

Why and How to do a Trash audit at home



TRASH AUDIT

The Process

Did you Know?

(Source: How Much Waste Does the U.S. Produce? | Dumpsters.com)

The average American consumer produces **about 4.6 pounds of trash each day, while a family creates about 18 pounds** = about 125 pounds per week = the weight of a female black bear

Every year, U.S. landfills are filled with 139.6 million tons of waste, including:

30.63 million tons of **food**.

26.82 million tons of **plastic**.

18.35 million tons of **paper and paperboard**.

Wouldn't it be interesting to understand what we put in our trash cans? What are those 4.6 pounds that are thrown away per day per person? Where do those go?

Why?

By conducting a trash audit at home you will:

- Learn about your buying habits
- Know how many bags of trash you are sending to the landfill
- Learn and educate your family and friends
- Know where to start to "green" your lifestyle at your own pace.

How?

Do a trash audit in 5 steps:

1. Get your family on board and determine why you want to do that audit
2. Pick a room to start with - Usually the kitchen
3. Write down everything you are throwing away for a week, sorting out the items into 3 columns (compost, recycling, landfill)
4. Count how many trash bags you put in the garbage at the end of the week
5. Pick one action to take

Call for Action

Write down why a trash audit is important for you/your family -

Report what you have learned from this experience (how many trash bags you put on the curbside, what kind of waste you produce the most (food, packaging....))

What was the most challenging part and how did you face it?

What did you learn about yourself?

What will be your next step?

Congratulations!