

# Waste Prevention and Recycling Home Survey



**King County**

Department of  
Natural Resources and Parks  
**Solid Waste Division**

Please review and answer the following questions with your family to examine what happens to the waste in your home. This information is for classroom use only and will not be shared with any other groups or organization.



20 gal



35 gal



64 gal



96 gal

## GARBAGE

How big is your garbage can? \_\_\_\_\_  
(For instance, is it a 20, 35, 64 or 96-gallon container?)

On average, how full is it each week?

- Full       Three-fourths full       Half-full       One-fourth full       Almost empty

Name five typical items your family throws in the garbage.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Did you know?

More than half of what ends up at Cedar Hills Regional Landfill is readily recyclable.

### Did you know?

The Cedar Hills Regional Landfill is 920 acres and receives almost 865,000 tons of garbage a year.



### Did you know?

The average American generates over four pounds of garbage a day – that's over 1,642 pounds a year.

### Did you know?

Americans throw away 2.5 million plastic bottles every hour.

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



# RECYCLING

Does a recycling truck collect recyclables from the curb or alley of your home?  Yes  No

If not, do you take your recyclables to a recycling site?  Yes  No

Is there another place you or a member of your family recycles, for example at school or work?

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**Did you know?**  
There are recycling boxes at transfer stations throughout King County where you can drop your recyclables off. Find your nearest transfer station at [your.kingcounty.gov/solidwaste/facilities/transfer.asp](http://your.kingcounty.gov/solidwaste/facilities/transfer.asp).

At home or other place where you recycle, check off which materials can go in your recycling bin.

- |   |   |  |
|---|---|--|
| <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"/> Other _____       |
| <input type="checkbox"/> Plastic tubs w/o lids    | <input type="checkbox"/> Paper milk cartons and ice cream cartons | _____                                      |
| <input type="checkbox"/> Cardboard                | <input type="checkbox"/> Glass bottles and jars                   | _____                                      |

**Hint!** Look for the label on your recycling bin or check online at <http://your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp>.

**Still have questions?** Go to <http://your.kingcounty.gov/solidwaste/wdidw/index.asp> to find out what you can do with an item.

Where are your recycling bins located in your home?

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> Kitchen | <input type="checkbox"/> Garage/outdoors |
| <input type="checkbox"/> Office  | <input type="checkbox"/> Other _____     |
- 
- 

**Did you know?**  
Seventeen percent of all materials found at the Cedar Hills landfill is paper that could have been recycled.

Do all members of your family participate in recycling?  Yes  No

Why or why not? \_\_\_\_\_

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Now that you know what you can recycle, are there any items you typically see in your garbage that could have been recycled?

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**Did you know?**  
Recycling one ton of recycled paper saves 3,700 pounds of lumber and 24,000 gallons of water.

List three actions your family could take to improve (or start) recycling in your home.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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# YARD WASTE, FOOD SCRAPS AND FOOD-SOILED PAPER

If you do not have a yard, skip to the next section.

Does a yard waste truck collect yard waste from the curb or alley of your home?  Yes  No  
 If not, what happens to your yard waste, food scraps and food-soiled paper?

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Check off which items can go in your yard waste bin at home. If you compost in your back yard, underline the items that can go in your backyard compost bin or pile.

- |  |   |
|--|---|
| <input type="checkbox"/> Bread, pasta, grains                  | <input type="checkbox"/> Houseplants                    |
| <input type="checkbox"/> Coffee grounds, coffee filters        | <input type="checkbox"/> Meat, fish, poultry, bones     |
| <input type="checkbox"/> Dairy products (yogurt, cheese, etc.) | <input type="checkbox"/> Paper towels and napkins       |
| <input type="checkbox"/> Delivery pizza boxes                  | <input type="checkbox"/> Plant trimmings                |
| <input type="checkbox"/> Eggshells, egg cartons                | <input type="checkbox"/> Uncoated paper plates and cups |
| <input type="checkbox"/> Fruit and vegetable scraps            | <input type="checkbox"/> Weeds                          |
| <input type="checkbox"/> Grass and leaves                      | <input type="checkbox"/> Other _____                    |

**Did you know?**  
 Some transfer stations accept yard waste. Find your nearest one at [your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect](http://your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect).

**Did you know?**  
 In 2007, King County residents threw away over 80,000 tons of food scraps and compostable paper at the Cedar Hills landfill. All of it could have been made into rich compost, a valuable resource.

**Hint!** Look for the label on the yard waste bin or find out at <http://your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp>.

