



Take-home

Waste tracking sheet

Date APRIL 7, 2021

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: coffee PPPPPP	Items: 1	Items: 1	Items: 1	Items: 1
Total #: 7	Total #: 6	Total #: 6	Total #: 7	Total #: 8

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

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 1	Items: 1	Items: 1	Items: 1	Items: 1
Total #: 8	Total #: 11	Total #: 10	Total #: 7	Total #: 5

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 	Items: 	Items: 	Items: 1	Items:
Total #: 3	Total #: 3	Total #: 4	Total #: 6	Total #: 2

Weekly grand total of items put in the garbage: 18

Weekly grand total of items kept out of the garbage: 75



Classroom Energy Diet Challenge



Energydiet.ca



Take-home

Waste tracking sheet

Date April 7-11th

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:

red onion
plastic spoon
plastic bag

Day 1	Day 2 <i>napkins</i>	Day 3 <i>pizza crust</i>	Day 4 <i>pepper core</i>	Day 5 <i>box</i>
Items: 3 Veggie scraps 1 fruit scraps Bread fruit cup bowl	Items: banana peel apple scraps paper milk jug tea bag cream container	Items: apple scraps core of a pepper apple core carrot scraps paper	banana peel banana peel pizza crust apple scraps carrot scraps	Items: napkins banana peel paper towel crust plastic bag
Total #: 3 7 <u>7</u>	Total #: <u>6</u>	Total #: <u>7</u> <i>perrier can</i>	Total #: <u>8</u> <i>plastic bag</i>	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: 2 Bento Boxes 4 Metal Water Bot. plates Bowles	Items: Bento Box water bottle sandwich cont. reusable bag	Items: reusable bag. Bento Box water bottle sandwich container	Items: water-bottle	Items: water bottle plastic bag
Total #: <u>4</u>	Total #: <u>4</u>	Total #: <u>4</u>	Total #: <u>1</u>	Total #: <u>2</u>

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Dog poop Bags	Items: fruit squeeze tea bag wrapper	Items: Dog poop Bags tea wrapper fruit squeeze	Items: ice cream cup	Items: tin foil
Total #: <u>1</u>	Total #: <u>2</u>	Total #: <u>3</u>	Total #: <u>1</u>	Total #: <u>1</u>

Weekly grand total of items put in the garbage: 8

Weekly grand total of items kept out of the garbage: 49



Classroom Energy Diet Challenge



Energydiet.ca



Take-home

Waste tracking sheet

Date April 5, 2021

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: raisin box Yogurt container milk carton food waste meat package can	Items: plastic bag juice box yogurt container food waste water bottle jar	Items: raisin box plastic bag food scraps milk carton jam container jar	Items: raisin box yogurt container raspberry box cracker box meat wrapper mustard container	Items: yogurt container egg carton food waste cereal box water bottle
Total #: 15	Total #: 12	Total #: 11	Total #: 12	Total #: 5

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

Day 1	Day 2	Day 3	Day 4	Day 5
Items: containers for leftovers/lunches baggies water bottles	Items: containers for leftovers/lunches baggies water bottles	Items: containers for leftovers/lunches baggies water bottles	Items: containers for leftovers/ lunches water bottles	Items: containers for leftovers/ lunches water bottle
Total #: 21	Total #: 26	Total #: 24	Total #: 23	Total #: 12

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: granola bar wrappers yogurt cover popcorn bag	Items: goldfish bag yogurt cover granola bar wrapper raisin package	Items: granola bar wrappers candy wrapper cracker bag	Items: cereal bag yogurt cover wrappers	Items: cauliflower bag wrappers
Total #: 6	Total #: 7	Total #: 5	Total #: 5	Total #: 4

Weekly grand total of items put in the garbage: 27

Weekly grand total of items kept out of the garbage: 161



Classroom Energy Diet Challenge



Energydiet.ca



Take-home

Waste tracking sheet

Date 7 April 2021
8 April 2021
9 April 2021
10 April 2021

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: 	Items: 	Items: 	Items: 5	Items:
Total #: 3	Total #: 18	Total #: 12	Total #: 5	Total #: 14

