

Reduce, Reuse, Recycle, Repurpose Zero Waste by TREA

Activity Booklet



**TREA's Waste Free program
sponsored by Westminster
Foundation**



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Re-arrange the word to get the secret message

CLECYRE



OHWGTR



AETM



OCREUPD



ROMW



ISOL



ESAWT



Special Word

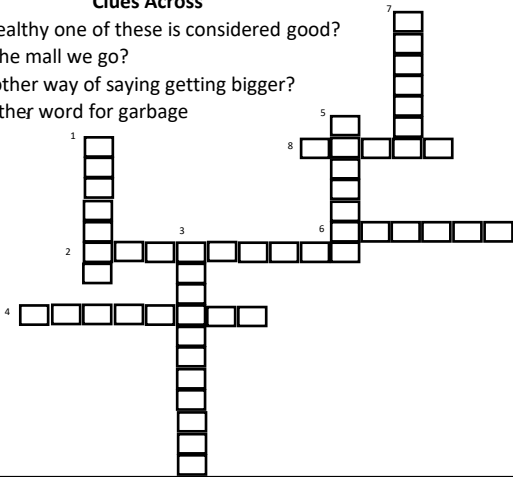
Crossword

Clues Down

1. What do we do with empty cans?
3. What are we looking to protect with these activities?
5. Where does Oscar the grouch live ____ can?
7. Where do you put food scraps?

Clues Across

2. A healthy one of these is considered good?
4. At the mall we go?
6. Another way of saying getting bigger?
8. Another word for garbage



Word Hunt

P
CNA
SOEEP
XDNGBME
JCOTAYFWR
OABEH
OGIRKNT
GVMNAOKWP
WNRMGETPOR
PJAIIWROKELYR
NZJSNPWHLIEAQG
BTRTPCIHS
HFHECYOXNTN
ZRTGVCHJHXGIW
ELYTSEFILFSKSCA
WORMSRJTTSOPMOCCX
EEQHENVIRONMENTBYUP
C
W
A

Garbage
Waste
Growth
Shopping

Recycle
Compost
Lifestyle
Environment

Plastics
Containers
Paper
Worms

Let them Fall!

Rearrange the
letters in each leaf to
gain enough leaves
for your compost

1

VOEER
NITMN
N

2

ONEATD

3

OMOPTCS

4

URESE

5

DEUERC

6

LCYRECE

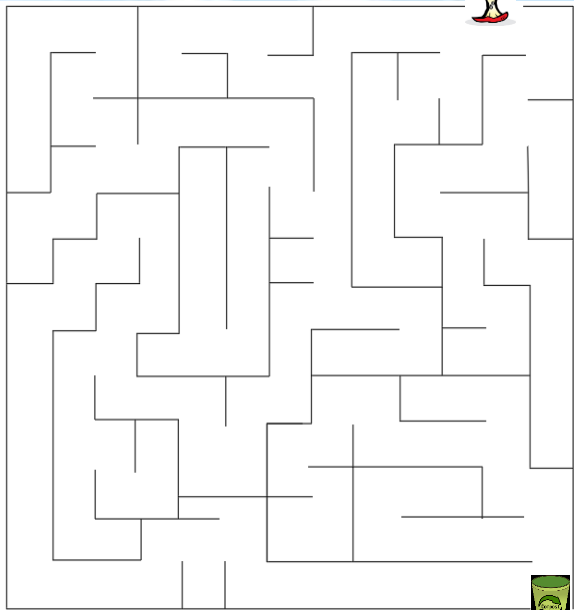
7

BGGAERA

1
2
3
4
5
6
7

Where does Compost Go?

Help put the apple into the compost!



Sort it Out



"The earth is one but one country, and mankind its citizen" Baha'i Writing



A collage of various environmental icons including a recycling symbol, a smiling globe, a bicycle, a superhero, an apple core, a 'Reduce Food Waste' sign, a water bottle, a tree, a 'No Water' sign, a brown paper bag, a 'Zero Waste' circular diagram, and autumn leaves.

