

Age

TRACKING HOW MUCH WASTE YOU USE AT HOME

We create waste from our food packaging, cleaning products, shampoo and conditioner bottles, the list is endless. To truly appreciate how much waste that we produce, try and keep a log of everything that is thrown away or recycled at your home over the next week. If there is anyway this waste could have been avoided, note this down in the final column.

ITEM	MATERIAL	RECYCLED OR BINNED?	COULD THIS BE AVOIDED?

Name	Date	Age
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Date	Age
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