



Week One Challenge

The focus of week one is to plan to reduce the amount of food packaging and waste that goes to landfill. Although the planning will be done in Week One, you will need to work on the waste reduction strategies over the next four weeks.

How to complete the challenge

Step 1: Rename the bin that you use for non-recyclable items. From now on, it will be called your Landfill Bin (or the Bad Bin if you prefer). The goal of this challenge is to reduce the amount of waste (and in particular waste relating to food) deposited in it.

Step 2: Measure your current landfill waste production. Using a measuring tape and chalk or permanent marker, mark the level of waste and the date on your non-recyclable rubbish wheelie bin, just prior to collection. Record the distance between the base of the bin and the marked level. Record this measurement in centimeters in the *Week One Activity Sheet* below.

Step 3: Read the information provided under *Reduce, Reuse & Recycle* section on this website on how to reduce your waste to landfill.

Step 4: Choose strategies to reduce your landfill waste. The number of strategies you use is up to you and may depend on your living arrangements. However, it is important to choose the strategies that will make the most difference to the amount of waste you generate. Choosing three or four such strategies is likely to reduce your landfill contribution considerably. Write these down on the *Week One Activity Sheet* and display them near your kitchen bin.

Step 5: Check your progress. The results of this challenge may not be seen immediately because some of the strategies can take time to have an effect. To check your progress, re-measure your bin level before collection every week for four weeks and record this on the *Week One Activity Sheet*. Subtracting your



Week 4 measurement from the one you took before starting the challenge will give you an idea of the impact of your waste management strategies.

Step 6: If you are happy with the results, spread the good news and share this activity and this website with the people you know.

Materials needed: chalk or permanent marker, measuring tape.

The background information was great – especially on the additional things I can recycle (e.g. envelopes with windows, additional plastic packaging). Seeing my landfill bin go from three quarters full to almost empty every week was fantastic.

Barbara

Don't have an outside landfill rubbish bin?

Many people, especially those in units, don't. You need to be particularly inventive in assessing your performance on this challenge.

Why not track the number of garbage bags you put down the non-recycling rubbish chute in a week? Or measure your inside non-recycling bin. You may need to keep a running tally if you empty your bin during the week – especially at the start the challenge.

Recycling food waste may also be more of a problem in a unit. Some suggestions are:

- Start a worm farm and keep it in a shady place on your balcony. The worm juice can be used to fertilise your pot plants.
- See if you can find a friend with a compost heap or chickens who will take your waste food.
- Concentrate on shopping only for what you need to reduce your food waste.

Week one Environment Activity Sheet

My **wheelie bin measurement** on the week before the challenge was ____ cm from the bottom of my landfill bin to the level of my rubbish.

Strategies I've selected in order to reduce the amount of food related waste I send to landfill are:
(please describe your strategies below, adding more numbers if necessary):

- 1.
- 2.
- 3.
- 4.

Complete the wheelie bin measurement again in weeks two, three and four, prior to collection
After implementing waste reduction strategies, **my wheelie bin measurements** were:

week 1 ____ cm
week 2 ____ cm
week 3 ____ cm
week 4 ____ cm

I've reduced my food related waste going to landfill by ____ cm per week. (Subtract the week 4 measurement from the first measurement)

For unit dwellers:

The way I will assess my rubbish to landfill will be: _____

Results: Week before Challenge _____

week 1 _____	week 2 _____
Week 3 _____	week 4 _____