Leaf

Shopping Bag

Water Bottle

Recycling Bin



Colouring

No!



glass & metal



meat & bones



plastic



dairy products



Recycling

Compost

Compost

Compost

Compost

Compost

Canadian Compost Council
Recycling, Toronto, Ontario, M5S 1A6

COMPOST BUILDERS

Yes!



garden soil



Fido's hair



straw & twigs



leaves



kitchen scraps



garden waste



grass clippings



weeds



Insects & bacteria

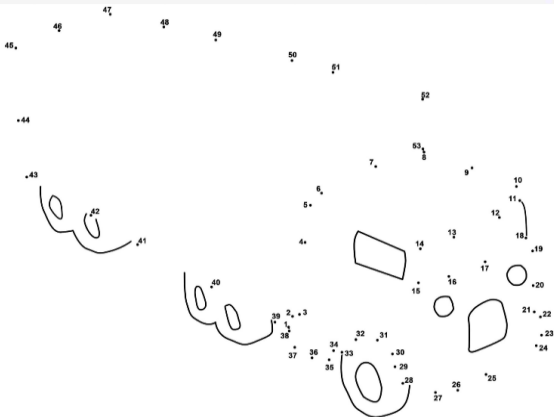
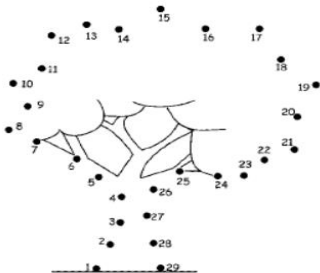


worms

Helpers in the compost heap!



Connect the Dots



Matching



True or False

1. Compost is a nutritious soil like material for plants

True

False

2. Worms assist in the breakdown of compost

True

False

3. Recycling does not break down items

True

False

4. Recycling needs to be cleaned before going into the bin

True

False

5. Waste Free means reducing the waste in your home

True

False

6. Reuse items means to avoid throwing them away

True

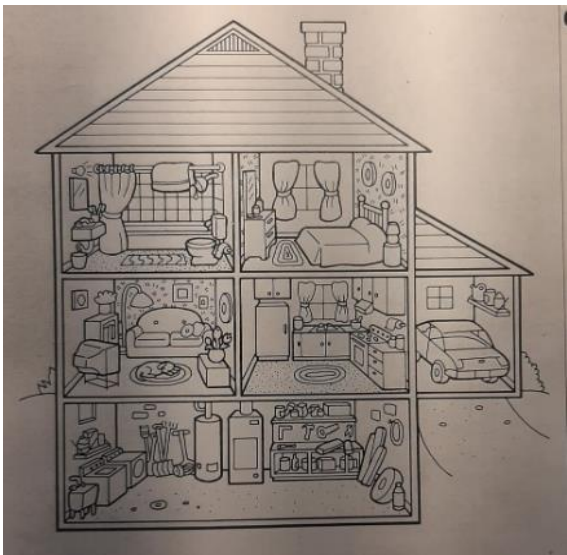
False

7. If I never go shopping again I am reducing

True

False

House Audit



Check it Out before You Chuck It Out

Using the above diagram and the Household Garbage Audit sheet, take a conservational tour of your home. List typical items you would find in each of the rooms shown above that would eventually go into your garbage.

Determine whether there might be alternatives to the waste heap. Check your list against the one on the next page. Did you miss anything? Did you find anything that isn't listed? Make notes.

House Audit

Kitchen:

- | | |
|---|-----------------|
| <input type="checkbox"/> Food wastes | COMPOST |
| <input type="checkbox"/> Food packaging | REDUCE & REUSE |
| <input type="checkbox"/> Cans | RECYCLE |
| <input type="checkbox"/> Glass Bottles | RECYCLE |
| <input type="checkbox"/> Paper towels | REDUCE & REUSE |
| <input type="checkbox"/> Oven cleaner | HAZARDOUS WASTE |
| <input type="checkbox"/> Dishes | REDUCE & REUSE |
| <input type="checkbox"/> Appliances | REDUCE & REUSE |
| <input type="checkbox"/> Plastic bags | REDUCE & REUSE |

Bathroom:

- | | |
|--|-----------------|
| <input type="checkbox"/> Disposable diapers | REDUCE & REUSE |
| <input type="checkbox"/> Cleansers | HAZARDOUS WASTE |
| <input type="checkbox"/> Aerosols | HAZARDOUS WASTE |
| <input type="checkbox"/> Plastic bottles | RECYCLE |
| <input type="checkbox"/> Medicines | HAZARDOUS WASTE |
| <input type="checkbox"/> Plastic shower curtains | REDUCE & REUSE |
| <input type="checkbox"/> Drain cleaner | HAZARDOUS WASTE |
| <input type="checkbox"/> Facial tissues | REDUCE & REUSE |

Bedroom:

- | | |
|--|----------------|
| <input type="checkbox"/> Mirrors | REDUCE & REUSE |
| <input type="checkbox"/> Mattresses | REDUCE & REUSE |
| <input type="checkbox"/> Bedding | REDUCE & REUSE |
| <input type="checkbox"/> Lamps | REDUCE & REUSE |
| <input type="checkbox"/> Clothing | REDUCE & REUSE |
| <input type="checkbox"/> Tissue paper | REDUCE & REUSE |
| <input type="checkbox"/> Air conditioner | REDUCE & REUSE |
| <input type="checkbox"/> Toys | REDUCE & REUSE |

