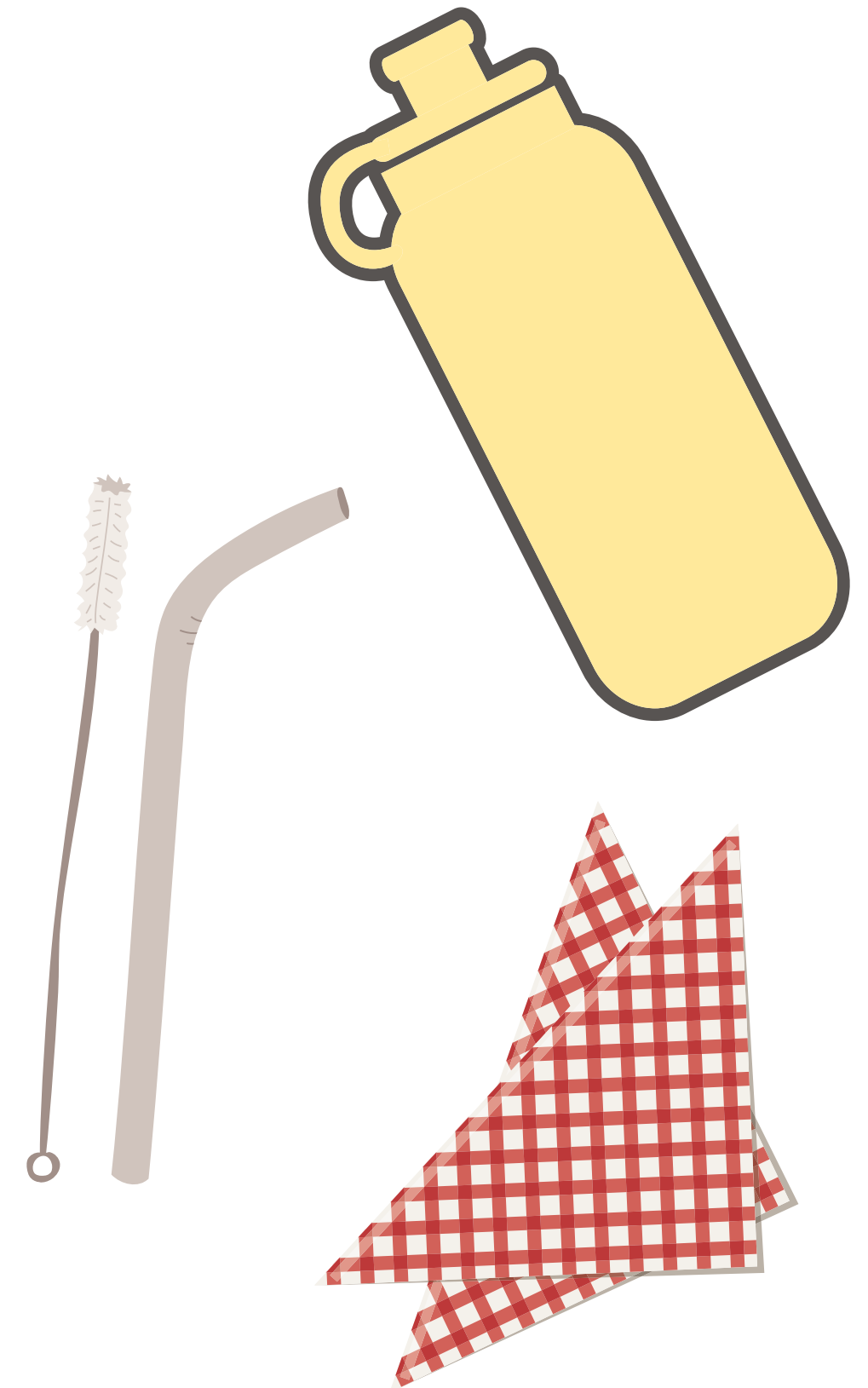
