

**CALLING ALL HOUSEHOLDS!
WOULD YOU LIKE TO HELP ME
SLIM DOWN?**

**Ireland produces way more waste per person than
European Average!**



**By reducing, reusing, recycling and composting you can
make a HUGE difference.**

**These challenges will help show you how!
And save you some €€€€ on your shopping bills**

Challenges

Wk1: Go Investigate

Wk2: Go shop

Wk 3: Household cleaning products challenge

Wk4: Go Compost

Wk5: Review all your hard work

**NB: This challenge should be completed alongside the Kid's
section of the Green Home website which can be found at:**

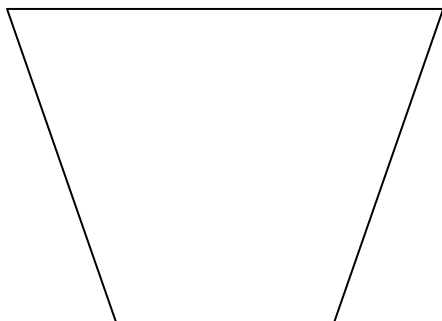
www.greenhome.ie/kids/kids_waste

School: _____

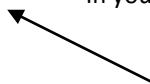
Household Name: _____

Week 1: Go Investigate

1. How much rubbish do you recycle each week?
 - a). 1 wheelie bin
 - b). 2 bags
 - c). 1 bag
 - d). other (please specify) _____
2. How much rubbish do you leave out for landfill each week?
 - a) 1 wheelie bin b) 2 bags c) 1 bag d) other (please specify)
3. What waste have you put in your black bins this week?



Write all the
Waste you put
In your bin



FILL IN THE BINS BELOW

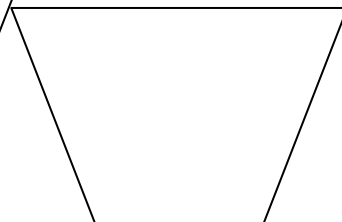
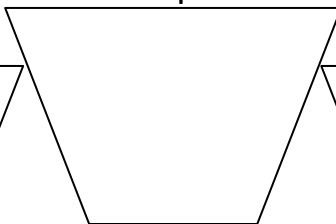
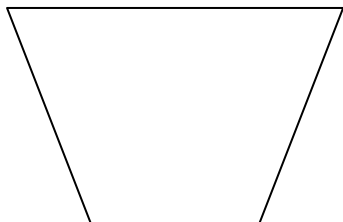
4. Could any of this waste have been put in the recycle bin or the compost bin instead?

Or Reuse: e.g. for storage or art projects?

Recycling

Compost

Reuse





Week 2: Love the food hate the waste



Let's go shopping! Choose the products that have the **LEAST** amount of packaging.

Fact: Packaging is needed to keep food fresh & healthy.
BUT there is a lot of excess packaging! Plastic waste can take up to 1,000 years to breakdown and can be very harmful to wildlife.

A few tips before you start shopping

- Make a shopping list & stick to it
- Don't fall for special offers that are perishable
Perishable goods 'go off' quickly e.g. cheese or fruit
- Remember to bring your own bags

For next week's challenge: can you buy these items?

- | | |
|----------------|-------------------------|
| 1. Salt | 4: Bicarbonate of soda; |
| 2. Vinegar | 5: Olive Oil |
| 3. Lemons | 6: Soda Crystals |
| 4. Bicarbonate | 7: Tea tree oil. |



Task Checklist:

1. Did you make a shopping list? **Yes No**
2. Did you stick to the shopping list? **Yes No**
3. Can you list any products you avoided because of their excess packaging?

4. List the things you bought instead of the #3 above

5. Did you remember to bring your own small bags for the fruit and vegetables? **Yes No** (please circle)

6. Did you manage to reduce the amount of excess packaging from your shopping? **Yes No** (please circle)

7. Can you list the 5 other green house gases? **Yes No**





Week 3: Household cleaning products challenge

Take our One Week challenge:

Cleaning with more environmentally responsible cleaning products:

Cleaning with Vinegar

Use vinegar for clean worktops and sinks. Just wipe the vinegar on with a clean cloth and buff to shine. For more tips go to:



Cleaning with bicarbonate of soda (baking powder). Bicarbonate of soda is granular so it can be used as a scrub to clean really tough stains or dried on dirt. Mixed with vinegar, bicarb cleans the grimeiest of ovens and baked on grease. It's also an odour eliminator - sprinkle in the bottom of bins to keep them smelling fresh.



Cleaning with salt

Salt is antibacterial and another great 'scrub' item. Salt water can be used to disinfect toilet bowls or sinks. Salt will absorb grease. So sprinkling salt on any greasy spots at the bottom of the oven will make them easy to wipe away with a soapy rag.

Household cleaning with lemons

Any citrus fruits can be used as they are all acidic and fresh smelling. Lemon is one of the most popular scents for cleaning products.

Cleaning Olive Oil Furniture Restorer

3 parts olive oil to 1 part vinegar makes great furniture polish for wood.
2 parts olive oil to 1 part vinegar makes a nourishing feed and polish for leather (furniture, boots, coats etc).

Tea-tree oil

Tea Tree oil is both antiseptic and disinfectant; it effectively eliminates mould and mildew or can be diluted as a deodorizer for musty clothing.



Soda Crystals

Soda crystals (Washing Soda) are the “multi-tasking” agent of home made cleaning products and have a multitude of uses.

Did you use any of the above? **Yes** **No** (please circle)

Did you find them as good as soap and other traditional cleaning products?

Yes **No** (please circle)

Will you continue to use environmentally responsible cleaning products?

Yes **No** (please circle)

Household Hazardous Waste?

Did you know that we use hazardous waste products everyday at home for cleaning, gardening decorating and even for personal hygiene? For example bleach, paint, toilet cleaner and nail varnish remover would be classified as hazardous waste. These products must be stored and disposed of properly in order to avoid a risk to human health and the environment. For more information on the proper disposal of household hazardous waste items see the Green Home website.



Are there facilities available in your locality for the disposal of hazardous household waste e.g. batteries, electrical equipment, solvent-based paint, varnish, fluorescent lamps?

Yes **No** (please circle)

Week 4: Go Compost

If you are already composting...

What problems do you have composting at home?

How have you resolved your problem?

If you are not composting....

What factors prevent you from getting started?

How might you overcome these problems?

How do I get started?

Get a compost bin or build a compost heap

- **Where?** Compost bins are usually available from your local garden centre and generally costs €25 - €35.

Install your compost bin

Choose a convenient place in your garden for your compost bin or heap. The spot should be not too sunny, and the soil free draining.

Tips:

Join a neighbour and compost together.

Make it easy - have a separate bin in the kitchen for organic waste

Talk to people and check out the internet for solutions to problems!





Week 5: Go Investigate again!!

Congratulations! It's now time to reflect on all your hard work and to see how much you have slimmed your bin.



1. How much rubbish do you leave out to be **recycled** this week?

- a). 1 wheelie bin
- b). 2 bags
- c). 1 bag
- d). Other. Please specify: _____

2. How much rubbish do you leave out for **landfill** this week?

- a). 1 wheelie bin
- b). 2 bags
- c). 1 bag
- d). Other. Please specify: _____

3. Has your bin slimmed? **Yes** **No** (please circle)

	Week 1	Week 5	Any difference?
Rubbish to landfill			
Rubbish to recycling			

4. Are you or any of your family buying products with less packaging? **Yes** **No** (please circle)

5. Are you or any of your family buying products with less packaging? **Yes** **No** (please circle)

Thanks for all your hard work!

