

# ZERO WASTE CHALLENGE GUIDE



**PILOT  
PROJECT**

COMPOSTING  
GREEN SHOPPING  
H2O CONSERVATION  
RECYCLING



Regional District of  
**Kitimat-Stikine**



**Congratulations!**


**Your home is  
1 of only 200  
to be chosen  
for this pilot  
project.**

## **Zero Waste is much more than just Recycling!**

A Zero Waste approach emphasizes continuous improvement. The ultimate goal is to create a closed loop system for all materials produced or used by our economy and lifestyle. Zero Waste demands designing for the environment at the manufacturing level to make sure all products can be recycled back into the economy and into nature.

### **Quick Facts**

- Over 50% of Regional Districts in BC have adopted a Zero Waste target;
- Roughly 50% of the waste stream is organic material; the other 50% is product waste - through composting programs, green shopping and recycling we can actually achieve near zero garbage (10 to 20 years is the accepted time period).

THE FOUR KEY COMPONENTS OF THE CHALLENGE:	COMPOSTING	WATER CONSERVATION	GREEN SHOPPING	RECYCLING
	Here you will find tips on how to choose and maintain your backyard compost unit.	In this section you see how easy it is to reduce your water consumption.	Simple choices when shopping can reduce the waste that ends up in our landfills.	Curbside recycling and EPR recycling will be clarified here.

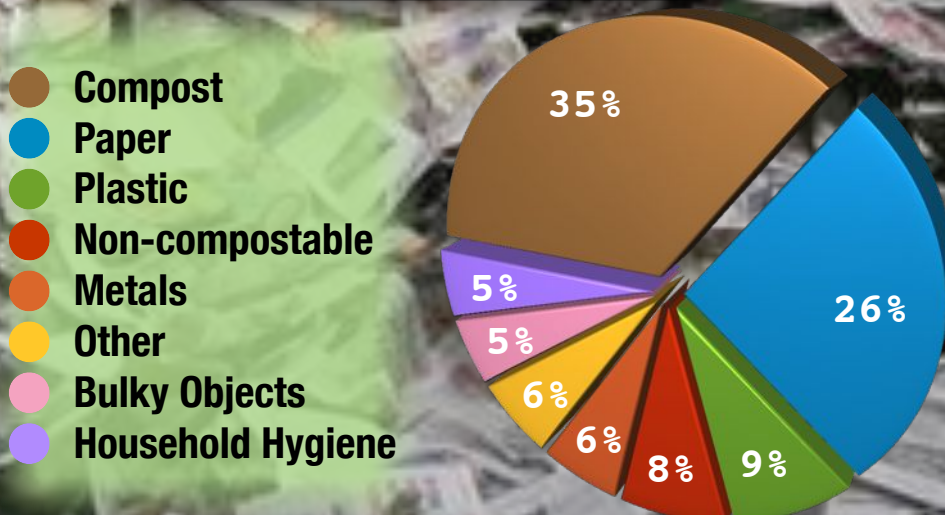


# Here's the Challenge!

## How close can your household come to ZERO Waste?

- Can your family reduce the food waste it sends to the landfill to ZERO?
- Is your household able to reduce wasted water to ZERO?
- Can you reduce the product packaging you bring into your home to ZERO?
- Can your household reduce the recyclables sent to the landfill to ZERO?

Here is what the Regional District of Kitimat-Stikine found was going into our Landfills.



PLEASE FILL OUT THE CHALLENGE CHECKLIST AND MEASUREMENT PAGES AT THE END OF THE GUIDE.

THESE PAGES WILL GIVE YOU A SENSE OF HOW YOUR HOUSEHOLD IS DOING IN ITS GOAL OF REACHING ZERO WASTE.

It's Easy!

# GO WASTE COMPOSTING



Zero Waste is about continuous improvement. As you become more comfortable with your composting you will notice a significant decrease in the food scraps heading to the garbage.

## Quick Facts

Over 30% of all household waste in Kitimat-Stikine is organic (i.e. food waste and yard trimmings).

On average, residents spend 22 minutes a week, or just over 3 minutes a day in composting activities.

Diverting organics from landfills helps to reduce the production of methane gas at landfills.



#1



#2



#3



## COMPOST

Composting is useful for backyard gardeners, and for those looking to divert compostable materials from the landfill, which can reduce their landfill waste by more than one third.

### Choosing the Right System

**Option 1:** Home made Unit - Customizable and flexible. Best for yard waste as well as kitchen waste. Affordable.

**Option 2:** Commercial Unit - A variety of shapes and sizes. Suitable for food scrap composting and a small amount of yard waste. Well suited to colder climates as black plastic attracts and traps heat. Easy to set up and maintain.

**Option 3:** Vermicomposting (Worms)- Well suited for families constrained by limited yard space or apartments. Easier to maintain in the winter months. Requires more commitment than back yard composting.

Compost improves the quality of garden soil.





# COMPOST

When making your compost, you should use equal amounts of brown and green materials. Alternate between adding browns and greens.

## Green Materials (nitrogen-rich)

Kitchen Scraps	Vegetable peelings and rotten fruit.
Plant Trimmings from your garden	Leaves, old flowers, end of season greenery.
Grass Clippings/ Fresh	Best used as mulch on your lawn, not from lawns treated with pesticides.
Pet Manure	Use only from grass eaters such as rabbits, guinea pigs, sheep, horses and cows.
Large leafy weeds	Not once in seed and only when still green. Avoid invasive weeds like morning glory.
Rhubarb leaves	Safe for composting. Note: contain a natural chemical making leaves poisonous to eat in large amounts.
Vegetables and fruit	Cut into thumb size pieces for faster composting.

## Brown Materials (carbon-rich)

Leaves	Save leaves from the fall in a dry bin.
Newsprints	Shred.
Cardboard	Cut some into small pieces to compost. Recycle larger pieces.
Corn cobs, corn stalks	Break or chop into pieces.
Brown paper bags	Shred.
Grass clippings (Dry)	Good.
Straw	Excellent carbon source. Can be used in place of leaves.
Paper towels and napkins	Good.