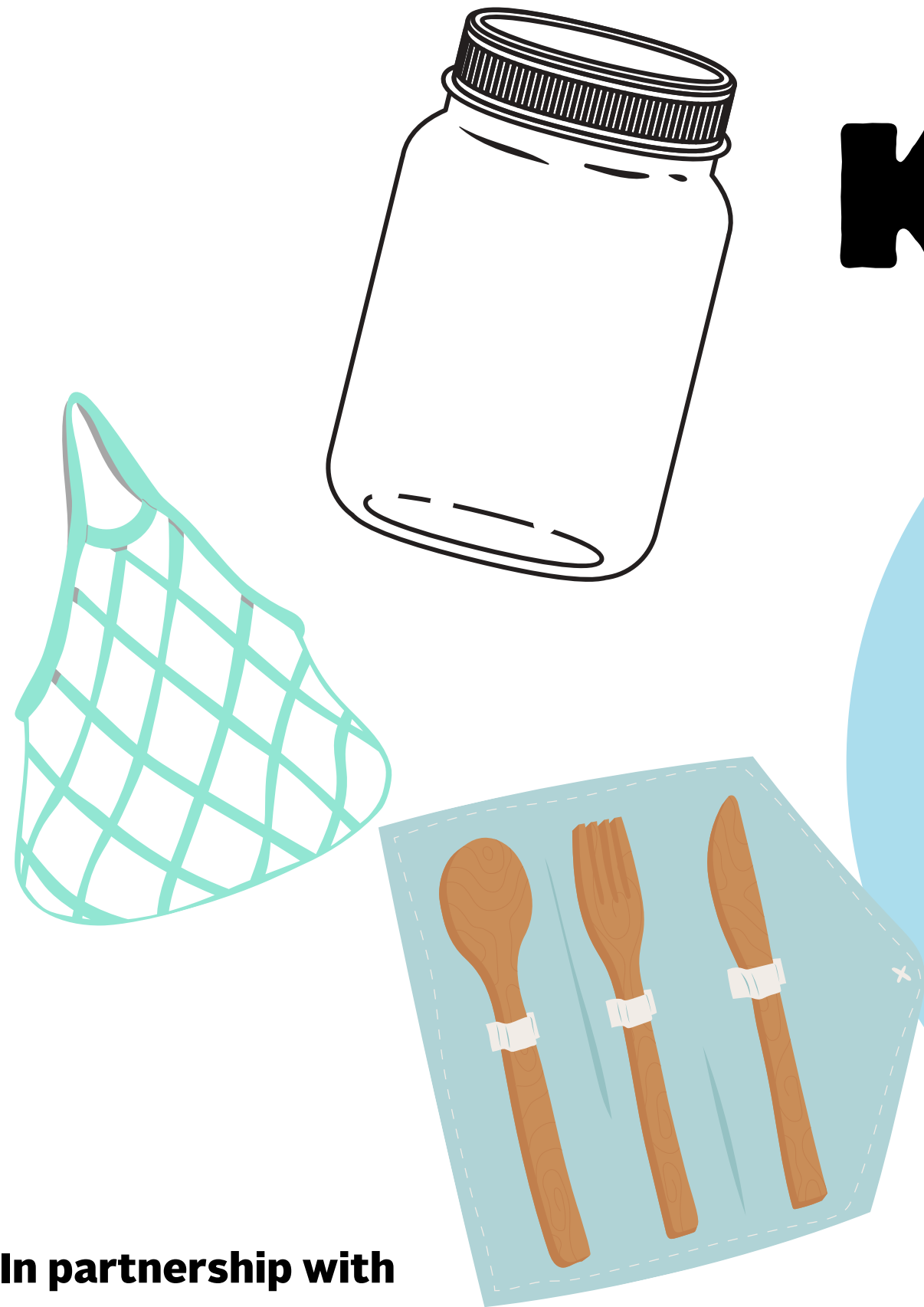


