



# Take-home

Name \_\_\_\_\_

Date Feb 12-16 ①

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Glass sauce jars	Items: Fliers, unwanted papers	Items: empty cans, milk bottle	Items: Food boxes, juice boxes	Items: toilet paper rolls
Total #: 3	Total #: 5	Total #: 10	Total #: 8	Total #: 2

Single-use items replaced with reusable options, or items reused multiple times:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: cups	Items: metal straws	Items: Filtered water	Items:	Items:
Total #: 4	Total #: 4	Total #: 5	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: cereal bags	Items: cooking oil	Items: Spoiled food	Items: chip bags	Items: Baby diapers
Total #: 2	Total #: 1	Total #: 1	Total #: 2	Total #: 10

Weekly grand total of items put in the garbage: 16

Weekly grand total of items kept out of the garbage: 28





# Take-home

Name: \_\_\_\_\_

Date: Feb. 12, 2021 (2)

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: <u>Plastic bottles</u> <u>Paper</u> <u>Milk jugs</u>	Items: <u>Milk Jug</u> <u>Paper</u> <u>Juice box</u>	Items: <u>Juice Boxes</u> <u>Pop cans</u> <u>Water Bottle</u>	Items: <u>Milk Jug</u> <u>Water bottle</u> <u>Pop bottle</u>	Items: <u>Juice Box</u> <u>Milk Jug</u> <u>Pop cans</u>
Total #: <u>6</u>	Total #: <u>10</u>	Total #: <u>9</u>	Total #: <u>5</u>	Total #: <u>6</u>

Single-use items replaced with reusable options, or items reused multiple times:

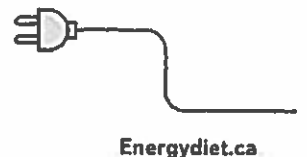
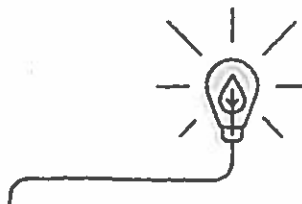
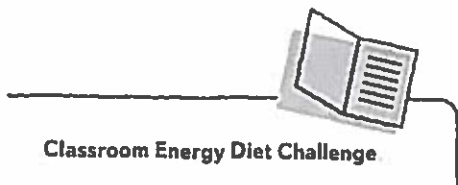
Day 1	Day 2	Day 3	Day 4	Day 5
Items: <u>Water bottle</u> <u>Ziplock Bags</u> <u>Plastic Containers</u>	Items: <u>Plastic containers</u> <u>Paper</u> <u>Ziplock Bags</u>	Items: <u>Ziplock bags</u> <u>Plastic Containers</u> <u>Water Bottle</u>	Items: <u>Jars</u> <u>Ziplock Bag</u> <u>Water Bottle</u>	Items: <u>Plastic Containers</u> <u>Ziplock Bags</u> <u>Water Bottle</u>
Total #: <u>6</u>	Total #: <u>4</u>	Total #: <u>4</u>	Total #: <u>5</u>	Total #: <u>6</u>

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: <u>old Veggies</u> <u>old Bread</u>	Items: <u>expired Milk</u> <u>expired Meat</u> <u>expired Cheese</u>	Items: <u>Tomatoes</u> <u>Bananas</u> <u>Oranges</u>	Items: <u>old veggies</u> <u>old Bread</u>	Items: <u>expired dough</u> <u>old fruit</u>
Total #: <u>4</u>	Total #: <u>4</u>	Total #: <u>7</u>	Total #: <u>4</u>	Total #: <u>3</u>

Weekly grand total of items put in the garbage: 22

Weekly grand total of items kept out of the garbage: 25





# Take-home

Name \_\_\_\_\_

Date Feb 12 2021

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

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Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Playdoh ball	Items: Banana Peel	Items: Lettuce	Items: Tea bag	Items: chicken paper
Total #:	Total #:	Total #:	Total #:	Total #: napkin

Single-use items replaced with reusable options, or items reused multiple times:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: cloth mask	Items: water bottle	Items: cloth bag	Items: tuna Box	Items: pencil
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: glass bottles	Items: paper mask	Items: foil	Items: Paper	Items: paper napkin
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: \_\_\_\_\_