# COMPOST

A backyard compost bin can take from 6-12 months to compost completely. Your compost is finished when:

- Material is dark and crumbly,
- There is little sign of food scraps,
- Has an earthy smell.

## Compost Problems?

Most common problems will be solved by adding brown materials, which will balance moisture, eliminate odour, and discourage flies.

SYMPTOM	DIAGNOSIS	TREATMENT
Bin has bad odour.	Not enough air; pile is too wet.	Turn pile. Add coarse dry material such as straw.
Pile is dry throughout.	Not enough water. Too much woody material.	Turn and moisten. Add fresh waste. Cover pile to reduce evaporation.
Compost is damp and warm only in the middle.	Not enough material in the bin.	Collect more material and mix.
Material is damp and sweet-smelling, but not heating up.	Lack of nitrogens.	Mix in a nitrogen rich (green) material such as fresh grass clippings or manure.
Pests around bin (dogs, rodents, insects).	Improper food trimmings added or materials not covered well enough.	Do not add meat, fats, bones, or animal waste. Use a rodent resistant compost bin.
Flies at compost bin.	Food scraps not covered. Not enough brown material.	Put fruit and veggie scraps in centre of bin. Cover with soil or brown material.
Fruit flies in kitchen.	Food scraps are attracting fruit flies.	Keep collection pail sealed or in the refrigerator or freezer.

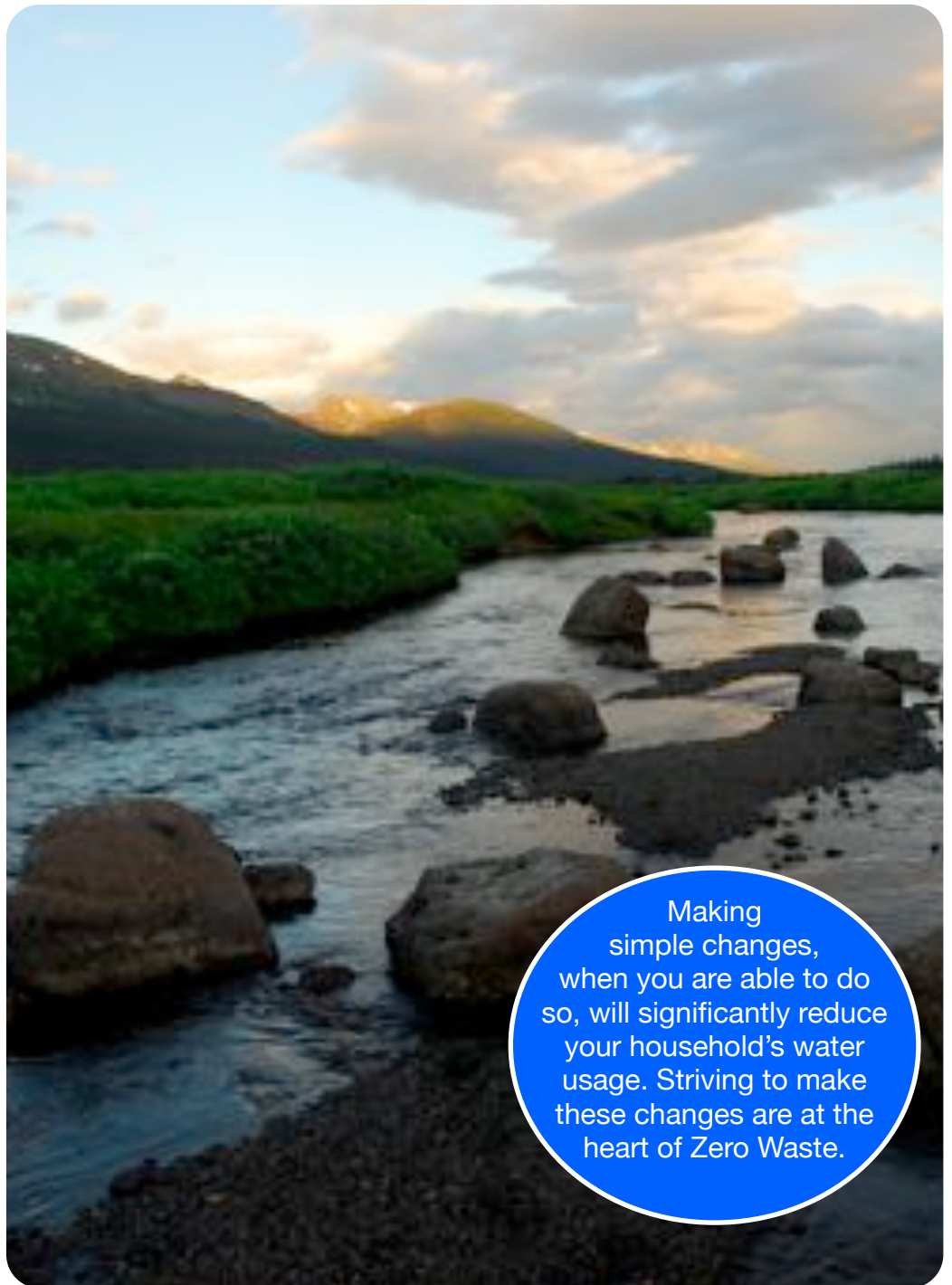
## Unacceptable materials

Grease, cooked food including rice, pasta, oils	Attracts rodents and pests. Composts very slowly. Can cause odour problems.
Fish, meat, bones	Attracts animals and can cause odour problems.
Dog or cat feces	Meat eating animals can carry disease.
Kitty litter	May contain chemicals and disease organisms.
Barbeque ash, coal	Contains chemicals.