~ **VIRTUAL** ~
KIDS DAY



Burlington's
Waste-Free
Warrior
Guide



In partnership with
Waste Free Earth &
Burlington Parks, Recreation & Waterfront



THANKS FOR JOINING!

This booklet is to help you understand more about recycling, composting and how you can become a Waste-Free Warrior for yourself and for your family.

We encourage you to watch the video alongside the packet here: [Burlington's Waste-Free Warrior Guide](#)

For more information please check out our website at www.wastefree.earth



THE THREE R'S

Start practicing the levels of the 3 R's in order - Reduce, Reuse, Recycle.

Reduce your purchasing, reuse what you already have, and recycle when you need too. Most people tend to recycle first, but that should be the last step you take after reducing and reusing.

REDUCE

The amount of goods you consume on a daily basis.

REUSE

Items that you might normally toss in the trash or recycling bin & find a new use for them.

RECYCLE

The items that you can no longer use & that are recyclable in your area.



WASTE FREE EARTH
SUSTAINABLE EDUCATION

LET'S TALK ABOUT RECYCLING



Recycling is the process of taking waste and making it into new materials.



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WHAT IS RECYCLABLE?

Please head to www.cswd.net to see a full list of what is recyclable.



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SUSTAINABLE EDUCATION



PLASTIC #1 CUPS



LAUNDRY
CONTAINERS



PLASTIC MILK
JUGS



ALUMINUM &
STEEL CANS



GLASS BOTTLES



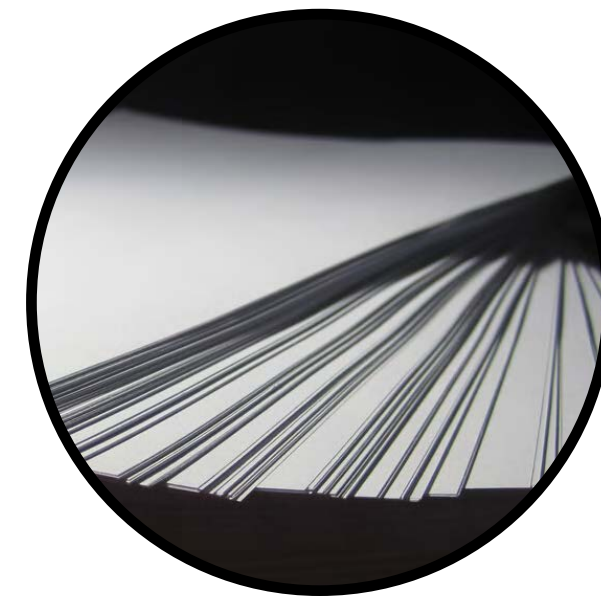
PAPERBOARD
(FLATTENED)



CARDBOARD
(FLATTENED)



BIG YOGURT
CONTAINERS



PAPER



JUNK MAIL

~ALL ITEMS MUST BE EMPTY AND CLEAN~



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WHAT IS NOT RECYCLABLE?

Please head to www.cswd.net to see a full list of what is not recyclable.



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CARTONS



PLASTIC WRAPPERS/BAGS



STYROFOAM



PLASTIC FILM/WRAP



ALUMINUM FOIL
(Unless clean/ 2ix2 in. ball)



DIRTY CONTAINERS
(Unless empty & clean)



CIGARETTES & CONTAINERS



COATED PAPER PRODUCTS



PLASTIC UTENSILS



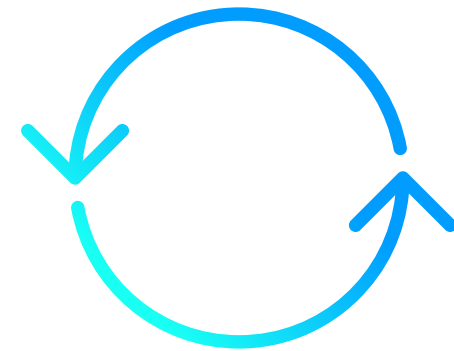
BLACK PLASTIC



WASTE FREE EARTH
SUSTAINABLE EDUCATION

WHAT IS SPECIAL RECYCLING?

