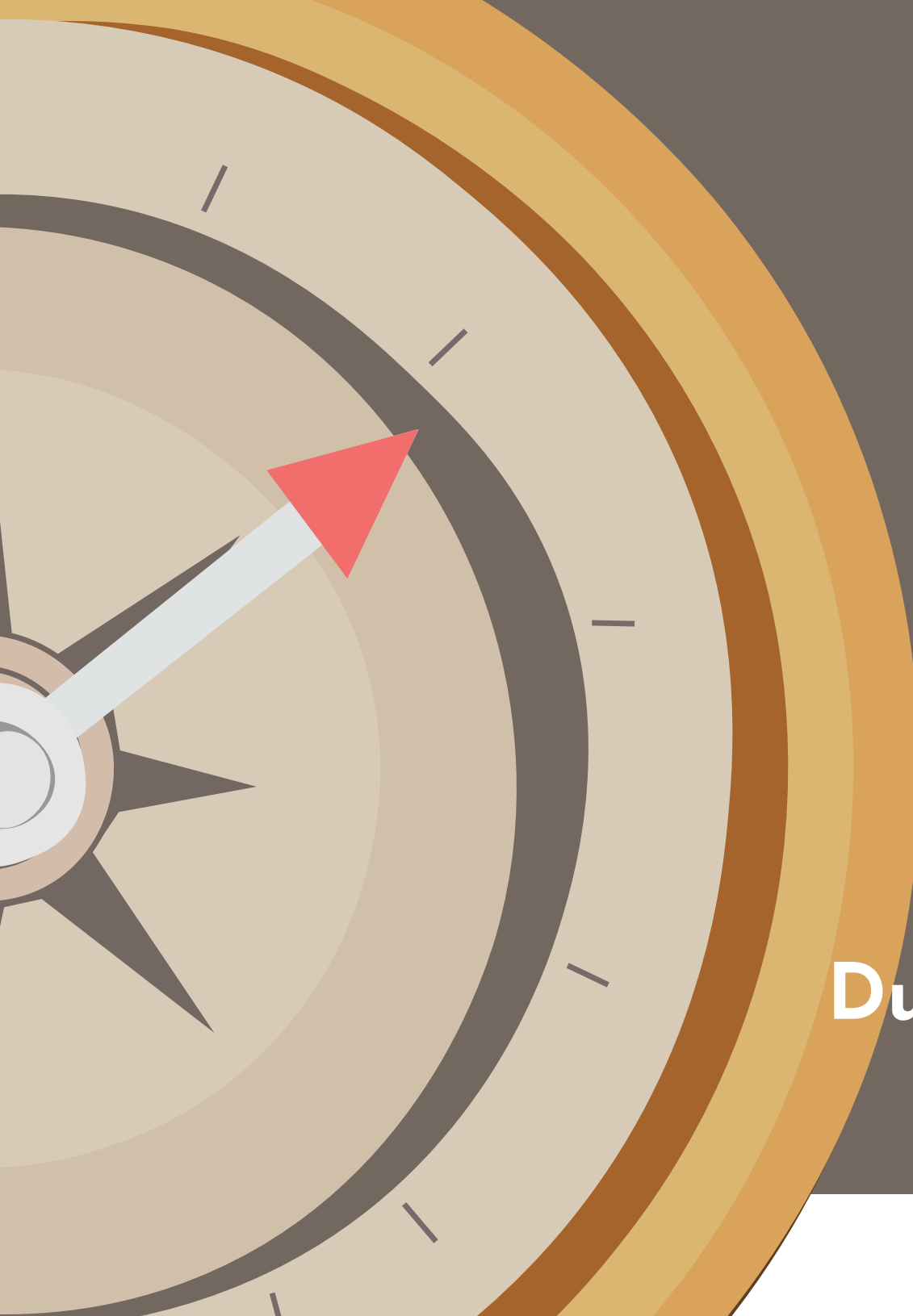
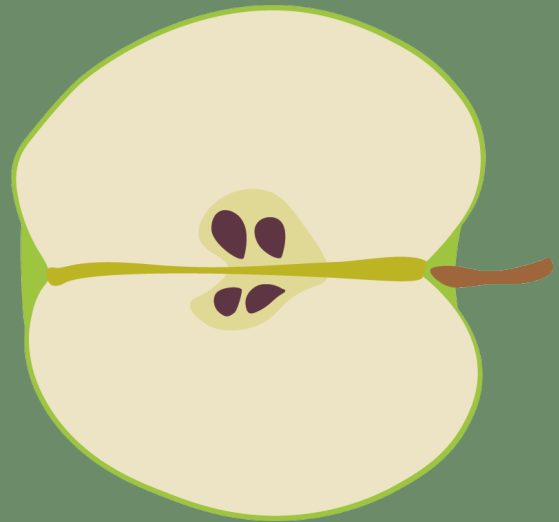
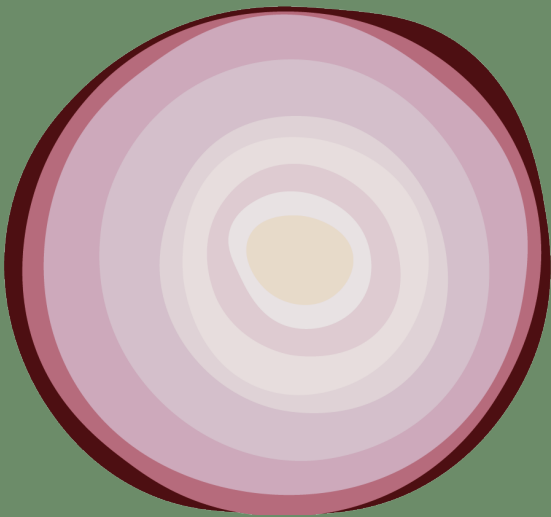
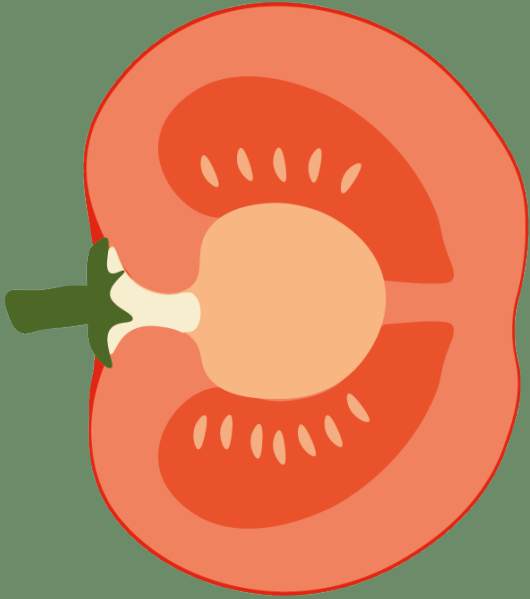