## Be Water Wise

# H2O GOES AROUND



Making simple changes, when you are able to do so, will significantly reduce your household's water usage. Striving to make these changes are at the heart of Zero Waste.

### Quick Facts

Garden watering is the biggest water use in the average home. An average garden hose uses up to 20 litres per minute.

Conserving water reduces our need for treated drinking water and wastewater treatment, as well as water infrastructure.

The amount of water on Earth never changes but moves around and changes form.



# HOUSEHOLD WATER CONSERVATION STRATEGIES

## 1. Check faucets and pipes for leaks

A small drip from a worn faucet washer can waste 75 litres of water per day. Leaks can be repaired using simple tools and locally available parts.

## 2. Don't use the toilet as an ashtray or wastebasket

Every time you flush a cigarette butt, facial tissue or other small bit of trash, 20 litres of water is wasted.

## 3. Check your toilets for leaks

Put a little food colouring in your toilet tank. If, without flushing, the colour begins to appear in the bowl within 30 minutes, you have a leak that should be repaired immediately. Most replacement parts are inexpensive and easy to install.

## 4. Install water-saving shower heads and low-flow faucet aerators

Inexpensive low flow shower heads, or restrictors, are easy for the homeowner to install. Also, all household faucets should be fit with aerators. This single best home water conservation method is also the cheapest!

## 5. Put plastic bottles or float booster in your toilet tank

Put an inch or two of sand or pebbles inside each of two plastic bottles to weigh them down. Fill the bottles with water, screw the lids on, and put them in your toilet tank, safely away from the operating mechanisms. This may save 35 litres of water per day. For new installations, consider buying "low flush" toilets.

Continuous improvement can mean taking a long, hot shower every other day, or once per week, rather than every day.



## CONSERVE WATER

Lawn sprinkling in Terrace is permitted:

ODD numbered houses -  
on ODD days of the  
month

EVEN numbered houses -  
on EVEN days of the  
month

- Hand sprinkling of flowers and shrubs with a controlled nozzle is allowed at any time.

# HOUSEHOLD WATER CONSERVATION STRATEGIES

## **6. Insulate your water pipes.**

It's easy and inexpensive to insulate pipes with pre-slit foam pipe insulation. You'll get hot water faster plus avoid wasting water while it heats up.

## **7. Take shorter showers.**

One way to cut down on water use is to turn off the shower after soaping up, then turn it back on to rinse. A four-minute shower uses approximately 75 to 150 litres of water.

## **8. Turn off the water after you wet your toothbrush**

There is no need to keep the water running while brushing your teeth. Just wet your brush and fill a glass for mouth rinsing.

## **9. Rinse your razor in the sink**

Fill the sink with a few inches of warm water. This will rinse your razor just as well as running water, with far less waste of water.

## **10. Use your dishwasher and clothes washer for only full loads**

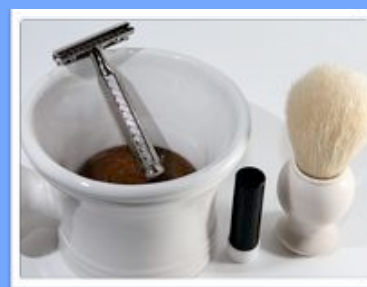
Automatic dishwashers and clothes washers should be fully loaded for optimum water conservation. Most makers of dishwashing soap recommend not pre-rinsing dishes which is a big water savings. With clothes washers, avoid the permanent press cycle, which uses an added 20 litres for the extra rinse. For partial loads, adjust water levels to match the size of the load. Replace old clothes washers. New Energy Star rated washers use 35 - 50% less water and 50% less energy per load. If you're in the market for a new clothes washer, consider buying a water-saving frontload washer.

## **11. When washing dishes by hand, don't leave the water running for rinsing**

If you have a double-basin, fill one with soapy water and one with rinse water.

## **12. Don't let the faucet run while you clean vegetables**

Just rinse them in a stoppered sink or a pan of clean water.



## CONSERVE WATER

Overloading municipal sewer systems can cause untreated sewage to flow to lakes and rivers. The smaller the amount of water flowing through these systems, the lower the likelihood of pollution.

# YARD WATER CONSERVATION STRATEGIES

## 1. Plant drought-resistant lawns, shrubs and plants

If you are planting a new lawn, or over seeding an existing lawn, use drought-resistant grasses.

Many beautiful shrubs and plants thrive with far less watering than other species. Replace herbaceous perennial borders with native plants. Native plants will use less water and be more resistant to local plant diseases.

Plant slopes with plants that will retain water and help reduce runoff.

Group plants according to their watering needs.

## 2. Put a layer of mulch around trees and plants

Mulch will slow evaporation of moisture while discouraging weed growth. Adding 5-10 cm of organic material such as compost or bark mulch will increase the ability of the soil to retain moisture. Press the mulch down around the dripline of each plant to form a slight depression which will prevent or minimize water runoff.

## 3. Don't water the pavement

Position your sprinklers so water lands on the lawn or garden, not on paved areas. Also, avoid watering on windy days.

## 4. Water your lawn only when it needs it

A good way to see if your lawn needs watering is to step on the grass. If it springs back up when you move, it doesn't need water. If it stays flat, the lawn is ready for watering. Letting the grass grow taller will also promote water retention in the soil. Most lawns only need about 3 cm of water each week. During dry spells, you can stop watering altogether and the lawn will go brown and dormant. Once cooler weather arrives, the morning dew and rainfall will bring the lawn back to its usual vigor. This may result in a brown summer lawn, but it saves a lot of water.

## 5. Deep-soak your lawn

When watering the lawn, do it long enough for the moisture to soak down to the roots where it will do the most good.



# CONSERVE WATER

Water conservation comes naturally when everyone in the family is aware of its importance, and parents take the time to teach children some simple water saving methods.



