

Take-home

Waste tracking sheet

Name _____

Date _____

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: large cracker box, bubble wrap, cream cheese container	Items: pasta jar (glass), dip container, yogurt container, Tray from cooked chicken	Items: fruit cups (x2), yogurt container, Box from parcel, Packing Material	Items: fruit cups (x2), yogurt container, cracker box, paper	Items: Yogurt container, 2 boxes, lettuce (Worms)
Total #: 3	Total #: 4	Total #: 5	Total #: 7	Total #: 4

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

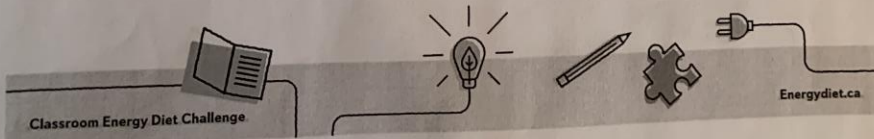
Day 1	Day 2	Day 3	Day 4	Day 5
Items: lunch bag, Reusable water bottle, Ziploc container, cloth mask	Items: lunch bag, water bottle, cloth mask, Ziploc Container, cloth bag	Items: lunch bag, cloth mask, water bottle, Ziploc Container, rag instead of paper towel	Items: cloth bag, cloth mask, water bottle, ziploc container, rag for cleaning, lunch bag	Items: lunch bag, water bottle, cloth mask, ziploc container, rag
Total #: 4	Total #: 5	Total #: 5	Total #: 6	Total #: 5

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: kleenex, tinfoil, plastic wrap, disposable gloves	Items: disposable gloves, paper towel, kleenex, old food	Items: disposable gloves, food waste, kleenex, tinfoil	Items: disposable gloves, food waste, kleenex, chip bag, cola can	Items: Disposable gloves, Food waste, Kleenex, dog pad
Total #: 4	Total #: 4	Total #: 4	Total #: 4	Total #: 4

Weekly grand total of items put in the garbage: 20

Weekly grand total of items kept out of the garbage: 48



... 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: 2 northern bags	Items: 1 tomato paste jar	Items: 1 yogurt jar 1 sour cream jar	Items: 3 northern bags	Items: 1 plastic shower cap
Total #: 2	Total #: 1	Total #: 2	Total #: 3	Total #: 1

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

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 2 Jars 1 Rubber ware	Items: 1 reuseable bag 1 Jar	Items: 1 Rubber ware	Items: 1 reuseable shower cap	Items: 1 reuseable bag
Total #: 3	Total #: 2	Total #: 1	Total #: 1	Total #: 1

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: old Food candy wrappers	Items: old Food banana peel	Items: 1 chip bag 1 plastic bag	Items: 1 Sunflower seed shells 1 candy wrappers	Items: 3 Paper 1 Juice B
Total #: 4	Total #: 2	Total #: 2	Total #: 2	Total #: 4

Weekly grand total of items put in the garbage: 14

Weekly grand total of items kept out of the garbage: 17



Things that were recycled or composted instead of put in the garbage.

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	We don't compost
- Boxes - cans - Package bag - plastic bottle - Toilet paper rolls	- Cardboard boxes - Orange juice container - Plastic water bottle - Chocolate milk carton	- cardboard box	- Boxes - cans - Tin can	- orange juice container	
Total #: 5	Total: 4	Total: 1	Total: 3	Total: 1	

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

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
- coffee cup - cup - Bowl - metal cutlery - bp container	- bp container - coffee cup - cloth bag - Tubs	- coffee cup - containers - shopping bags	- cloth/shopping bags - coffee cup	- coffee cup - bowl - water bottles
Total: 5	Total: 4	Total: 3	Total: 2	Total: 3

Items placed in the garbage

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
- non reusable envelopes - plastic bags - Banana peel - Yogurt tube	- Napkins - Take-out container (paper container)	- granola bar wrapper - plastic bags	- Napkins	- Wrappers - Napkins
Total: 4	Total: 2	Total: 2	Total: 1	Total: 2

Weekly grand total of items put in the garbage:

11

Weekly grand total of items kept out of the garbage:

31



Date _____

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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: 2 bottles - ketchup - dressing 1 plastic container box can egg carton	Items: milk jug 2 cans box	Items: can paper	Items: can 1 yogurt container	Items: box x 2 can milk jug paper 2 yogurt containers 1 bottle 2 fruit c
Total #: 6	Total #: 4	Total #: 2	Total #: 2	Total #: 10

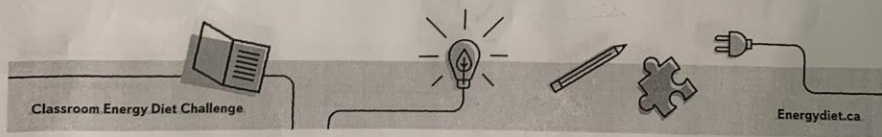
Single-use items replaced with reusable options, or items reused multiple times:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: water bottle tupperware x 3	Items: tupperware x 6 water bottle	Items: tupperware x 2 water bottles x 4 coffee cups x 2	Items: coffee cups x 2 water bottles x 4 tupperware x 3	Items: coffee cups x 2 water bottles x 4 tupperware x 1
Total #: 4	Total #: 7	Total #: 8	Total #: 9	Total #: 7

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: egg shells vacuum stuff kleenex cat litter coffee grounds baggie	Items: banana peels kleenex coffee grounds	Items: kleenex parchment paper veggie scraps coffee grounds	Items: coffee grounds bag	Items: coffee grounds cat litter veggie scraps bag
Total #: 8	Total #: 3	Total #: 4	Total #: 1	Total #: 4

Weekly grand total of items put in the garbage: 26
 Weekly grand total of items kept out of the garbage: 59



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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: Soda can Egg shells	Items: Cardboard box Paper	Items: Soda cans boxes	Items: boxes can	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

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

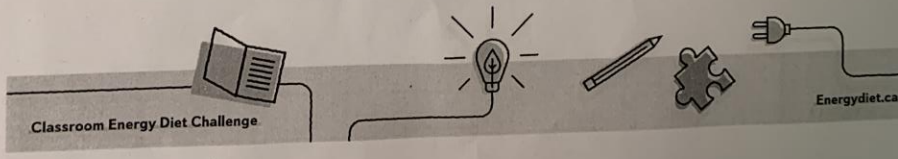
Day 1	Day 2	Day 3	Day 4	Day 5
Items: plastic plates reusable water bottles filtered water	Items: filtered water	Items: Plastic cup	Items:	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Tissues Egg shells Saran-wrap Coffee filter chip bags	Items: Tissues Cotton ball Egg shell bacon packaging	Items: Tissues Coffee filters	Items: Tissues	Items: Tissues
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: _____

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



Tracking sheet

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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—can you 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: Yogurt container Candy bar Cup	Items: Shampoo bottle	Items: butter container egg carton	Items: Milk carton pickle jar	Items: paper towel rolls
Total #: 3	Total #: 1	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 Tin can	Items: Northern bag	Items: Tin foil	Items: Brown paper bags	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Dirty paper towel	Items: Soap box	Items: Leftover orange	Items: can	Items: orange juice box
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: _____

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