WASTED



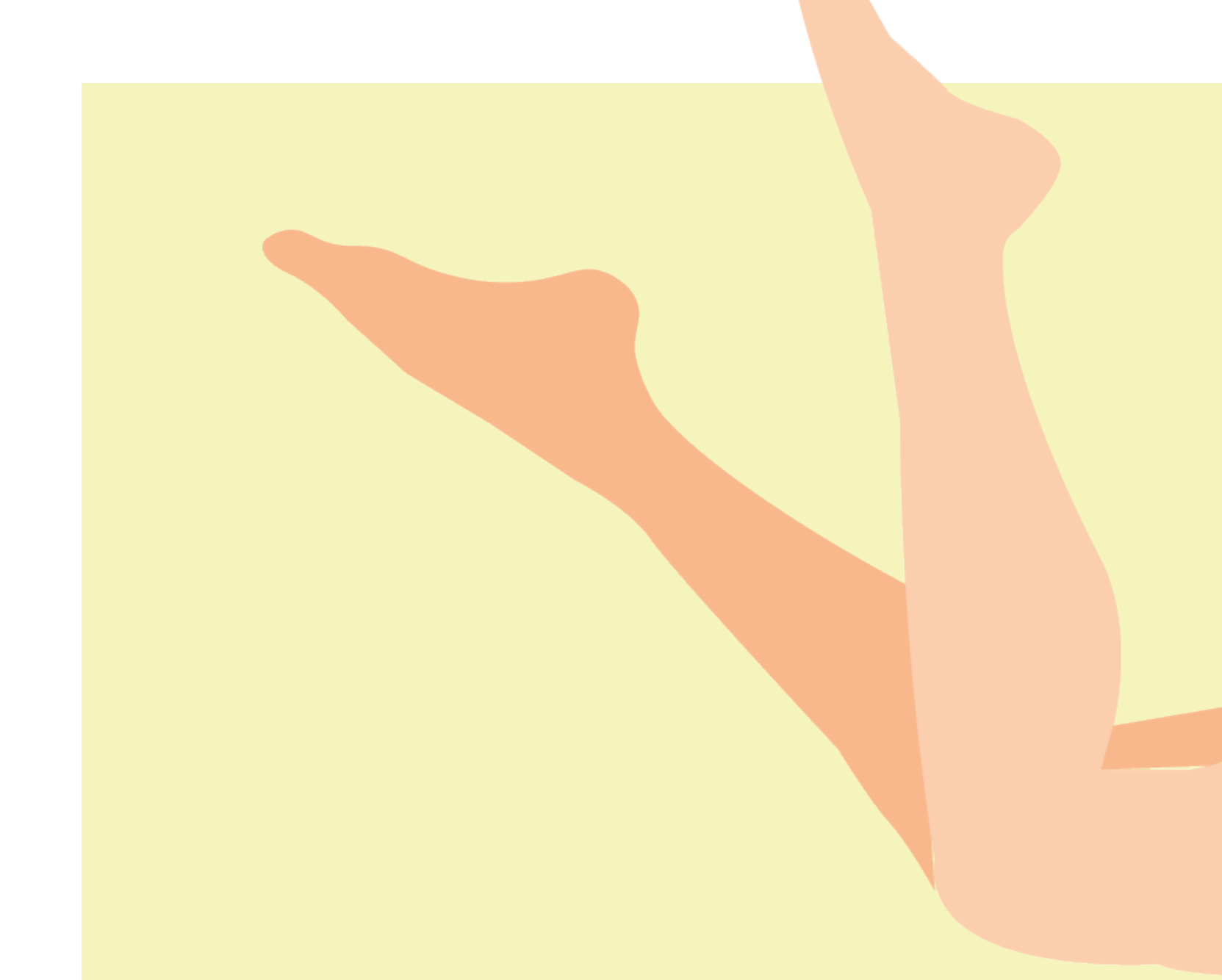
Your
guide
to
**Dumpster
Diving**



A Dumpster Diving GUIDE

Hi everyone! Let me introduce myself first; my name is Marloes van't Klooster. I will be your guide for the next few hours, days, weeks, months or even years! Why? I came in contact with one of the most interesting sports in history: Dumpster Diving.

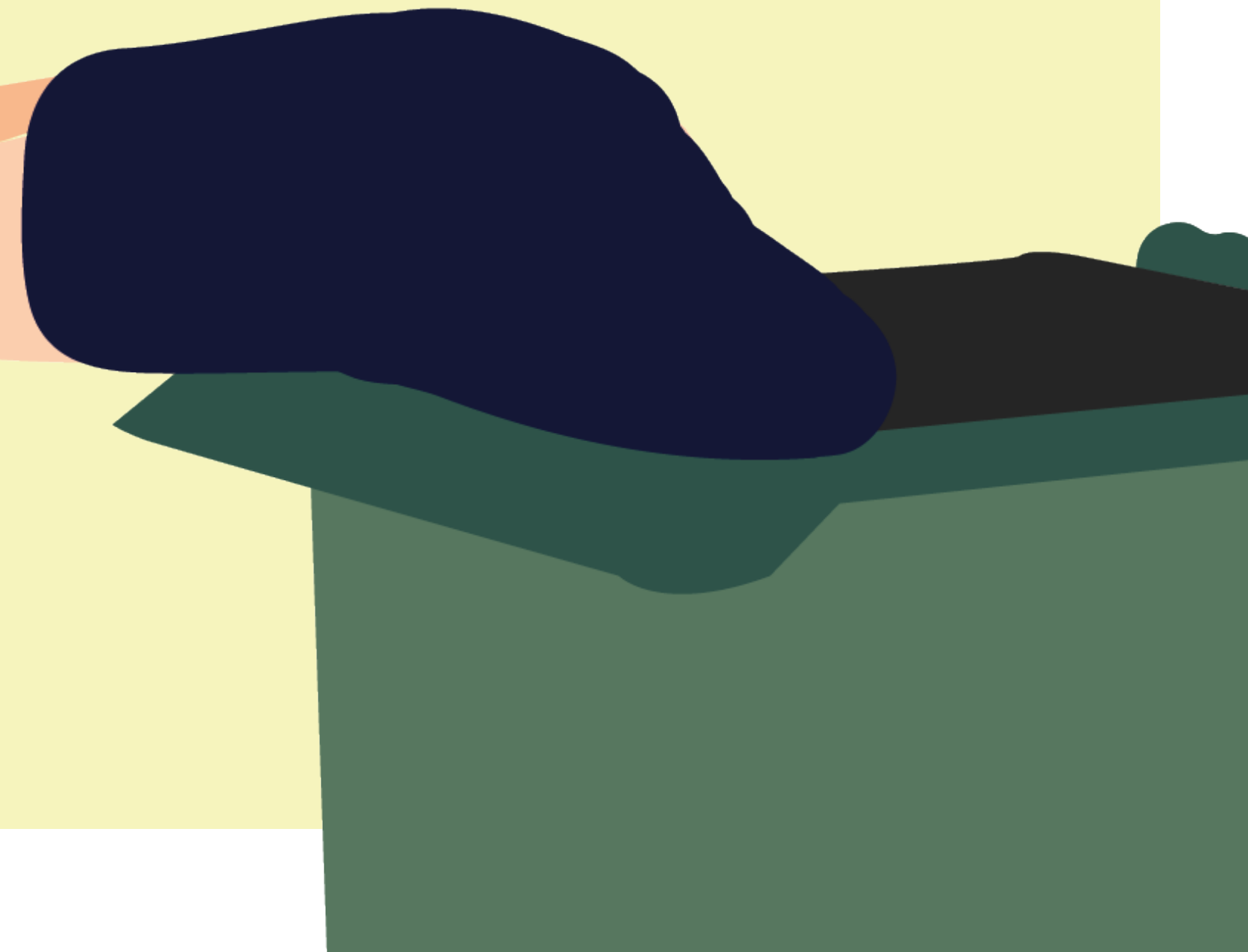
We will start this magazine by the very first question that might come up into your mind; 'What is dumpster diving?'. I will already tell you that it is not literary diving into a dumpster, so no need to worry about that. Next up I will introduce you to the world of dumpster diving. Of course I will tell you the best places to dive, tips & tricks, do's and don'ts and I will guide you through the green shopping mall of Volda. The only mall where you don't need your wallet, sounds great right!?