# YARD WATER CONSERVATION STRATEGIES

## **6. Water during the early parts of the day; avoid watering when it's windy**

Keep in mind municipal watering restrictions. Early morning is generally better than dusk since it helps prevent the growth of fungus. Early watering, and late watering, also reduce water loss to evaporation. Watering early in the day is also the best defense against slugs and other garden pests. Try not to water when it's windy - wind can blow sprinklers off target and speed evaporation.

## **7. Add organic matter and use efficient watering systems for shrubs, flower beds and lawns**

Adding organic material to your soil will help increase its absorption and water retention. Areas which are already planted can be 'top dressed' with compost or organic matter.

You can greatly reduce the amount of water used for shrubs, beds and lawns by:

- the strategic placement of soaker hoses
- installing a rain barrel catchment system

Avoid over-watering plants and shrubs, as this can actually diminish plant health and cause yellowing of the leaves.

When hand watering, use a variable spray nozzle for targeted watering.

## **8. Don't run the hose while washing your car**

Clean the car using a pail of soapy water. Use the hose only for rinsing - this simple practice can save as much as 150 gallons when washing a car. Use a spray nozzle when rinsing for more efficient use of water. Better yet, use a waterless car washing system.

## **9. Use a broom, not a hose, to clean driveways and sidewalks**

## **10. Check for leaks in pipes, hoses, faucets and couplings**

Leaks outside the house may not seem as bad since they're not as visible. But they can be just as wasteful as leaks indoors.

Check frequently to keep them drip-free. Use hose washers at spigots and hose connections to eliminate leaks.



# CONSERVE WATER

The global demand for water is enormous – and growing. North Americans consume far more per person than anyone else – about 10 times the global average!

Waste not  
want not

# CONSUMPTION IS THE PROBLEM



Continuous improvement can mean increasing, one item at a time, the number of local products you purchase.

## Quick Facts

Plastics account for 8% of the weight of waste found in landfills, yet account for 20% of the volume.

Half of the waste going to our landfills is packaging.

Ft. McMurray was the 1st city in Canada to ban single use plastic shopping bags.

# GROCERY SHOPPING

## #1: Bring your own bags

Buying reusable bags or bins eliminates the need for plastic. Always forget your bags at home? Try string or mesh carryalls instead of store-brand canvas or reusable bags. They roll up small enough to fit in a coat pocket or the bottom of your purse, so you'll never be without a bag.

## #2: Buy local and in season

On average, the food we eat in North America has traveled about 2,400 kilometres before it gets to our plates. Learn your local growing seasons, get out those jars and make room in the freezer to preserve local produce for the rest of the year. Watch signs and labels for country of origin and keep in mind that "Canadian-made" doesn't necessarily mean local: not only is Canada huge, but some Canadian companies import raw goods and process them into new products.

## #3: Avoid packaging when possible

If you think about what's filling your garbage can every week, you'll notice a recurring theme: packaging, packaging, packaging. Much like plastic bags, food packaging clogs our landfills, so seek out products with as little wrap as possible, like blocks of cheese instead of individually wrapped slices, large jugs of juice you can pour into your own containers instead of juice boxes, and yogurt tubs or pudding mixes you can separate into individual servings at home.



# GREEN SHOPPING

Canadians use about 10 billion plastic bags every year, each of which takes hundreds of years to decompose once it reaches a landfill.



# HOLIDAY SHOPPING

## Gift Ideas

**#1:** Avoid gifts that will be thrown away, use excessive packaging, or are made from environmentally sensitive materials, particularly tropical wood such as mahogany, teak, or rosewood.

**#2:** Buy gifts made from recycled materials or use natural materials such as unbleached cotton or beeswax.

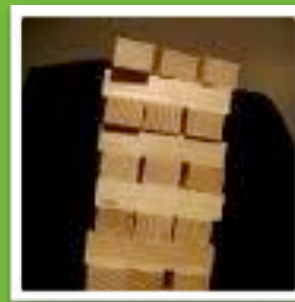
**#3:** Choose durable, energy-efficient gifts that use wind-up power or use rechargeable batteries. Give energy-saving products such as florescent light bulbs or low-flow shower heads.

**#4:** Give recycled gifts such as antiques, family heirlooms, or personal items.

**#5:** Give non-material gifts such as tickets to an event, dance lessons, spa visit, or membership to a museum or gym. Offer your time for babysitting, dog walking, or car washing.

**#6:** Make edible gifts such as breads, cookies, dried fruits, or nuts. Package them in reusable tins, baskets, jars, or decorative bags or boxes. Sew, knit, or paint a homemade gift. Tape a personal message for family and friends.

**#7:** For kids, consider giving an environmental excursion, such as whale-watching or camping trip or make a gift to charity in a loved one's name.



## GREEN SHOPPING

Vague statements such as “environmentally friendly” or “green” imply environmental benefits that may not be factual. When you shop look for absolute claims that can be substantiated.

# HOLIDAY SHOPPING

## Gift Wrapping

**#1:** To wrap your gifts, buy recycled wrapping paper or add a personal touch by using old maps, sheet music, newspaper comics, or colorful ads from old magazines.

**#2:** Use useful items for wrapping such as scarves, dish towels, or handkerchiefs.

**#3:** Use popcorn or newspaper for packing and reuse your packing materials. You can also reuse boxes, baskets, bags, and tins. Old cards can be recycled into gift tags. Send e-mail holiday greeting cards.

## Decorating

**#1:** Buy a living Christmas tree and plant it outside in the spring.

**#2:** When decorating the tree, minimize the size and amount of electric lights to save energy. Use decorations like strings of popcorn or dried cranberries, which can be fed to birds after the holidays.

**#3:** Timers are a simple and safe way to turn lights off. Use energy efficient lighting. LED light strings use one-tenth the energy of incandescent lights. New “icicle-style” lights use more lights per linear foot than regular light strands and use more energy.



# GREEN SHOPPING

If everyone on the planet lived as we in Canada do, two additional Earths would be required to provide the resources and to absorb wastes.

