Dumpster diving goes by many names; urban foraging, skally-wagging, binning, skip- weaseling, and freeganism, among others. Whatever you may call it, it is becoming an increasingly popular lifestyle across Europe and North America. To many, sorting through trash is such a dirty activity that it is relegated only to those who are downtrodden and have no other choice. However, dumpster divers are becoming an incredibly diverse group; it can be a political statement against consumerism, an environmental statement against our wasteful ways, or simply an opportunity to live more affordably. Stores are required to clear out often perfectly good food and other goods to make room for new products. Thus, dumpster diving is equivalent to recycling in that it diverts waste from the landfill and into the hands of freegans. Now, before you rush out with your rubber gloves and flashlight in hand, here are some helpful tips and warnings.

1. Do a walk by in the daytime to scope out the dumpsters that are unlocked (locked dumpsters are off-limits. NEVER break a lock, the trash may no longer be privately owned, but the bins often are).
2. You should wear dark clothing, covered footwear, and always carry a flashlight with you (though there is no need to create a light show to draw attention to yourself).
3. Be selective and be patient; every time you go, there won’t always be a treasure trove of goods, and you don’t need to take the produce that looks like it actually does belong in a dumpster.

So there you have it, a brief introduction into Dumpster-diving. So if this sounds like your kind of thing, get diving!