**Helpful Hint!**  
 Use a compostable bag approved for collection of food waste or wrap it in newspaper before putting it in the container. Find a list of compostable bag retailers at [your.kingcounty.gov/solidwaste/garbage-recycling/biodegradable-bags.asp](http://your.kingcounty.gov/solidwaste/garbage-recycling/biodegradable-bags.asp). Find more helpful hints at [www.facebook.com/pages/Seattle-WA/Recycle-More-Its-Easy-To-Do/83775013226](http://www.facebook.com/pages/Seattle-WA/Recycle-More-Its-Easy-To-Do/83775013226).

How do you collect food scraps and food-soiled paper in your kitchen? Describe the process.

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Do all members of your family participate in the system you have in place?  Yes  No


Why or why not?  
 \_\_\_\_\_  
 \_\_\_\_\_

List two actions your family could take to improve (or start) collection of yard waste and food scraps and food soiled paper at home.

- \_\_\_\_\_
- \_\_\_\_\_



Recycling bins at Shoreline Recycling & Transfer Station

 **King County**  
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**Did you know?**  
 The average single-family household throws away about nine pounds per week or 45 pounds per month of food scraps and food-soiled paper.

**Did you know?**  
 Nearly 30 percent of the residential waste that ends up in the Cedar Hills landfill is food scraps and food soiled paper.

## WASTE PREVENTION

Discuss with your family what the term *waste prevention* means. Write down your definitions and ideas.

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### Helpful Hints for Waste Prevention

- Use reusable shopping bags.
- Buy minimally packaged goods and look for recyclable packaging.
- Avoid Styrofoam.
- Buy a durable reusable water bottle
- Think before you buy – do we really need this?

Think back on those five typical items in your garbage can. Also, look in your recycling bin. Are there items that your household could *rethink*? That is, are there items that need not have been used in the first place? What could you use instead?

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List three ideas to reduce your household waste.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## E-WASTE

E-waste stands for electronic waste and includes items such as cell phones, iPods, computers, TVs and laptops.

How does your family dispose (or get rid) of old electronics?

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**Have you heard of the Take It Back network?** This is a group of retailers, recyclers and charitable organizations that provide consumers with options for recycling electronics and fluorescent bulbs and tubes that contain hazardous materials. Find out more at [www.takeitbacknetwork.org](http://www.takeitbacknetwork.org).

### Did you know?

E-Cycle Washington is a new program that requires manufacturers to provide **FREE** recycling of TVs, computers and monitors to small businesses and households.

Go to [www.ecy.wa.gov/programs/swfa/eproductrecycle](http://www.ecy.wa.gov/programs/swfa/eproductrecycle) to find recycling locations near you.

TEAR OFF FLAP TO KEEP AT HOME

## ACTION PLAN!

Write your proposed actions in the space below as a reminder to everyone in your household.

Three actions to improve or start recycling in your home.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Two actions to improve or start yard waste and food scrap collection at home.

1. \_\_\_\_\_
2. \_\_\_\_\_

Three actions to reduce household garbage.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## RESOURCES

- **King County Solid Waste Division**  
[your.kingcounty.gov/solidwaste/index.asp](http://your.kingcounty.gov/solidwaste/index.asp)
- **King County Transfer Stations and Drop-Box Facilities**  
[your.kingcounty.gov/solidwaste/facilities/transfer.asp](http://your.kingcounty.gov/solidwaste/facilities/transfer.asp)
- **King County Transfer Stations: Yard Waste Collection**  
[your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect](http://your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect)
- **Recycle Food. It's Easy To Do** [www.recyclefood.com](http://www.recyclefood.com)
- **"Recycle More. It's Easy To Do" on Facebook**  
[www.facebook.com/pages/Seattle-WA/Recycle-More-Its-Easy-To-Do/83775013226](http://www.facebook.com/pages/Seattle-WA/Recycle-More-Its-Easy-To-Do/83775013226)
- **Residential Quick Guide to Recycling and Yard Waste/Composting**  
[your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp](http://your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp)
- **E-Cycle Washington**  
[www.ecy.wa.gov/programs/swfa/eproductrecycle](http://www.ecy.wa.gov/programs/swfa/eproductrecycle)
- **Take It Back network**  
[www.takeitbacknetwork.org](http://www.takeitbacknetwork.org)
- **What Do I Do With...?**  
[your.kingcounty.gov/solidwaste/wdi/dw/index.asp](http://your.kingcounty.gov/solidwaste/wdi/dw/index.asp)