# CLEANING PRODUCTS

Of the approximately 17,000 different chemicals used in household cleaning products, less than a third have been tested for their impact on human health and the environment.

## your natural cleaning kit

All these ingredients can be bought inexpensively from your local supermarket.



Our generation has learned to associate the smell of bleach or other chemical ingredients with being clean. Unfortunately, these chemical cleaners also release toxic compounds that can actually create health risks for you, your children, and your pets. Even after being used, typical chemical cleaners can leave unhealthy residues around your house on the surfaces you've cleaned.



## GREEN SHOPPING

The average home has 63 different chemical products, which adds up to about 35 litres of toxic chemicals under your sink and in your garage.



# CLEANING PRODUCTS

**Save money, avoid over-packaging and keep harsh chemicals out of your home by using the following simple products.**

## **Green all-purpose cleaner**

- Mix vinegar and salt for a good surface cleaner.
- Pour some baking soda and vinegar on a damp cloth. It will clean and deodorize all kitchen and bathroom surfaces.

## **Natural deodorizer**

- Place partially filled saucers of vinegar around the room.
- Boil 1 tablespoon of vinegar in 1 cup of water to eliminate unpleasant cooking odours.
- Baking soda is excellent for absorbing odours.

## **Laundry starch**

- Dissolve 1 tablespoon of cornstarch in 2 cups of cold water. Place in a spray bottle. Shake well before using. Make sure to label this so you don't use it for cleaning.

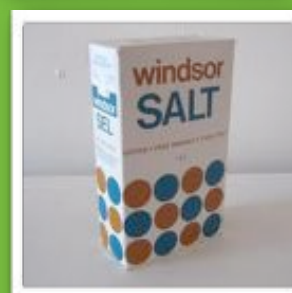
## **Greener oven cleaner**

- While the oven is still warm, pour some salt on grimy areas. If the areas are dry, dampen with water before applying the salt. When the oven cools down, scrape the grime off and wash clean.
- Spray grimy areas with water or vinegar-water and apply a layer of baking soda. Rub gently with fine steel wool and wipe off. Rinse with water and wipe dry.

## **Glass cleaner**

- Mix equal amounts of water and vinegar in a spray bottle. Wipe the glass with newspaper for a streak-free shine.

**When thinking about Green Shopping remember the more recycled/reused/pre-owned products you purchase the better it will be for the environment.**



# GREEN SHOPPING

‘Green cleaning’ is a way to clean your home with fewer cleaning products and safer alternatives – producing less waste and reducing the need for harmful chemicals.

# Do your part



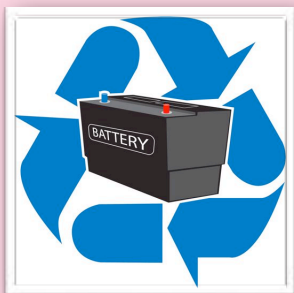
Striving for Zero Waste can mean continuously decreasing the number of recyclable products taking up space in your garbage.

## Quick Facts

Many recycled aluminum cans are back on the shelf as new cans within 6 weeks.

The use of refillable beer containers avoids the production of 150 million glass bottles a year.

Many toxic products, like anti-freeze and used motor oil have local recycling locations for drop off.



## RECYCLE

For a full list of products covered by B.C.'s Product Stewardship agreement consult the Recycling Council of B.C.'s hotline or website.  
<http://rcbc.bc.ca/>

# PRODUCT STEWARDSHIP

## EXTENDED PRODUCER RESPONSIBILITY

**In British Columbia, industry-led Product Stewardship is a government strategy to place the responsibility for end of life product management on the producer and consumers of a product and not the general taxpayer or local government.**

**15 distinct product types are covered under the B.C. agreement. Only some of the more common categories are highlighted in this guide.**



### WANT TO RECYCLE?

Call RCBC Hotline

**1-800-667-4321**

(BC Toll-Free)

**604-732-9253**

(Lower Mainland)







## RECYCLE

The Product Stewardship approach requires producers to consider redesigning products to make them less harmful and easier to recycle.

# PRODUCT STEWARDSHIP

## EXTENDED PRODUCER RESPONSIBILITY

**Here are a few of the places to recycle EPR products**

### **Used Motor Oil and Used Anti Freeze**

Canadian Tire, 5100 Highway 16, Terrace, (250) 635-7178

### **Batteries and Ink Cartridges**

Do Your Part Recycling, 3220 River Drive, Thornhill, (250) 615-7692

Spee-dee Printers, 4554 Lazelle Avenue, Terrace, (250) 635-7181

Terrace City Hall, 3215 Eby St., (250) 635-6311

### **Old Car Batteries/Lead Acid**

City of Terrace and Regional District landfills

Bold Salvage & Recycling, 2550 Queensway Dr., Terrace, (250) 635-1228

### **Paint, Old Gas, Pesticides Flammable Liquids**

Lakelse Holdings Ltd., 3098 Kofoed Drive, Terrace, (250) 638-6230

### **Beverage Containers**

Do Your Part Recycling, 3220 River Drive, Thornhill, (250) 615-7692

Terrace Return-It, 10-3110 Kalum St., Terrace, (250) 635-3779

### **Fluorescent Lights**

Regional Recycling, 251 Kaian Road, Prince Rupert, (250) 624-2455

Smithers Lumber Yard, 3528 Highway 16, Smithers, (250) 847-2246

*Terrace location coming soon*

### **Electronics**

Terrace Return-It, 10-3110 Kalum St., Terrace, (250) 635-3779



## RECYCLE

Incinerating 10,000 tonnes of waste creates one job; land filling 10,000 tonnes of waste creates six jobs; recycling 10,000 tons of waste creates 36 jobs.

