



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?

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

REDUCE FOOD WASTE

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

Why were these items thrown away?

- | | |
|--|--|
| <input type="checkbox"/> They were leftovers. | <input type="checkbox"/> They rotted or spoiled. |
| <input type="checkbox"/> They were past the expiration date. | <input type="checkbox"/> We cooked too much. |
| <input type="checkbox"/> We bought too much. | <input type="checkbox"/> We took more than we could eat. |
| <input type="checkbox"/> We didn't like it. | <input type="checkbox"/> 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?

REUSE

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

- | | |
|--|---|
| <input type="checkbox"/> Refillable water bottle | <input type="checkbox"/> Reusable food storage containers (example: Tupperware) |
| <input type="checkbox"/> Reusable shopping bags | <input type="checkbox"/> Cloth napkins or towels |
| <input type="checkbox"/> Rechargeable batteries | <input type="checkbox"/> Durable plates |
| <input type="checkbox"/> Refillable coffee mugs | <input type="checkbox"/> Durable lunch box or lunch tote |
| <input type="checkbox"/> 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.

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.