Please head to www.cswd.net to see a full list of what is considered special recycling.



Products that cannot go
in your standard
recycling bin, but can still
be recycled through
certain programs and
drop-off facilities.



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SUSTAINABLE EDUCATION



PLASTIC BAGS



FOOD SCRAPS



CLOTHES + TEXTILES



SCRAP METAL



BATTERIES OF ANY KIND



E-WASTE

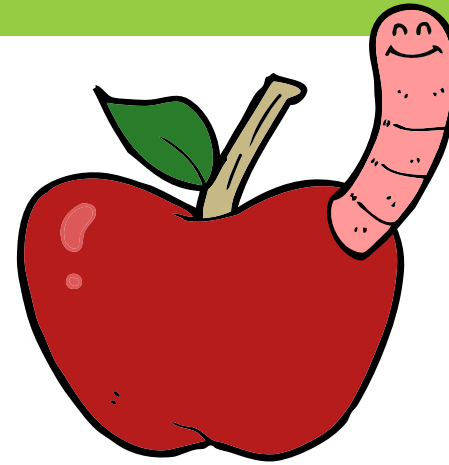
Check out www.cswd.net to find out your nearest drop-off location.



WASTE FREE EARTH
SUSTAINABLE EDUCATION

LET'S TALK ABOUT

COMPOST



A decomposing process of taking organic matter and turning it into soil to grow more plants!



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SUSTAINABLE EDUCATION



**WASTE
FREE
EARTH**

COMPOSTING

CAN BE INTRODUCED AT ANY STAGE

Worm Composting

A worm compost bin underneath the sink is a perfect way to reduce your waste and nurture your plants (limited space).

*Produce food waste only,
NO MEAT OR DAIRY

Backyard Composting

If you have the space this is the most ideal option for reducing your food waste and your carbon footprint.

*All food waste and paper products (depending on how hot your compost gets).

Tumbler Composting

You can invest in a compost tumbler or make your own.

*All food waste but no compostable products.

Drop-Off Compost Services

Research drop off locations near you. Some are free and others charge a small fee.

*Typically accepts compostable products

Compost Pick-Up Services

With composting becoming more accessible there are now numerous compost pick up businesses emerging.

*Typically accepts compostable products.

WORM COMPOSTING

- Great for families that don't have a backyard setup.
- Can be done in a cabinet or under the sink, in the basement, where-ever!
- With proper ventilation, you will barely smell a thing.



BACKYARD COMPOSTING

- Just because the method is called backyard composting, doesn't mean it has to be in the backyard.
- It can be set up on the side of your home or in the front.



TUMBLER COMPOSTING

- You can make your own or buy one.
- Perfect for setting up in the backyard, on a porch or in a garage.



