



PHASE 1: WASTE ASSESSMENT

STEP 1: CONDUCT A LUNCHTIME WASTE ASSESSMENT

As a team, assess your lunchtime waste for one day by sorting after you eat. Set up three bins where you will be eating as a team, one for **landfill items** (plastic baggies and wrappers, polystyrene, wet or dirty paper/cardboard, chip bags, granola wrappers, plastic straws and utensils), one for **recyclables** (clean paper, cardboard, metal, glass and sturdy plastic), and one for **food waste**. Have each team member sort their waste after they are done eating. Once all team members have sorted their waste, weigh each trash bag and determine what percentage of the total lunchtime weight of waste is landfill, recyclable, and food waste that could be composted or saved to eat later. Visit bit.ly/epacompost to learn more about composting.

MATERIALS YOU WILL NEED:

- 3 bin liners
- Scale
- Signs to identify the landfill, recyclable and food waste bins [visit bit.ly/sortsigns for printable signage]

BONUS: Want to take your waste assessment even further? Have your team conduct a waste audit for the whole school or community group; for instructions, visit bit.ly/wasteauditguide

LUNCHTIME WASTE AUDIT RESULTS:

_____ % LANDFILL WASTE THAT COULD BE REDUCED = ((weight of landfill bin/total weight of all 3 bins) X 100)

_____ % WASTE THAT COULD BE RECYCLED = ((weight of recycle bin/total weight of all 3 bins) X 100)

_____ % FOOD WASTE THAT COULD BE COMPOSTED / SAVED TO EAT LATER =
 _____ ((weight of food waste bin/total weight of all 3 bins) X 100)

STEP 2: SEE HOW MUCH WASTE YOU CAN REDUCE IN 1 WEEK!

Reduce your waste impact by seeing how many times each team member can complete each of the actions below in one week (or more, if you have time). Multiply the weight of waste reduced by the number of times each action was completed to get the total weight reduced from each action. Add your results in the last column at the end of the week to find out the total pounds or kilograms of waste you reduced. Visit bit.ly/convertlbs to find the weight of big items, and check out bit.ly/epaguide to learn more about how the actions below reduce waste.

INDIVIDUAL WASTE REDUCTION ACTION TRACKER

WASTE REDUCTION ACTIONS	TOTAL LBS/ KG REDUCED PER ACTION	X # TIMES COMPLETED =	TOTAL LBS OR KG REDUCED
Separate or compost all food waste for one day. Take it to a commercial composting center, place in a bin for your residential waste hauler to pick up, or use your home or school composting system.	1lbs/ 0.45 KG		
Buy groceries from your local farmers market and make home-cooked meals for one day to decrease packaging waste.	0.5 lbs / 0.23KG		
Refuse all single use plastic items (straws, utensils, drink bottles, bags, take out containers) for one day and replace them with reusables.	0.5 lbs / 0.23 KG		
Donate good-condition clothes, toys, books and other accepted goods to a thrift store, library or local donation center.	Weight of waste donated= _____		
ADD YOUR OWN:			
CONVERSION 1 LB = 0.45 KG			MY GRAND TOTAL REDUCED =

REQUIRED WORKSHEET

Submit this completed worksheet to your mentor via email

2019 WASTE CAMPAIGN
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