

# Lesson 4:

# Family Waste Reduction Challenge!

## SET YOUR CHALLENGE GOALS

1. How much will your family reduce waste over the next year?

*A good target could be 25% or 50%*

2. Map out areas to focus waste reduction efforts:

*Consider sources from food, purchases and opportunities to reuse existing items around the home*

3. Set monthly actions with quarterly sub to get you to



## CHALLENGE IDEAS

- Declutter your home, make a pile of things that can be reused by your family or others
- Understand your waste management stream, label clearly, educate your family and seek opportunities for improvements
- Establish a home composter to close the loop on your food waste
- Research and share ideas on other ways to reduce your family's waste!



## THINK ABOUT SHOPPING

- Keep reusable shopping bags in your car, purse or backpack
- Shop at stores that have less packaging and which allow you to bring your own reusable containers
- Purchase as much as possible from local farmers markets, buy foods that have little to no packaging and that are sourced locally
- Only buy what you actually need!



## REDUCE - REUSE - RECYCLE

- Reduce - the amount of litter you send to the landfill
- Reuse - once your composting process is complete and safe for reuse, consider reusing on plants such as your trees and bushes
- Recycle - items that can be repurposed like paper, cans and some plastics

