



Project Instructions

Waste Free Day @ Home

What is a waste free day, and why is it important?

A true zero waste day is where you try to send nothing to the landfill. That means that before you go to bed at night, you look in your trash can and see that it is...EMPTY! In the world we live in, that may sound nearly impossible, but with a little effort, there are many easy changes we can make to lessen the amount of waste we accumulate through the day. This is so important because the average American sends 4.4 pounds of trash to the landfill everyday! There are other ways to add to your waste free day like turning off lights in your house, shortening your showers, and reusing items instead of buying replacements.



While we are at home all day, it is a great time to think about how we can reduce the amount of daily waste we create!

Activity

1. Print out the Waste Free Day @ Home bingo card below.
2. Read through all of the actions you might do in a waste free day.
3. Mark each box with an X if you complete the action.
4. See if you can get five in a row or even a blackout card (cover each square with an X)!
5. Answer the questions at the bottom of the bingo card.

Mason Jar Challenge (4th-6th grade)

Can you fit all of your trash from one day into a mason jar? Challenge yourself to create the least amount of trash possible for one day and store any trash you have accumulated from the day in your jar. At the end of the day, can you close the lid on your jar? What are some challenges you faced when trying to fit your day's worth of trash in a jar? Make a list of items that you use daily that will not fit in the mason jar and research waste free options for





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these items. Some examples might be: make a waste-free snack, make your own toothpaste, or use a bar of soap.

Waste Free Day @ Home Bingo Card

Put an X over everything you do at your home to make it a waste free day. See if you can get five in a row!

Turn off lights when not needed	Use a cloth napkin	Make a handmade card for someone	Make sure your plates and bowls are reusable	Hang your clothes out to dry instead of using the dryer
Use the back side of paper instead of using a new sheet of paper	Walk or bike somewhere instead of driving	Eat fruit or vegetables for a snack	Save brown paper bags and bread bags to store things in	Instead of wipes, use a washcloth with soap and water
Make a homemade snack instead of opening a package	Recycle anything that you can	Free Space- Is there anything else you can do to go waste free?	Compost your food scraps	Fix something that is broken instead of buying a new one
Take a shorter shower	Use metal utensils	Store leftover food in your refrigerator to eat later	Drink from a reusable water bottle or cup	Turn off the water faucet while you brush your teeth
Make an art project out of recycled materials	Clean out your closet and see if you can repurpose something	Use a reusable straw	Make sure to only take as much food as you will eat at each meal	Use reusable bags instead of single use plastic bags

Which three actions were the easiest for you to do?

Which three actions were the most challenging?

Choose one of the challenging actions and on the back of this paper, write or draw a plan to make it happen so that you can mark it off on your bingo card!