Weekly grand total of items kept out of the garbage: \_\_\_\_\_





# Take-home

Name \_\_\_\_\_



Date \_\_\_\_\_

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: egg casings cardboard box	Items: plastic cover	Items: papers	Items: cardboard box	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

Single-use items replaced with reusable options, or items reused multiple times:

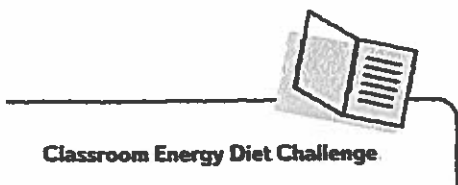
Day 1	Day 2	Day 3	Day 4	Day 5
Items: plastic bags	Items: milk bottles	Items:	Items: plastic bag	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

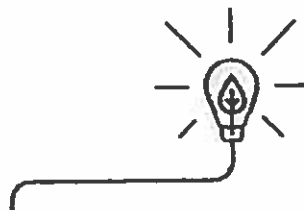
Day 1	Day 2	Day 3	Day 4	Day 5
Items: egg shells waste food surgical mask	Items: fruit shells waste food	Items: battery waste food	Items: surgical mask pencil scrap waste food	Items: surgical mask candy waste food
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: \_\_\_\_\_

Weekly grand total of items kept out of the garbage: \_\_\_\_\_



Classroom Energy Diet Challenge



Energydiet.ca



# Take-home

due next Friday

Name \_\_\_\_\_ ③

Date Feb 12-F 16

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Paper	Items: Milk bottles	Items: cans	Items: Iron	Items: Wood
Total #:	Total #:	Total #:	Total #:	Total #:

Single-use items replaced with reusable options, or items reused multiple times:

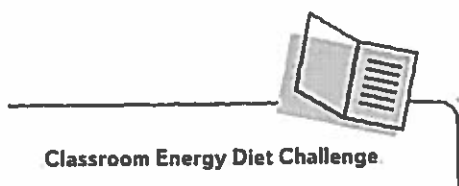
Day 1	Day 2	Day 3	Day 4	Day 5
Items: Water bottle	Items: Plastic cups	Items: natural bath sponge wrap	Items: reusable paper towels	Items: Reusable bamboo cutlery
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

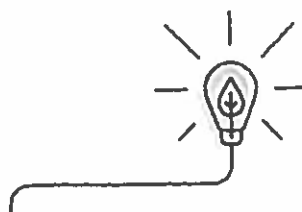
Day 1	Day 2	Day 3	Day 4	Day 5
Items: Waste of Food	Items: Diapers	Items: Napkins	Items: Paper Towels	Items: Wrist
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: 2 garbage bags

Weekly grand total of items kept out of the garbage: half a garbage bag



Classroom Energy Diet Challenge



Energydiet.ca



# Take-home

Name: \_\_\_\_\_

⑤

Date: Feb 13, 2021

## Waste tracking sheet

Challenge your family to keep as many items out of the garbage as possible this week by composting and recycling, and opting for reusable items rather than single-use ones! A week without trash—think you can pull it off?

### Items that were recycled or composted instead of put in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Kept plastic bags after shopping	Items: Reusing scrap paper.	Items: 60 KPS 1	Items: 60 KPS 2	Items: <ul style="list-style-type: none"> <li>• Plastic bags.</li> <li>• Reused grocery list</li> </ul>
Total #: 5	Total #: 8	Total #: 1	Total #: 2	Total #: 6

### Single-use items replaced with reusable options, or items reused multiple times:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: <del>Reusable</del> Water-bottles	Items: reusable plates, not plastic	Items: reusable Plastic food Container instead of plastic bags	Items: reusable plates, not plastic	Items: reusable Plastic food Container instead of plastic bag
Total #: 3	Total #: 12	Total #: 3	Total #: 12	Total #: 2

### Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: egg shells	Items:	Items:	Items:	Items:
Total #: 5	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: 54

Weekly grand total of items kept out of the garbage: 5