Living Room:

- | | |
|--|-----------------|
| <input type="checkbox"/> Furniture | REDUCE & REUSE |
| <input type="checkbox"/> Plant pots | REDUCE & REUSE |
| <input type="checkbox"/> Carpeting | REDUCE & REUSE |
| <input type="checkbox"/> Newspapers | RECYCLE |
| <input type="checkbox"/> Batteries | HAZARDOUS WASTE |
| <input type="checkbox"/> Magazines & books | REDUCE & REUSE |
| <input type="checkbox"/> Television / stereo | REDUCE & REUSE |
| <input type="checkbox"/> Records | REDUCE & REUSE |
| <input type="checkbox"/> CDs / cassettes | REDUCE & REUSE |

Basement / Yard / Garage:

- | | |
|--|-----------------|
| <input type="checkbox"/> Bleach bottles | RECYCLE |
| <input type="checkbox"/> Detergent boxes | REDUCE & REUSE |
| <input type="checkbox"/> Pesticides | HAZARDOUS WASTE |
| <input type="checkbox"/> Tires | RECYCLE |
| <input type="checkbox"/> Oil | RECYCLE |
| <input type="checkbox"/> Herbicides | HAZARDOUS WASTE |
| <input type="checkbox"/> Paints & solvents | HAZARDOUS WASTE |
| <input type="checkbox"/> Brush & clippings | COMPOST |
| <input type="checkbox"/> Leaves | COMPOST |

Include any items from the above that you missed during your discussion. Also, list anything you thought of that isn't on these lists:

A little common sense will help solve a big problem

Each item on this list that you've indicated you throw out could be managed differently.

COMPOST

These items can be composted either in your backyard or, in the future, in centralized composting facilities.

HOUSEHOLD HAZARDOUS WASTE

These items should be disposed of safely at hazardous waste depots.

RECYCLE

These items should be put into your municipality's recycling system.

REDUCE AND REUSE

Don't buy disposable items; avoid overpackaged goods; give away what you no longer want; repair broken items.

(Adapted with permission from Metropolitan Toronto SWEAP (Solid Waste Environmental Assessment Plan))

House Audit

Item of Garbage:

PAPER:

Reduce?

Reuse?

Recycle?

Compost?

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

PLASTIC:

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PACKAGING:

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ORGANIC:

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METAL/FABRIC:

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OTHER:

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House Audit

Actions to **Recycle**: _____

Monitoring Plans: _____

Findings: _____

Note: Do you need information from your local government about what can be recycled and any dos and don't s they may have? Enter this information here:

Goal: TO SAFETLY DISPOSE OF HOUSEHOLD HAZARDOUS WASTES

Objective: To reduce and dispose of hazardous wastes.

Actions: List the Hazardous products you find in your home, including, kitchen, bathroom, basement, storeroom, garage, garden shed, ect.; find and list an environmentally- friendly alternative product.

HAZARDOUS PRODUCT:

ALTERNATIVE PRODUCT:

Disposal Plans: _____

Answer Key

Re-arrange the word to get the secret message

Recycle

Growth

Meat

Produce

Worm

Soil

Waste

Special Word – Compost

Page 2

Clues Down

1. What do we do with empty cans? **Recycle**
3. What are we looking to protect with these activities? **Environment**
5. Where does Oscar the grouch live____
can? Garbage
7. Where do you put food scraps? **Compost**

Clues Across

2. A healthy one of these is considered good?
Lifestyle
4. At the mall we go? **Shopping**
6. Another way of saying getting bigger?
Growth
8. Another word for garbage **Waste**

C
r
o
s
s
w
o
r
d

Page 3

Answer Key

Word Hunt

P
CNA
SOEEP
XDNGBME
JCOTAYFWR
OABEH
OGIRKNT
GVMNAOKWP
WNREMGETPOR
PJAIRWOKELYR
NZJSNPWHLIEAQG
BTRTPCIHS
HFHECYOXNTN
ZRTGVCHJHXGIW
ELYTSEFILFSKSCA
WORMSRJTTSOPMOCCX
EEQHENVIRONMENTBYUP
C
W
A

Page 4

Let them fall!

- 1 Environment
- 2 Donate
- 3 Compost
- 4 Reuse
- 5 Reduce
- 6 Recycle
- 7 Garbage

Page 5

Answer Key

Matching



Page 11

True or False

1. True
2. True
3. True
4. True
5. True
6. True
7. True

Page 12

Litter Less Lunch

Draw your litter less lunch



More Information

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