

Talking Trash at Home

How much do we throw away?

1. How many pounds of trash do you think your family throws away each day? _____ lbs
2. Using the chart below, ask each family member to write down everything they remember throwing into the trash today. Don't forget to include yourself! Include small things like napkins, packaging, leftover food, and big things like broken toys or furniture.
3. Once each family member has filled in the chart ask them to estimate the weight of everything they threw out.

Name:	Name:	Name:	Name:	Name:
Weight:	Weight:	Weight:	Weight:	Weight:

4. Add together the weights that each family member wrote down to see how much your family throws away each day. My family throws away about _____ lbs of trash each day.
5. Was it more or less than your estimate in question 1? By how much? _____ lbs

How can we reduce waste?

1. Even if your family is already good at recycling, there may be some items on your lists that didn't get recycled. Circle any recyclable items—paper, cans, bottles, glass, etc.—that your family members threw away today. For more information on what is recyclable in NYC, visit nyc.gov/WhatToRecycle.
 - a. How many items did you circle? _____
2. Recycling isn't the only way to cut down on your trash. Write down two items from the chart that could have been reused, repaired or given away instead of thrown out.
 - a. _____
 - b. _____
3. Thinking about what we throw away each day can help us change our habits. Draw a star (*) next to each food item on your family's lists. How many stars did you draw? _____



4. Write down three ways your family can reduce waste at meal times.

- a. _____
- b. _____
- c. _____

5 What are three other ways your family can reduce the amount of trash they throw away each day?

- a. _____
- b. _____
- c. _____

Bonus: Family Contests

Challenge #1: Who can produce the least amount of trash for one week?

Challenge #2: Who can most successfully use scrap paper instead of clean paper for one week?

Challenge #3: Who can think of the most creative ways to reduce family trash?

Challenge #4: Who has the cleverest idea for reusing an item? Let the family vote to decide.