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

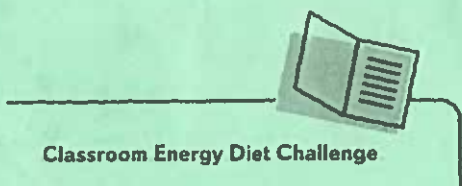
Day 1	Day 2	Day 3	Day 4	Day 5
Items:	Items: 	Items: 	Items: 	Items:
Total #: 0	Total #: 4	Total #: 7	Total #: 2	Total #: 5

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 	Items: 	Items: 1	Items: 	Items:
Total #: 7	Total #: 13	Total #: 11	Total #: 4	Total #: 8

Weekly grand total of items put in the garbage: 43

Weekly grand total of items kept out of the garbage: 51





Take-home

Waste tracking sheet

Date Apr 10/10

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: 	Items: 	Items: 	Items: 	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:	Items:	Items:	Items:	Items:
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items:	Items:	Items:	Items:	Items:
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

Waste tracking sheet

Date Wednesday to Sunday

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>Banana peel</u> <u>apple core</u> <u>strawberry</u> <u>orange</u>	Items: <u>dirty</u> <u>Napkins</u>	Items: <u>lollipop</u> <u>stick</u>	Items: <u>popcorn</u> <u>dirty napkins</u>	Items: <u>dirty</u> <u>Napkins</u>
Total #: <u>1</u>	Total #: <u>1</u>	Total #: <u>1</u>	Total #: <u>2</u>	Total #: <u>1</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>lunch container</u> <u>thermas</u>	Items: <u>Water bottle</u> <u>lunch container</u> <u>thermas</u>	Items: <u>Water bottle</u> <u>lunch container</u> <u>thermas</u>	Items: <u>cutlery</u> <u>glasses</u> <u>plates</u>	Items: <u>cutlery</u> <u>glasses</u> <u>plates</u>
Total #: <u>3</u>	Total #: <u>3</u>	Total #: <u>3</u>	Total #: <u>3</u>	Total #: <u>3</u>

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: <u>easter chocolate</u> <u>egg paper</u>	Items: <u>Mini egg</u> <u>paper</u>	Items: <u>easter</u> <u>chocolate egg</u> <u>paper</u>	Items:	Items: <u>cake</u> <u>Bater</u> <u>Bag</u>
Total #: <u>1</u>	Total #: <u>1</u>	Total #: <u>1</u>	Total #:	Total #: <u>1</u>

Weekly grand total of items put in the garbage: _____

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





Take-home

Waste tracking sheet

Date April 6

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: 15	Items: 28	Items: 31	Items: 27	Items: 26
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: 20	Items: 17	Items: 21	Items: 19	Items: 22
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: 30	Items: 19	Items: 22	Items: 18	Items: 17
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: 96

Weekly grand total of items kept out of the garbage: 250





Take-home

Waste tracking sheet

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: Bag, leaves, Bottles, orange peel, egg shell	Items: apple-core, leave, Bottle, Styrofoam	Items: Food Plastic, cardboard, Kitty-litter	Items: Left-over, Supper, area bag, Kitty litter, leaves	Items: Coffee-grinds, styro-foam, left overs
Total #: 4	Total #: 4	Total #: 4	Total #: 4	Total #: 3

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

Day 1	Day 2	Day 3	Day 4	Day 5
Items: plates, forks, knives, cup, containers	Items: containers, bowl, coffee-cup, straw	Items: Lunch-box, containers, forks & knives	Items: Water bottle, forks, knives, plates, home made coffee	Items: containers, water bottle, beaver collector, masks
Total #: 5	Total #: 4	Total #: 4	Total #: 5	Total #: 3

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: TIA foil, chip bag, dirt, old toy	Items: gold fish bag, Pez wrapper, McDonalds coffee cup	Items: chip-bags, scratches, tic, coffee-cup, wig	Items: gum-rap, dark, damaged clothes	Items: old broke toys, wipers
Total #: 4	Total #: 3	Total #: 3	Total #: 2	Total #: 2

Weekly grand total of items put in the garbage: 4!

Weekly grand total of items kept out of the garbage: 4!



