

POWERFUL CHOICES

WASTE PREVENTION AND RECYCLING AT HOME – ACTIVITY GUIDE



TAKE A QUIZ!



DISCOVER
YOUR SUPER POWER!



SORT LIKE A PRO!



TAKE ACTION
AND SAVE THE PLANET!

Talk with your family and brainstorm ways to generate less waste at home. Rethink the ways you re-use, reduce, recycle and compost at home!

Did you know that **75% of the garbage** that goes to the Cedar Hills Landfill is recyclable or reusable?

CONSERVATION CHALLENGE QUIZ

Test Your Knowledge with a quick round of **FACT OR FICTION**.

1

FACT OR FICTION:

Plastic bottles from products used in the kitchen and laundry room are recyclable.

2

FACT OR FICTION:

Americans waste about 25% of all food and drinks we buy, to the tune of \$130 every single month.

3

FACT OR FICTION:

Each day, people in the U.S. throw away more than 60 million plastic water bottles.

4

FACT OR FICTION:

Plastic wrap and plastic shopping bags can be put in the recycling bin.

Did you know that Bellevue is referred to as a "city in a park" with over **100 parks and 2000 acres of wetlands**, open forests, and fish and wildlife habitats?

Did you know that the average King County resident throws away almost **900 pounds of garbage** a year?

Answer Key

1. **FACT:** It's true, and for every six plastic bottles people throw away, only one is recycled-the rest end up in landfills. **TIP:** Remember to remove all pumps and nozzles and place them in the garbage first.
2. **FACT:** The average family of four in the U.S. spends \$1,200 each year on food that is not eaten. **TIP:** Do a food waste "audit" for a week: Post a list on the fridge and write down any food that's thrown away. Then talk about the list together and come up with ideas of ways to waste less.
3. **FACT:** It's true, and for every six plastic bottles people throw away, only one is recycled-the rest end up in landfills. **TIP:** Purchase a reusable water bottle made out of aluminum or hard sided plastic.
4. **FICTION:** Plastic wrap, like the kind used for packaging paper towels and toilet paper, plastic film, and plastic bags are **NOT** accepted in recycling bins. **TIP:** Plastic wrap, film and bags are accepted for recycling at many local retailers.

Rethink

Reduce

Reuse

Recycle and compost

Landfill



WHERE DOES IT GO? Sorting Activity

Draw a line from each item to the bin where it belongs. Check your local recycling guide for more information.



Answer Key (a, c, h); Compost (e, f, g, i, j); Reuse/Donate (k); Recycle (b, d); Garbage (l)

CONSERVATION SUPERPOWER CHECKLIST CHALLENGE!

Celebrate your at-home Conservation Superpowers by checking off each of the following. Then check out your Superpower Score! Share your actions with family members and encourage them to join your team.

- Use reusable shopping bags.
- Pack a waste-free lunch. Use reusable containers for food and a thermos or reusable bottle for drinks. Pack it all in a reusable bag or lunch box.
- Flatten cardboard boxes so that you can fit more recyclables into your bin.
- Use compost/yard waste bin, instead of putting food scraps into the garbage can.
- Use washable cloth napkins instead of disposable paper towels.
- Place recycling bin in easy to use spot.
- Don't flush tissue paper, paper towels or wipes. Paper towels can be composted. Used tissues and wipes belong in the garbage.
- Use your paper on both sides before you recycle it.



SUPER POWER SCORE

1-3- Your super powers are emerging! Can you add two more actions to increase your score?

4-6- Great work- you're on your way! Think you can add ONE more action to increase your super powers?

7-8- Congratulations Earth Hero! Keep saving the planet every day!

PLEDGE

Choose three action steps your family is going to take together, and write them here. Use ideas from this guide or come up with your own ideas!

- 1 _____
- 2 _____
- 3 _____



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-6932 (voice) or email recycle@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

If you have any questions regarding the ADA statement above or need help please reach out to ADA Coordinator Blayne Amson, bamson@bellevuewa.gov or 425-452-6168.