The definition of dumpster diving is: **'search through dumpsters or similar rubbish containers for edible food or items of value'**.

When I first heard about dumpster diving I had no idea what people were talking about. The immediate image that came up into my mind was a woman literally diving into a dumpster. Luckily I found out that this is not exactly how it works.

What is
dumpster
diving?





When & where

Volda



Hogskulen
I Volda



Heltne



Kiwi
Mini Pris



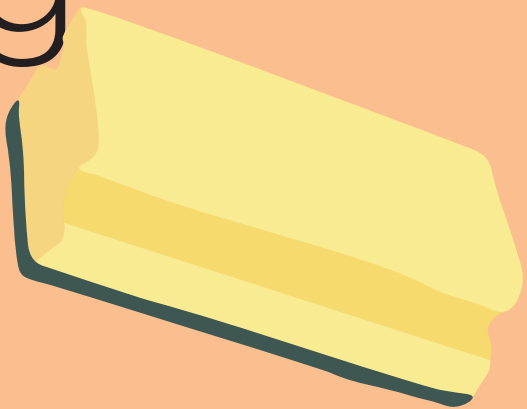
Xtra

12 crucial considerations of dumpster diving



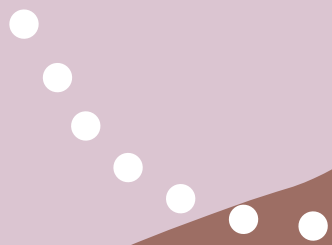
ions

ng



1 Make sure you wear old and warm clothes. Dumpsters can be smelly.

2 Take only what you need.



A stylized illustration of a hand holding a red apple. The hand is rendered in shades of brown and tan, with a dark brown shadow on the palm side. The apple is a solid, vibrant red. The background is a light purple gradient.