Take-home

Waste tracking sheet

Date April 6

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 6	Day 2 7	Day 3 8	Day 4 9	Day 5 10
Items: Food waste containers paper boxes	Items: Food waste Easter boxes	Items: Food waste glass jars	Items: -shampoo bottles, cleaners bottles Food waste	Items: -bottles -Food boxes Food waste
Total #: 4	Total #: 2	Total #: 2	Total #: 3	Total #: 3

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

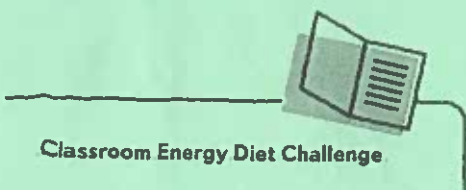
Day 1 6	Day 2 7	Day 3 8	Day 4 9	Day 5 10
Items: Fruit in containers not baggies	Items: lunch containers	Items: Water bottles refilled	Items: water bottles - plastic containers instead of plastic wrap	Items: purchased bulk items for less package waste
Total #: 1	Total #: 1	Total #: 1	Total #: 2	Total #: 1

Items placed in the garbage:

Day 1 6	Day 2 7	Day 3 8	Day 4 9	Day 5 10
Items: Snack wrappers	Items: snack wrappers	Items:	Items: styrofoam	Items: old paint brushes
Total #: 1	Total #: 1	Total #:	Total #: 1	Total #: 1

Weekly grand total of items put in the garbage: 4

Weekly grand total of items kept out of the garbage: 20



Classroom Energy Diet Challenge



Energydiet.ca



Take-home

Waste tracking sheet

Date Wednesday
Sunday

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 Paper Box Bottle	Items: coffee lid juice box	Items: orange peel Popcorn	Items: Popcorn bag Chip bag pop can	Items: Egg Shells shampoo bottle
Total #: 3	Total #: 2	Total #: 2	Total #: 3	Total #: 2

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

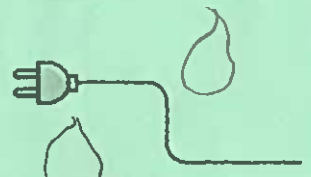
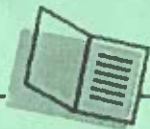
Day 1	Day 2	Day 3	Day 4	Day 5
Items: a Mask Baggie	Items: water bottle fruit tray packaging Large baggies x2	Items: container	Items: Rubber band water bottle x2	Items: Paper towel x2 baggie x2
Total #: 2	Total #: 4	Total #: 1	Total #: 3	Total #: 4

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Cap	Items: coffee cup granola bar wrapper	Items: Chip bag	Items: coffee cup Mask	Items: chip bag Mask x2
Total #: 1	Total #: 2	Total #: 1	Total #: 2	Total #: 3

Weekly grand total of items put in the garbage: 59

Weekly grand total of items kept out of the garbage: 26





Take-home

Waste tracking sheet

Date 10 APRIL 12

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: Lunch CONTAINER PLASTIC BUB	Items: PLASTIC BAG	Items: CARDBOARD BOX	Items: egg Shell	Items: PLASTIC BOTTLE
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: egg Box	Items: Ziploc	Items: Batteries	Items: Paper	Items: Tin Foil
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: Tissue	Items: Bandaid	Items: Teabag	Items: Wipes	Items: TAPE
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: 5

Weekly grand total of items kept out of the garbage: 10

Classroom Energy Diet Challenge



Energy!



Take-home

Waste tracking sheet

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 Wed	Day 2 Thurs	Day 3 Fri	Day 4 Sat	Day 5 Sun
Items: juice box nuggets	Items: juice box leftover lunch	Items: juice box	Items: leftover cake	Items: milk crates
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: Bento box water bottle	Items: Bento box water bottle	Items: water bottle	Items: bag	Items: water bottle
Total #:	Total #:	Total #:	Total #:	Total #:

Items placed in the garbage:

Day 1	Day 2	Day 3	Day 4	Day 5
Items: straw	Items: straw	Items: straw	Items: straw	Items: chip bag
Total #:	Total #:	Total #:	Total #:	Total #:

Weekly grand total of items put in the garbage: 5

Weekly grand total of items kept out of the garbage: 14



Classroom Energy Diet Challenge



Energydiet.ca