Waste Prevention and Recycling
Home Survey

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.

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?

<table>
<thead>
<tr>
<th></th>
<th>Full</th>
<th>Three-fourths full</th>
<th>Half full</th>
<th>One-fourth full</th>
<th>Almost empty</th>
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</table>

Name five typical items your family throws in the garbage.

1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________

Did you know?
The average American generates over 12 pounds of garbage per week.

Did you know?
Americans throw away 2.9 million plastic bottles every hour.

Did you know?
The Cedar Hills Regional Landfill is 920 acres and receives about 807,000 tons of garbage a year.

Did you know?
More than half of what ends up at Cedar Hills Regional Landfill is readily recyclable.
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, such as at school or work?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

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

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

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

Still have questions? Go to 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?

- Kitchen
- Garage/outdoors
- Office
- Other

Do all members of your family participate in recycling?  Yes  No
Why or why not?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

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

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

1. _________________________________________________________________________________
2. _________________________________________________________________________________
3. _________________________________________________________________________________

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

Did you know?
Recycling one ton of recycled paper saves 3,700 pounds of lumber and 24,000 gallons of water.
FOOD SCRAPS, FOOD-SOILED PAPER, AND YARD WASTE

How many times a week do you throw away leftover food or food that has spoiled? ______________

**Helpful Hint!** – Store food items that need to be used quickly at the front of your fridge. Plan upcoming meals around food that needs to be used up. Freeze items that you can’t use right away. Find more food-saving techniques at recyclefood.com.

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?
_________________________________________________________________________________
_________________________________________________________________________________

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.

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

*Hint! Look for the label on the yard waste bin or find out at 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.

Find more helpful hints at www.facebook.com/recyclemore.

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

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.
1. ________________________________________________________________________________
2. ________________________________________________________________________________

Did you know?
- In 2011, 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.
- Some transfer stations accept yard waste. Find your nearest one at your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect.

Did you know?
- Nearly 30 percent of what ends up in the Cedar Hills landfill is food scraps and food-soiled paper.

Did you know?
The average single-family household throws away about ten pounds per week or 40 pounds per month of food scraps and food-soiled paper.
WASTE PREVENTION
Discuss with your family what the term waste prevention means. Write down your definitions and ideas.

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?

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?

E-Cycle Washington is a program that requires manufacturers to provide FREE recycling of TVs, computers and monitors to small businesses and households. Go to ecyclewashington.org to find recycling locations near you.

RESOURCES
• King County Solid Waste Division
  your.kingcounty.gov/solidwaste/index.asp
• King County Transfer Stations and Drop-Box Facilities
  your.kingcounty.gov/solidwaste/facilities/transfer.asp
• King County Transfer Stations: Yard Waste Collection
  your.kingcounty.gov/solidwaste/garbage-recycling/yardwaste.asp#collect
• Recycle Food. It’s Easy To Do recyclefood.com
• “Recycle More. It’s Easy To Do” on Facebook facebook.com/recyclemore
• Reduce Junk Mail kingcounty.catalogchoice.org
• Residential Quick Guide to Recycling
  your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp
• E-Cycle Washington ecyclewashington.org
• Take It Back network takeitbacknetwork.org
• What Do I Do With…?
  your.kingcounty.gov/solidwaste/wdldw/index.asp

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. ______________________________________________