



CASTrips

Waste Reduction Challenge

#CASatHome

Welcome to the at-home waste reduction challenge!

Throughout the entire month of May 2020, CAS Trips brought together students around the world to focus on reducing our waste while at home!! These documents have been created for you to join us in learning sustainability tips alongside the experts who joined us to share their expertise and at-home waste reduction tips.

All weekly challenge details can be found on our [website](#), where you'll also find links to the weekly Zoom sessions that were recorded live in May 2020.

Yes - Zoom sessions! You can hear from CAS Trips partners and waste reduction experts in live interviews that were recorded just for this challenge. Most exciting, you can hear from other student participants who showcased their own waste reduction efforts!

These weekly worksheets can be utilized by students who are looking for ways to live more sustainability. If you enjoyed a specific topic, we challenge you to build on these efforts and welcome you in sharing the projects you've worked on with @CASTrips on social media.

We look forward to all your submissions!



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Week 1 Challenge - Plastic Waste

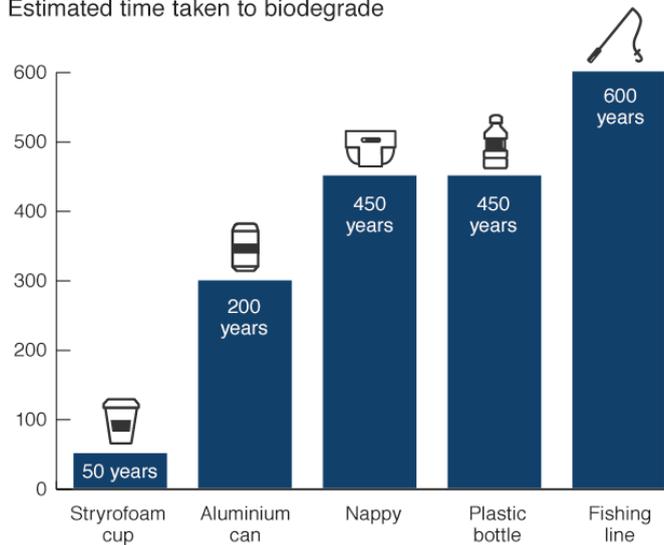
Why should we reduce our plastic waste?

- Every year, about 8 million tons of plastic waste escapes into the oceans from coastal nations. That's the equivalent of setting five garbage bags full of trash on every foot of coastline around the world.
- Plastics often contain additives making them stronger, more flexible, and durable. But many of these additives can extend the life of products if they become litter, with some estimates ranging to at least 400 years to break down.
- Recycling plastic is not efficient – only 9% of plastic ever produced has been recycled. About 60% is discarded in landfills and oceans. There, it stays for thousands of years, transforming into “microplastic,” leaching into our water supplies and food.
- More information about the plastic crisis: National Geographic [The world's plastic pollution crisis explained](#)



How long til they're gone?

Estimated time taken to biodegrade



Exact time will vary by product type and environmental conditions

Source: NOAA / Woods Hole Sea Grant



Plastic Record Keeping

Collect all of your single-use plastic for the week. Take a photo at the end of the month.

Directions:

1. Get a container to collect your single-use plastic.
2. Label your container "Waste Reduction Challenge. Do NOT throw out!"
3. Wash any single-use plastics with soap and water and dry them before putting them in your bag. Milk containers can be thrown out.
4. At the end of the week, take the garbage out and sort it. Take a photo.

Summary - Plastic Waste Totals: *Find the frequency of what types of plastic items were wasted. Record below.*

Bottles	Plastic wrap	Stickers/Labels	Bags	Other



Additional Plastic Reduction Challenges:

For those looking to make additional efforts, we have included a list of actions you can take.

1. Read the actions below.
2. Put a smiley face :) next to actions you already do.
3. Pick several actions that you will do this month ... and hopefully forever. Remind yourself by marking those with "Remember!"
4. If it is an action you don't want to do or can't do, then leave it blank.
5. Do the Action and then record evidence to submit if possible.

Action	Date I plan on doing it	Date completed or started
I'm going to bring my own water bottle and ALWAYS refuse juice and water in single-use containers.		
I'm going to get a Zero Waste lunch container. (It could even be a glass jar.)		
I'm going to buy a reusable straw or stop using straws. (Avoid juice boxes. They are not recyclable either!)		
I'm going to bring my own reusable utensils and cloth napkins when I go to parties, school/work, and picnics.		
I'm going to find 5 snack recipes that I will make. Here is the Hall Zero Waste Cookbook for inspiration.		
Make 1-2 DIY (Do-It-Yourself) products to get you off single-use plastics, ex. homemade toothpaste. Remember: The idea is to make something that reduces your plastic.		
I refuse to buy single-serve yogurt containers. Instead, I will buy larger and put yogurt in a reusable container. Better yet, learn how to make yogurt using milk from a glass jar.		
Others:		



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