### Student Sheet - Take Out the Trash

Name·	Date:
Manic	Date

# Trash Reduction Home Challenge

## Rethink, Reduce, Reuse, Recycle

Do any TWO of the tasks listed below. Choose ONE from "rethink/reduce/reuse" and ONE from "recycle." DISCUSS YOUR OPTIONS WITH AN ADULT BEFORE PROCEEDING. You must choose TWO activities that you do not already do. Each activity you choose beyond the minimum of two will earn +5 points of extra credit.

#### Rethink/Reduce/Reuse

- 1. Use cloth shopping bags the next time you go out to the mall or supermarket (find some around your house or purchase them).
- 2. Go to the "no junk mail" website and register your name and the adults in your home to stop receiving junk mail. (<a href="https://www.directmail.com/directory/mail\_preference/">https://www.directmail.com/directory/mail\_preference/</a>)
- 3. Do not eat any fast food for the entire week (go to a sit down restaurant or eat at home).
- 4. Spend half-an-hour looking through items in your home that you have not used for over one year. Bring them to Goodwill or another thrift store (clothes, tools, electronics, books, furniture). While at Goodwill, look around at the furniture, clothes, and other items they have available.
- 5. For three school days, do not use any disposable goods in the cafeteria (ask for a metal fork, do not take fruits, salads, veggies, or milk offered in disposable containers).
- 6. For one week, keep a table of items that you considered purchasing. List whether the items were "wants" or "needs" and whether you decided to "purchase" or "not purchase." Do not purchase "wants."
- 7. Do not use any paper towels for five days. Just dry your hands by waving or wiping on cloth towels.

### Recycle

- 8. The next time you go to the grocery store, buy two products that are more environmentally friendly (for instance post-consumer and/or recyclable packaging) and recycle them when done.
- 9. Circle ONE item below. Inform your family that you will collect <u>ALL</u> of this item in your home for five days. After five days, count how many you collected, record this number below, and recycle all items.
  - a. aluminum/tin cans

b. glass bottles	and jars
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# Collected \_\_\_\_\_

- c. office paper
- d. magazines
- e. newspaper
- f. plastic bottles
- g. paperboard/cardboard (cereal boxes, soda boxes, corrugated, etc.)
- 10. Start a compost pile by setting a large bowl on your kitchen counter (labeled compost), telling your family that it is for all fruit and vegetable matter, and then dumping it regularly in a special spot in your yard. Continue for one week.
- 11. Discuss an additional option with your teacher for approval.

### Trash Reduction Home Challenge, Continued

Have an *adult write 2-3 sentences* below explaining:

- which tasks (from the front of this sheet) you completed
- that you were not doing these tasks before this week
- that you discussed the tasks in advance
- how you were successful in the attempt

Include a signature at the end. *If any parents have any major objections to your participation in this task, this is also the place for them to voice their concerns.* 

GUARDIAN SIGNATURE	GUARDIAN PHONE NUMBER
Student Evaluation 1. Explain your successes or struggles in	completing the tasks.
2. What did you learn?	
3. Explain the benefits and disadvantages	s of your efforts.
4. What resources did you preserve in the year?	is short trial? How much would you save if you continued for a
5. Would you recommend that students I why not?	ike yourself continue such habits for waste reduction? Why or
6. What other opinions do you have on the	he "Trash Reduction Home Challenge"?