## CURBSIDE RECYCLING

### TERRACE AND AREA

#### Acceptable Items:

##### Paper

Office paper  
White and coloured paper  
Newsprint  
Envelopes  
Junk mail  
Brochures  
Books  
Folders  
Labels from tin cans  
Packaging paper  
Glossy magazines/paper  
Cardboard  
Boxboard (cereal boxes)  
Wrapping paper  
Tetra boxes  
Milk cartons  
Flour bags

##### Plastic

Plastics containers 1-7 (no lids)  
Plastic film  
Plastic bags (grocery bags, frozen vegetable bags, etc. but no silver foiled bags)  
Plastic milk jugs

##### All Metal

Household tin/aluminum

**Material needs to be cleaned and flattened as much as possible. Please!**



## RECYCLE

By recycling 1 tonne of paper: you reduce water pollution by 35% and air pollution by 74%; you save the equivalent of the average power consumption of one household over a seven-month period.

# CURBSIDE RECYCLING

## CALENDAR

Please have your recycling out by 8 a.m. on collection day.

- Co-mingled means all the products are placed together in one bag.
- 3 Sort means we ask that you organize your recyclables by material. Papers in the bin, metal in a bag, and plastic in a bag.

### Bench Area - 3 sort - picked up weekly Horseshoe - Comingled - picked up weekly

October	November	December	January	February
Thursday, October 28th	Thursday November 4th	Thursday December 2nd	Thursday January 6th	Thursday February 3rd
	Thursday November 11th	Thursday December 9th	Thursday January 13th	Thursday February 10th
	Thursday November 18th	Thursday December 16th	Thursday January 20th	Thursday February 17th
	Thursday November 25th	Thursday December 23rd	Thursday January 27th	Thursday February 24th

### Terrace Southside Pick-up every 2 weeks - Co-mingled recycling

October	November	December	January	February
Friday October 29th	Friday November 12th	Friday December 10th	Friday January 7th	Friday February 4th
	Friday November 26th	Thursday December 23rd	Friday January 21st	Friday February 18th

### Thornhill Pick-up every 2 Weeks - Co-mingled recycling

November	December	January	February
Tuesday November 2nd	Tuesday December 14th	Tuesday January 11th	Tuesday February 8th
Tuesday November 16th	Tuesday December 28th	Tuesday January 25th	Tuesday February 22nd
Tuesday November 30th			



# ZERO WASTE CHALLENGE CHECKLIST

Date completed:



A zero waste approach emphasizes continuous improvement. This checklist is a guide that may help you towards your Zero Waste goals. Challenge yourself to go beyond these check boxes.

## Composting

### Complete

- Choose your system then purchase or build ☐
- Set up your kitchen collector ☐
- Create a list of acceptable materials and discuss with household ☐
- Position compost pile or system in a convenient, sunny location ☐
- Water, mix, and adding green/brown to compost as necessary ☐
- Other? ☐

## H2O conservation

- Install water saving showerheads and aerators ☐
- Check for leaky taps and repair ☐
- Reduce toilet volume by putting float booster in your toilet tank ☐
- Sweep leaves instead of using the hose ☐
- Other? ☐

## Green Shopping

- Put into place a system of reminders to ensure you remember your reusable bags ☐
- Buy BC when possible! ☐
- Look for products with less packaging, or packaging that can be recycled ☐
- Creatively replace gift wrapping with alternatives ☐
- Other? ☐

## Recycling

- Familiarize yourself with local EPR drop off locations ☐
- Set up a convenient recycling station in your home ☐
- Put your recycling calendar in a visible place ☐
- Ensure recycling is cleaned and cardboard flattened ☐
- Other? ☐

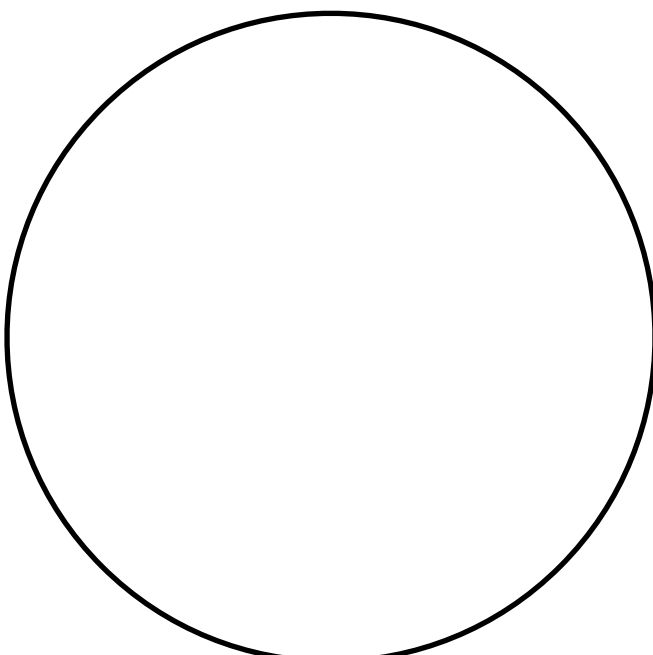
# ZERO WASTE CHALLENGE MEASURING # 1



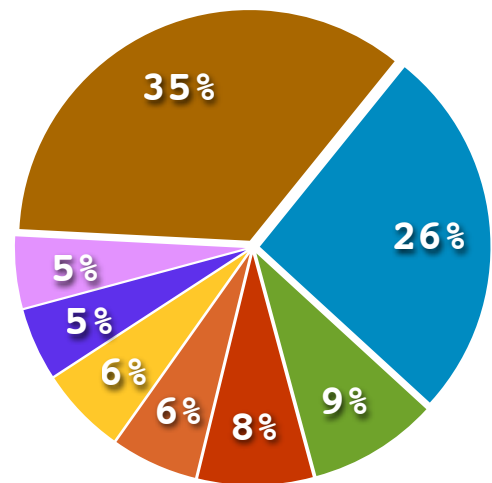
Date completed:  
Oct. 31 2010

Measured by:

Create a pie chart with your household's waste break down. Compare your chart before, during, and after the challenge to the Terrace average (on the right). Don't forget that Zero Waste is about continuous improvement. Do different family members see the levels of waste differently?