3 Make sure you go out after closing time.

4 Go to the dumpster and take the food that is still good for consumption. Make sure you save some clean bags.

5 Take/reuse as much plastic bags that you have to collect your dumpster finds.

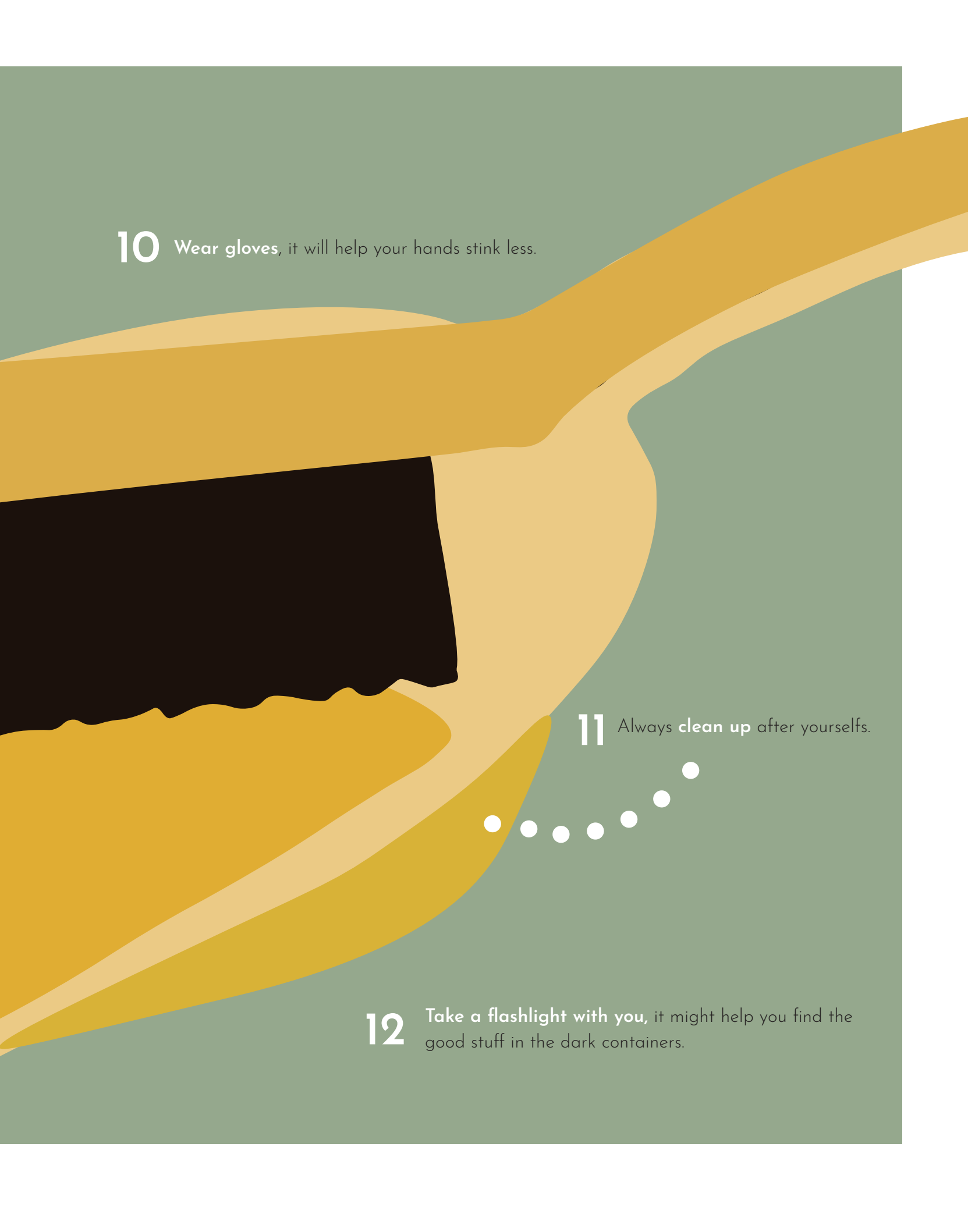
6 Take the stuff to the nearest kitchen. Clean and dry all of your finds.



7 Separate the food on the table so that everyone gets a share. Don't forget to take a stunning picture of your finds.

8 Always keep in mind what the main goal is: zero waste.

9 Know that dumpster diving is illegal, even though it is socially accepted.



10 Wear gloves, it will help your hands stink less.

11 Always clean up after yourselves.

12 Take a flashlight with you, it might help you find the good stuff in the dark containers.

Now it's time
to **get started**







Bin Shopping

Xtra



The Xtra is easy accessible which means it is also suited for the beginners. The bins don't really smell to bad while they are not exposed to much sunlight.

Kiwi (big)



The big Kiwi is for the most advanced divers. The container will only open from one side. Changes are that the container is locked on both sides. The small Kiwi puts their bins inside.

Coop mega



The coop mega is the perfect place for you to dive if you don't want to get your hands too dirty. The bins are easily accessible, you can get the food without having to go in.

Rema 1000



The container of Rema is for the more advanced divers while you have to go in to get your food. The door opens sideways and you can use one of the pallets on the parking lot as a ladder to climb in.



Noemi

"The best experience was when we found a **big peace of smoked salmon** which was getting bad in one month. It was really cold outside so it stayed good. We ate salmon for two months."

Annika

"The best thing I have ever found is a **shit ton of cheese**, chocolate cake & loads of bread."





Marloes

"Fruits! The best products and the product you will find most likely."

Best Finds

NOT

