



CASTrips

Week 4 Challenge – Waste Management

#CASatHome

Over the past three weeks, you have worked very hard to not only understand the importance of reducing waste on a global scale, but also to take active steps to do your part and reduce your own personal waste at home. You have made the incredible first steps to change your waste habits and deserve a big congratulations!

Now we shift our mindset towards the long-term by finishing the challenge focusing on waste management.

This week we will start to make plans to encourage responsible waste management for us and those around us. A plan and management system will encourage us to continue to practice good habits and continue to make an important change for the future of our planet.

The 6 R's

1. **Refuse** what you don't need - be thoughtful when buying
2. **Reduce** what you do need - question your purchases
3. **Reuse** - ditch disposable for reusable
4. **Repurpose** by upcycling, DIY - find a new practical use for something
5. **Recycle** what you can't refuse, reduce, reuse or repurpose
6. **Rot** the rest - compost! Green bins! Find a way to responsibly dispose of your food waste



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Tips and Tricks

Your turn! Write 3 ways you can fulfill each of the 6 R's
(e.g. *I can refuse to buy vegetables wrapped in plastic*)

Refuse:

- 1.
- 2.
- 3.

Reduce:

- 1.
- 2.
- 3.

Reuse

- 1.
- 2.
- 3.

Repurpose

- 1.
- 2.
- 3.

Recycle

- 1.
- 2.
- 3.

Rot

- 1.
- 2.
- 3.



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Record Keeping

How can I improve my current waste management habits and what do I need to change the most? (e.g. implement a home recycling system, start shopping for clothes made from organic materials, etc)

Create a poster showing how to best manage waste for your household going forward and send us the photo!

Use your creative skills to create a poster to put in your home to remind yourself and your family about your goals for waste management!

This can include anything from advising how to use the recycling system, the compost, where your clothes donation bin is - be as creative as you like! Think about who you want to see it and where in the home it can be placed.

Keep the message positive and feel free to include catchy slogans and illustrations!



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Bonus Creative Challenges

Interested in furthering your Waste Reduction Impact? Create or invent a system, container or storage device to assist you and your family achieve your waste management goals moving forward. Here's some Inspiration:

Clothes Donation box - don't wait to donate!

Set up a clothing collection box in your home that everyone can contribute to and decide where you can donate it. Do you have a local charity that you know and trust or could also upcycle some of the items?

DIY Compost - give green a chance!

Do some research on compost systems, from the simple guide in our Week 2 worksheet to more complex systems - vermicompost, home garden compost, aerobic, anaerobic, bokashi, the list of possibilities goes on! If in doubt, ask a local compost expert - there's sure to be one around the corner!

Recycling Center - don't be trashy, recycle!

What recycling options do you have in your local area? If you don't have it already, set up separate recycling bins in your home and empty them regularly in community bins. Is your community offering plastic and paper recycling, but missing glass, tetra packs and tin recycling bins? Here is your chance to lobby your local government to step up! Write a letter, start a petition, use your fellow students, your school and social media to help your cause!

Fridge Management System - just eat it!

Think about setting up a fridge and pantry system that you know can be maintained. Consider labeling and take a few minutes each week to help re-organize it. Help the family cook plan the meals! Get your family on board!

A few minutes can go a long way to minimizing the risk of food waste.



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Waste Reduction Pledge

On the following page you will find a Waste Reduction pledge that you can fill in, share, copy and distribute, committing to some small changes that can have a big impact!

...but don't stop there! Get creative - there are so many ways to manage the waste of your home and your community. Don't forget to share your pictures and add the **@CASTrips** tags #CASatHome #CASrips #WasteReduction

Congratulations to all on your amazing contribution to our waste reduction challenge! We have had such a great time sharing this experience with you, our global community! Let's celebrate our successes and we hope you enjoyed it too!

The CAS Trips Team



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Waste Reduction Pledge

Please read the list below and choose how you will reduce waste and recycle if facilities are available (at your school or residence). Feel free to copy/share/distribute this pledge!

My actions matter. I pledge to recycle/compost whenever possible

- bottles and cans
- plastic containers with a recycling symbol
- paper and cardboard
- electronics
- food waste
- used clothing

To reduce waste, I pledge to

- bring my own coffee mug and reusable water bottle.
- bring my own shopping bag.
- bring my own plate, bowl and cutlery to avoid using disposables
- donate, repurpose or upcycle used clothing

I pledge to

- lead by example (in my residence/my classroom) by recycling and reducing waste.
- raise awareness of the issue of waste and its effects on our environment

Signed _____ Date _____