



# Waste Prevention and Recycling Take-Home Survey

You know how important it is to rethink, reduce, reuse, and recycle. Survey your home with your family to see how well you're practicing these 4 Rs. (This information is for classroom use only and will not be shared with any other groups or organization.)



**King County**

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

## GARBAGE

Take a look in your kitchen garbage can. List four items that your family regularly throws away.

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

How could your family **RETHINK** any of these items to create less garbage?

*Example: Instead of foil wrap to cover leftover food, use a reusable container.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### Did you know?

The Cedar Hills Regional Landfill receives 807,000 tons of garbage per year.

## RECYCLE

Do you have curbside recycling collection where you live?    Yes    No

Do you have yard waste collection at home?    Yes    No

If yes, do you recycle your food waste and food-soiled paper?    Yes    No

Are your indoor recycling containers in a location convenient for the whole family?    Yes    No

Can you think of better places for them? (If yes, list them.)    Yes    No

\_\_\_\_\_

### Did you know?

Half of the materials in the landfill could have been recycled.

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

School                  Work                  Other \_\_\_\_\_

Which items can be recycled where you live?

- |                            |                                     |
|----------------------------|-------------------------------------|
| Plastic bags               | Cereal and other food boxes         |
| Plastic bottles w/out lids | Magazines, catalogs and phone books |
| Plastic milk jugs          | Mixed paper                         |
| Plastic tubs w/out lids    | Paper milk and ice cream cartons    |
| Cardboard                  | Glass bottles and jars              |
| Aluminum cans              | Steel or tin cans                   |
| Aluminum foil              |                                     |
| Other _____                |                                     |



### Did you know?

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

Have a question about proper recycling?

Go to [your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp](http://your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp).

## REDUCE FOOD WASTE

Are there food items in your family's garbage can or yard waste bin?

Why were these items thrown away?

They were leftovers.

They rotted or spoiled.

They were past the expiration date.

We cooked too much.

We bought too much.

We took more than we could eat.

We didn't like it.

Other \_\_\_\_\_



### Did you know?

Twenty-two percent of garbage going to the Cedar Hills Landfill is food, the largest category of waste.

How can your family RETHINK your shopping, cooking or eating habits to throw away less food?

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## REUSE

Check off any of the following reusable items that your family uses:

Refillable water bottle

Reusable food storage containers (example: Tupperware)

Reusable shopping bags

Cloth napkins or towels

Rechargeable batteries

Durable plates

Refillable coffee mugs

Durable lunch box or lunch tote

Other \_\_\_\_\_



Refer back to items you found in your kitchen garbage and recycling containers. Are there any disposable items that could be replaced by more durable goods? Give examples.

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## REDUCE and RETHINK

We can all waste less. We can RETHINK the things we buy and REDUCE the amount of resources we use or throw away.

List three actions your family will take to reduce your household waste.

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



### Helpful Tips for Waste Prevention

- Think before you buy: Do we really need this?
- Buy minimally packaged goods with recyclable packaging.
- Choose durable instead of disposable products.
- Avoid Styrofoam.
- Use up leftover food.