



The Choice is Rs!

The 4-R Home Survey

You know how important it is to *Rethink, Reduce, Reuse* and *Recycle*. Now ask a member of your household to do a 4-R check-up with you! This information is to be used as an educational tool and will not be shared with any other group or organization.

Trash

Take a look in your kitchen garbage and find four items your household 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 everyone in the household? Yes No
 Can you think of better places for them? _____

If you do not have recycling collection where you live, do you recycle anywhere else?
 School Work Other

What items do you recycle? (*Remember, all items must be empty, clean, and dry -- no liquids or food.*)

- | | | |
|--|---|---|
| <input type="checkbox"/> Plastic bottles | <input type="checkbox"/> Cereal/food boxes | <input type="checkbox"/> Glass bottles and jars |
| <input type="checkbox"/> Plastic milk jugs | <input type="checkbox"/> Newspapers, magazines, catalogs | <input type="checkbox"/> Aluminum cans |
| <input type="checkbox"/> Plastic tubs | <input type="checkbox"/> Paper (from homework, mail, office) | <input type="checkbox"/> Steel or tin cans |
| <input type="checkbox"/> Cardboard | <input type="checkbox"/> Paper milk cartons and ice cream cartons | <input type="checkbox"/> Other _____ |

Composting

Do you have food scrap/yard waste collection where you live? Yes No
 If yes, where are your food scrap and yard waste bins located?

- Kitchen Yard/Garage/Outdoors

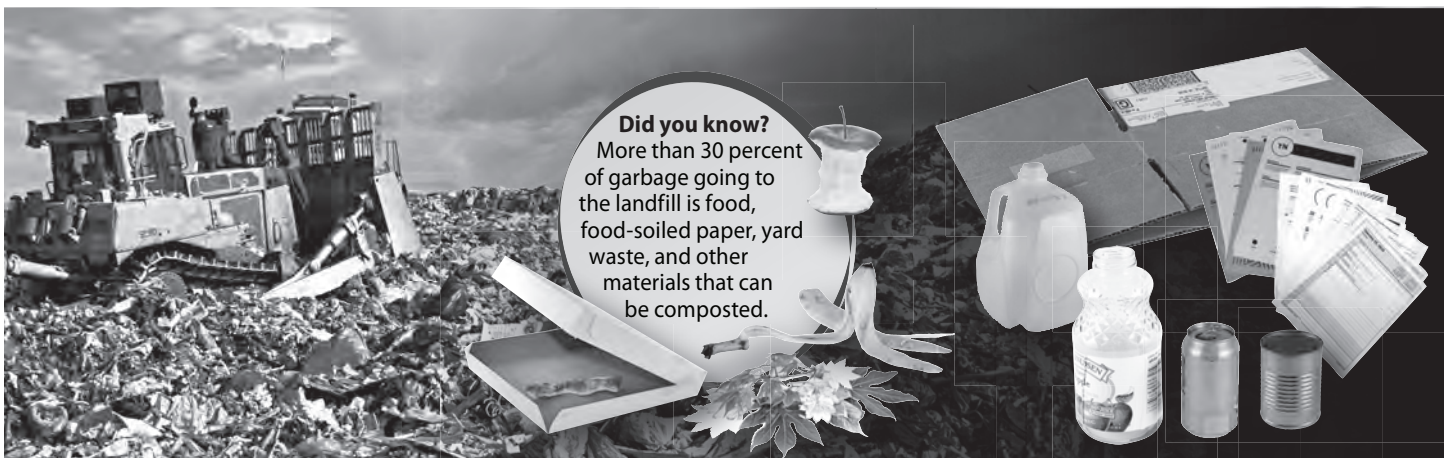
What items do you place in composting bins to be composted?

- Food scraps Food-soiled paper Yard waste (grass, leaves, branches, etc.)

**CONTINUE ON
 OTHER SIDE >>>>**

Did you know?
 70 percent of what is landfilled at the King County Cedar Hills Landfill could have been reused, recycled, or composted.

Did you know?
 Recycling is most successful when the bins are placed right next to your garbage cans.



Did you know?
 More than 30 percent of garbage going to the landfill is food, food-soiled paper, yard waste, and other materials that can be composted.

Reuse

What type of bag does your household 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?)

- Reuse it Recycle it Throw it away

If you use reusable bags, how does your household 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 _____

Did you know?

The 100 billion bags used per year in America require an estimated 12 million barrels of oil to produce.

Did you know?

Many grocery stores collect plastic bags for recycling.

Rethink and Reduce (Waste Prevention)

Refer back to the items you found in your kitchen garbage. Is there anything your household 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 food scrap/yard waste bin so it can be composted.

Helpful tips for preventing waste

- Use 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
206-477-4466, TTY Relay: 711

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King County

Department of
Natural Resources and Parks
Solid Waste Division

Cut out and save for future reference.

Cut out to share with your class, Green Team, or household members.

Pledge

Now you've completed your 4-R Check-Up, write down three actions your household is willing to take to cut down on waste.

My household will rethink, reduce, reuse, and recycle 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.

Resources

- **Recycling** - For more tips on correct recycling, go to <https://kingcounty.gov/Recycle-Right>
- **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/compost bins? For more information, visit <https://kingcounty.gov/compost-more>.
- **Disposal** - Questions? Call 206-477-4466 or visit <https://kingcounty.gov/WhatDoIDoWith>.

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

1. _____
2. _____
3. _____



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