City of Terrace average waste composition



- Compost
- Paper
- Plastic
- Non-compostable
- Metals
- Other
- Bulky Objects
- Bathroom trash



Example

Colour in the various bins to indicate how much you put in each during an average week. Please do 3 measurements: before, during, and after you complete the Zero Waste Challenge. Feel free to get quantitative with your measuring - adding in units of measure or percentages.



How many local products are in your shopping bag each week?



How much unnecessary water waste goes down your drain each week?

# ZERO WASTE CHALLENGE MEASURING # 1



Date completed:  
Oct. 31 2010

Measured by:



Example

Colour in the various bins to indicate how much you put in each every week.  
Feel free to add in units of measure or percentages. Please add your own below.

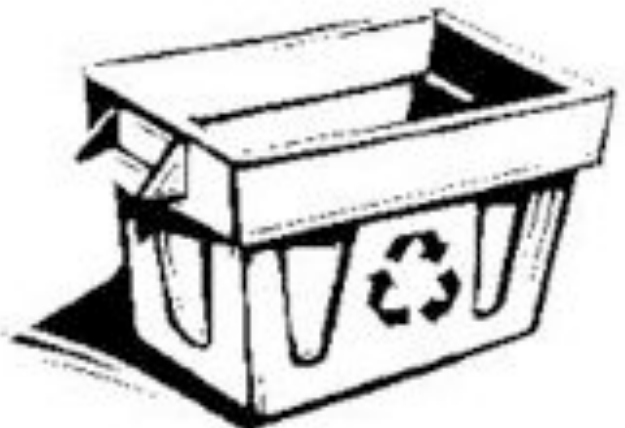


How much garbage does your household send to landfill each week?



How much compostable material goes into your compost each week?

Please use this space for your own measurements.



How full is your recycling bin each week?



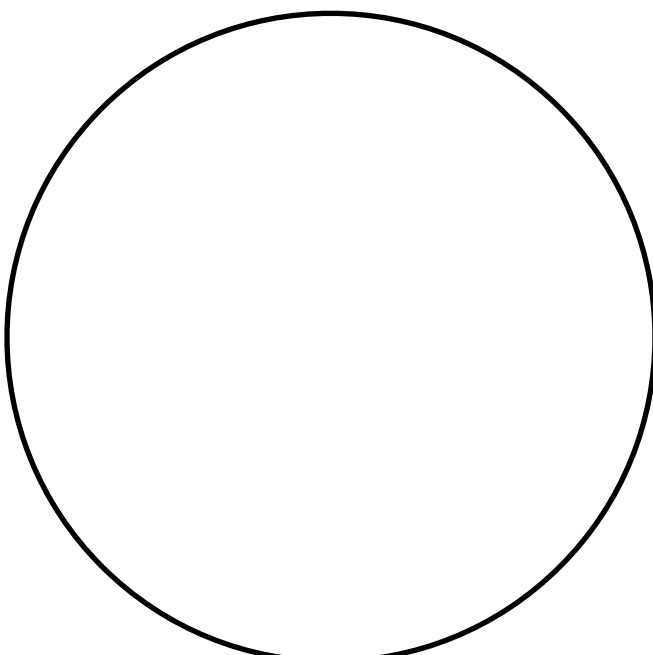
# ZERO WASTE CHALLENGE MEASURING # 2



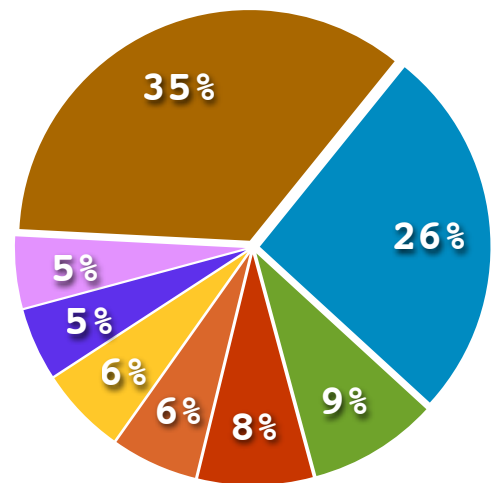
Date completed:  
Dec. 15 2010

Measured by:

Create a pie chart with your household's waste break down. Compare your chart before, during, and after the challenge to the Terrace average (on the right). Don't forget that Zero Waste is about continuous improvement. Do different family members see the levels of waste differently?



City of Terrace average waste composition



- Compost
- Paper
- Plastic
- Non-compostable
- Metals
- Other
- Bulky Objects
- Bathroom trash



Example

Colour in the various bins to indicate how much you put in each during an average week. Please do 3 measurements: before, during, and after you complete the Zero Waste Challenge. Feel free to get quantitative with your measuring - adding in units of measure or percentages.



How many local products are in your shopping bag each week?



How much unnecessary water waste goes down your drain each week?

# ZERO WASTE CHALLENGE MEASURING # 2



Date completed:  
Dec. 15 2010

Measured by:



Example

Colour in the various bins to indicate how much you put in each every week.  
Feel free to add in units of measure or percentages. Please add your own below.



How much garbage does your household send to landfill each week?



How much compostable material goes into your compost each week?



Please use this space for your own measurements.



How full is your recycling bin each week?

