



Carry a reusable water bottle.



Bring your own shopping bags.



Use a reusable food container to store and refill items.



Fix it before you ditch it

The benefit

Repairing broken items saves money, reduces waste, and helps you build a closer connection to your belongings.

How to do it

Reach out to friends, relatives, or neighborhood mechanics to fix clothes, household items, and electronics.

Watch online video tutorials to learn basic repair skills.

Take your items to local repair shops or community workshops.



Share & support local

The benefit

Buying and sharing locally results in fewer emissions, fairer work, and a stronger community.

How to do it

Support local producers, artisans, and farmers

Join sharing, swapping, or borrowing groups on social platforms—or start your own if one doesn't exist!

Choose businesses that prioritize caring for both people and the environment.

Circularity in 4 key areas



Fashion

Choose pre-loved pieces to give clothes a second life.

Support brands that treat workers fairly and use safer materials.

Repair, restyle, or upcycle old clothes into something fresh!

Local spotlight

Rekriti is a brand in Nepal that upcycles discarded denim into functional bags and laptop sleeves



Food

Buy local and seasonal food to reduce transportation distances.

Plan your meals to prevent food waste, and compost any remaining scraps.

Bring your own containers for takeaways, and share or donate extra food



Travel

Walk or cycle for shorter trips to benefit your health and the environment.

Use public transport for shared journeys with less pollution.

Stay local by choosing community lodges and tea houses, and always leave no trace.



Plastics & Packaging

Carry a reusable bottle, cup, and bag to cut down on single-use plastics.

Choose products with minimal or recyclable packaging, and support refill systems where available.

Reuse containers at home and recycle properly to keep materials in use longer.

ABOUT

Roots of Circularity (RoC) Nepal is an innovative, educational project with the aim of developing a strong and engaging ecosystem for the Circular Economy in the country.



LEARN MORE www.rootsofcircularity.com

