



The Choice is Rs!

The 4-R Home Survey

You know how important it is to *Reduce, Reuse, Recycle* and *Rethink*. Now ask an adult to do a 4-R check-up with you in your own home! This information is for classroom use only and will not be shared with any other groups or organization.

Trash

Take a look in your kitchen garbage and find four items that your family regularly throws away.

1. _____ 3. _____
 2. _____ 4. _____

Recycling

Do you have recycling collection where you live? Yes No
 If yes, where are your recycling bins located in your home?

- Kitchen Garage/outdoors
 Office Other _____

Are the bins conveniently placed for the whole family? Can you think of better places for them?

- Yes No _____

If you do not have recycling collection at home, does your family recycle anywhere else?

- School Work Other _____

What items do you recycle?

- | | | |
|---|---|--|
| <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Cereal/food boxes | <input type="checkbox"/> Aluminum cans |
| <input type="checkbox"/> Plastic bottles w/o lids | <input type="checkbox"/> Magazines, catalogs and phone books | <input type="checkbox"/> Steel or tin cans |
| <input type="checkbox"/> Plastic milk jugs | <input type="checkbox"/> Mixed paper | <input type="checkbox"/> Food scraps and food soiled paper |
| <input type="checkbox"/> Plastic tubs w/o lids | <input type="checkbox"/> Paper milk cartons and ice cream cartons | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Cardboard | <input type="checkbox"/> Glass bottles and jars | |

CONTINUE ON OTHER SIDE >>>>



Did you know?
 The Cedar Hills Regional Landfill receives 807,000 tons of garbage a year.

Did you know?
 Twenty-two percent of garbage going to the Cedar Hills landfill is food, the largest category of waste.

Reuse

What type of bag does your family use for shopping?

- Paper _____ Plastic _____ Reusable bag

If your bag is not reusable, what do you do with it afterward? (Do you throw it away, reuse it or recycle it?)

- Paper _____ Plastic _____

If you use reusable bags, what does your family do to remember to bring the reusable bags to the store.

- Store them in the car Hang them by the front door
 Keep them with the coats and jackets Other _____



Rethink and Reduce (Waste Prevention)

Refer back to the things you found in your kitchen garbage. Is there anything in there that your family could rethink? (Hint: Think about the 4 Rs.)

Item	How can you rethink it?
Example: Plastic sandwich wrapper	Pack my sandwich in a reusable container.
Example: Apple core	Put it in the yard waste bin so it can be composted.

Helpful Tips for Waste Prevention

- Get yourself a reusable water bottle.
- Use both sides of a sheet of paper.
- Think before you buy – Do we really need this?
- Bring reusable bags to the store.
- Pack snacks and lunch in reusable containers.

Alternative Formats On Request
 206-296-4466 | TTY Relay: 711
 1-800-325-6165 ext. 6-4466

Printed on recycled paper – May13DK



Cut out and save for future reference.

Cut out to share in class.

Family Pledge

Now that you've completed your 4-R Check-Up, write down three actions your family is willing to take to cut down on waste. Then tear off and keep this pledge where everyone can see it. Cut out the note to share in class.

My family will reduce, reuse, recycle and rethink as much as possible by

1. _____
2. _____
3. _____

Signature of student

Signature of participating adult

BONUS! Have all members of your household sign and commit to this pledge.

Family Resources

- **Recycling** - For more tips on proper recycling, go to your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp.
- **Food Scraps** - Did you know that more than 90% of King County residents can put food scraps and food-soiled paper in their yard waste bin? Visit recyclefood.com for information about yard waste composting.
- **Disposal** - Still have questions? Go to your.kingcounty.gov/solidwaste/wdidw or call 206-296-4466.



My family will reduce, reuse, recycle and rethink as much as possible by

1. _____
2. _____
3. _____

