



Waste Reduction Challenge Family Activity



How much can you reduce your waste at home? This challenge can be in teams or with the whole family. Any trash that is placed in the trash can ends up in the landfill. Some trash companies will recycle for you, but it is becoming harder in California to recycle our waste. Contact your waste hauler for details on what happens to your trash.

Remember the 5 R's to help reduce waste:

Reduce your amount of trash by buying in bulk or buying less items.

Reuse items whenever possible.

Repurpose items to give them a new life.

Rot items in a compost bin or your garden.

Recycle items if you can't do the other R's.

Any item that doesn't fall under the 5 R's will go to the landfill.

MATERIALS

- Score card
- Trash cans
- Recycle bin
- Luggage scale (optional)

PROCEDURE

1. Each time you take out the trash, recyclables and compost, measure how much waste you have. You can do this by weighing your trash or by estimating how full the trash can is (i.e. quarter full, half full)
2. Record your data each time you take out the trash.
3. Track your progress over time. Are you decreasing the amount of trash that you use?
4. What could you do to use less waste?

ZERO WASTE IDEAS

- Buy items in bulk, they tend to have less packaging.
- Reuse glass jars to store leftovers or use as a pot for a plant.
- Repurpose paper and junk mail into beads for jewelry.
- Don't have a compost? You can put your egg shells and coffee grounds in gardens, planters or in potted plants.
- Recycle electronic cords and batteries at Best Buy®.

Waste Reduction Score Card

Team: _____

Week	Trash/Landfill	Recycle	Compost