

Student Sheet – Take Out the Trash

Name: _____

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. (https://www.directmail.com/directory/mail_preference/)
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 ALL 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
 - c. office paper
 - d. magazines
 - e. newspaper
 - f. plastic bottles
 - g. paperboard/cardboard (cereal boxes, soda boxes, corrugated, etc.)# Collected _____
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.

