

GEOGRAPHY : How to do your Waste Diary

In the first column

Put the main things you throw into the rubbish in your house (eg. packaging, milk carton, food) that day. Just put 2 OR 3 things a day, don't go crazy.

In the second column

Put what material it is (eg. cardboard, plastic).

In the third column

Put which "R" you think you could do, to make the waste less: **Reduce** (use less, buy less), **Reuse** (use it again) or **Recycle**.

Do this for 3 days, then stop feeling guilty!

If you lose it use this one below:

My Waste Diary	ITEM OF WASTE	COMPONENT	HOW TO DECREASE WASTE
Day 1			
Day2			
Day3			