

Take-home

Waste tracking sheet

Date: March 3rd 2021

Name:

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: 3 cardboard box, plastic container, 2L pop bottle, toilet paper roll, leftover food	Items: 2 tin cans and a milk jug, paper towel roll	Items: 3 small cardboard boxes and 3 pop cans, leftover food	Items: 5 k-cups (got compostable ones) 2 cardboard boxes, leftover food	Items: 6 k-cups, 3 pop cans, leftover food, cardboard boxes
Total #: 7	Total #: 4	Total #: 7	Total #: 8	Total #: 12

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

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 5 Grocery bags reused for small garbage bags for bathrooms, cat litter	Items: Dish rags used multiple times	Items: 2 towels reused instead of washing every time	Items: Wore same pants that were still clean 2 days on a row	Items: Reused 3 grocery bags to carry other things in
Total #: 5	Total #: 2	Total #: 2	Total #: 1	Total #: 3

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5

Items: Diapers, chip bag	Items: Diapers, tinfoil,	Items: Diapers, plastic wrap, styrofoam	Items: Diapers, food wrappers	Items: Diapers, paper towel, plastic bags, bottle caps
Total #: 3	Total #: 4	Total #: 4	Total #: 3	Total #: 5

Weekly grand total of items put in the garbage: 19

Weekly grand total of items kept out of the garbage: 38