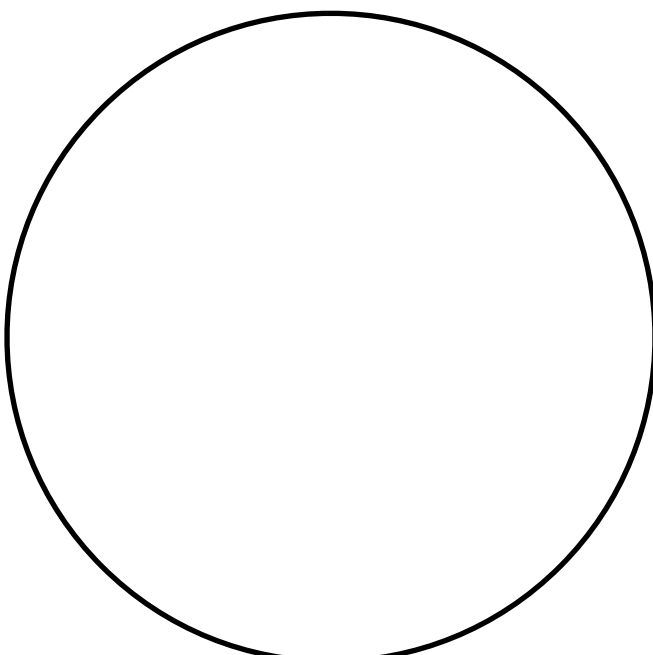
# ZERO WASTE CHALLENGE MEASURING # 3



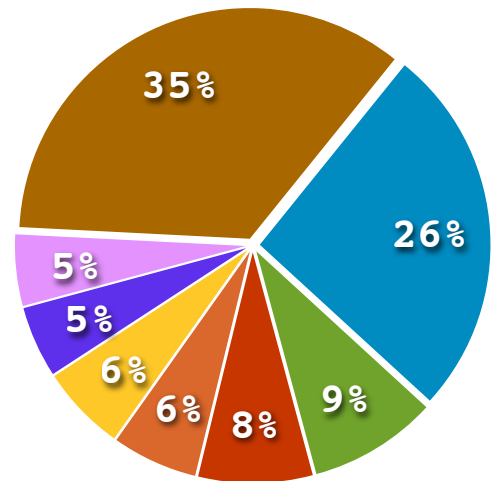
Date completed:  
Feb. 18 2010

Measured by:

Create a pie chart with your household's waste break down. Compare your chart before, during, and after the challenge to the Terrace average (on the right). Don't forget that Zero Waste is about continuous improvement. Do different family members see the levels of waste differently?



City of Terrace average waste composition



- |               |                 |
|---------------|-----------------|
| Compost       | Paper           |
| Plastic       | Non-compostable |
| Metals        | Other           |
| Bulky Objects | Bathroom trash  |



Example

Colour in the various bins to indicate how much you put in each during an average week. Please do 3 measurements: before, during, and after you complete the Zero Waste Challenge. Feel free to get quantitative with your measuring - adding in units of measure or percentages.



How many local products are in your shopping bag each week?



How much unnecessary water waste goes down your drain each week?



# ZERO WASTE CHALLENGE MEASURING # 3



Date completed:  
Feb.18 2011

Measured by:



Example

Colour in the various bins to indicate how much you put in each every week.  
Feel free to add in units of measure or percentages. Please add your own below.

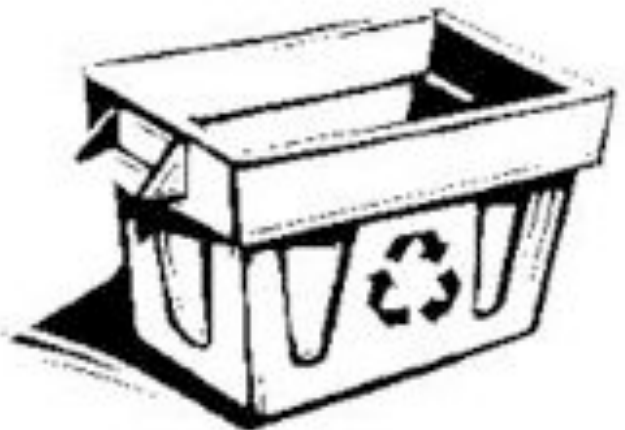


How much garbage does your household send to landfill each week?



How much compostable material goes into your compost each week?

Please use this space for your own measurements.



How full is your recycling bin each week?

# ZERO WASTE CHALLENGE RESOURCES



## Composting

*Print copies of home-made composter plans are available free of charge from the RDKS office*

- [www.rdks.bc.ca/content/natural-yard-care-and-composting](http://www.rdks.bc.ca/content/natural-yard-care-and-composting)
- [www.composting101.com](http://www.composting101.com)
- [www.davidsuzuki.org/blogs/queen-of-green/2010/10/day-2-garbage-is-such-a-strong-word](http://www.davidsuzuki.org/blogs/queen-of-green/2010/10/day-2-garbage-is-such-a-strong-word)

## H2O Conservation

- [www.riversides.org/rainguide/index.php](http://www.riversides.org/rainguide/index.php)
- [www.larainwaterharvesting.org/images/Homeowner\\_How-To\\_Guide.pdf](http://www.larainwaterharvesting.org/images/Homeowner_How-To_Guide.pdf)
- [www.rdks.bc.ca](http://www.rdks.bc.ca)

## Green Shopping

- [www.ewg.org](http://www.ewg.org)
- [www.davidsuzuki.org/what-you-can-do/green-gifting/index.php](http://www.davidsuzuki.org/what-you-can-do/green-gifting/index.php)
- [www.reuseconnection.com](http://www.reuseconnection.com)

## Recycling - Extended Producer Responsibility

- [www.doyourpart.ca](http://www.doyourpart.ca)
- [www.rcbc.bc.ca](http://www.rcbc.bc.ca)
- [www.env.gov.bc.ca/epd/recycling](http://www.env.gov.bc.ca/epd/recycling)
- [www.gov.bc.ca/env](http://www.gov.bc.ca/env)
- [www.encorp.ca/cfm/index.cfm?](http://www.encorp.ca/cfm/index.cfm?)

# ZERO WASTE CHALLENGE CONTACTS



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250 615 7692