DROP-OFF COMPOSTING

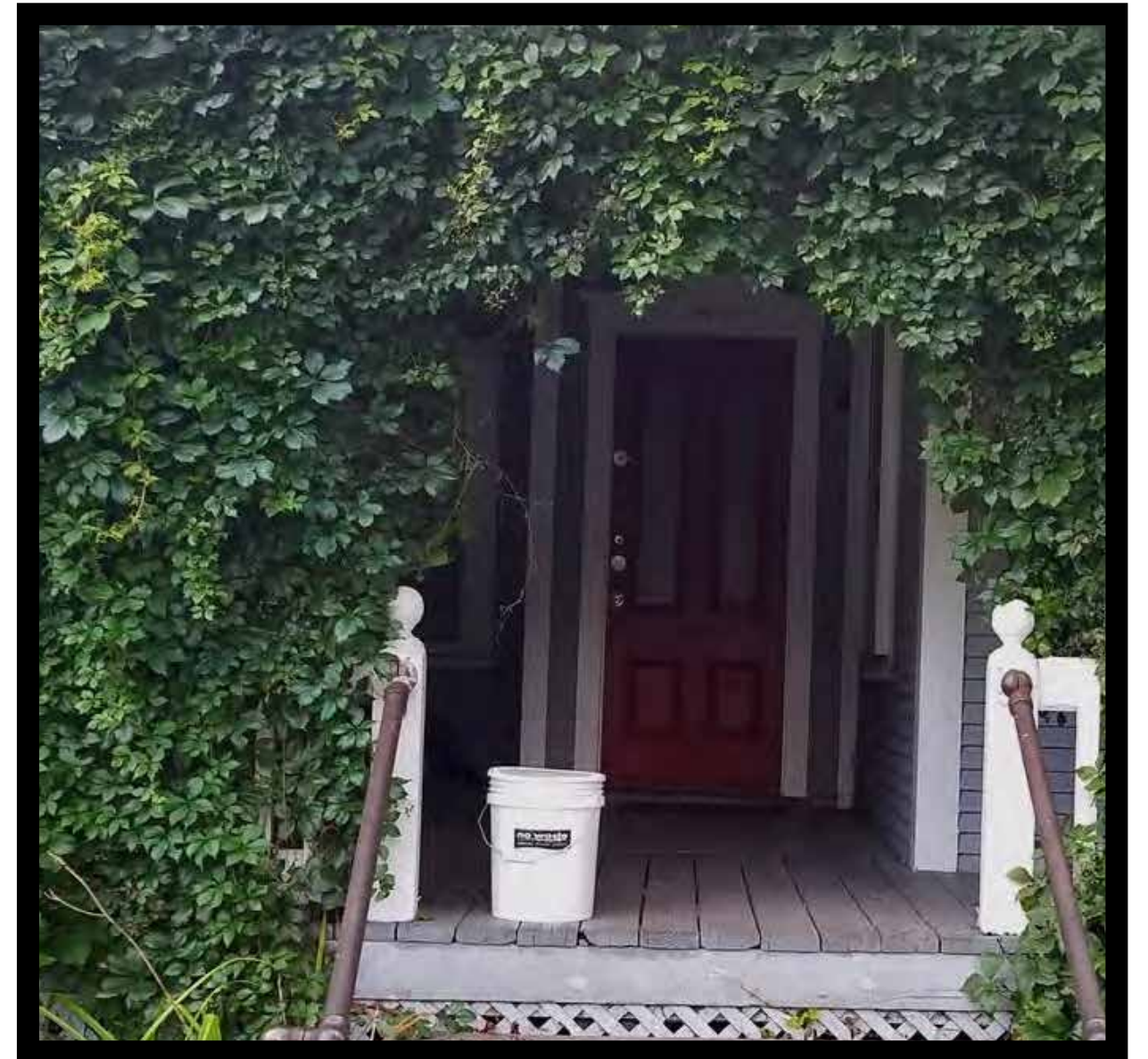
- Collect the compostable products in a 5-gallon bucket (typically) and drop it off yourself at an approved drop-off locations.
- No compost setup needed!
- Some locations are free and others are \$1.50.



FOR MORE INFORMATION
Head to www.cswd.net

PICK-UP COMPOSTING

- Collect the compostable products in a 5-gallon bucket (typically) and pay a company to pick-it up for you.
- Monthly subscriptions range from \$7 - \$15 depending on frequency of pick-ups.
- Google search 'compost pick-up services near me.'



WORM COMPOSTING

~ All items should be cut up into small pieces ~



NON-ACIDIC
FRUITS



NON-ACIDIC
VEGGIES



GRAINS
BREAD



COFFEE
GROUNDS



GRASS
CLIPPINGS



HAIR



NEWSPAPER



CARDBOARD
(NO PAPERBOARD)



CRUSHED
EGG SHELLS



PAPER PRODUCTS

**REMEMBER TO ALWAYS
TAKE OFF THE PLU STICKERS!**

BACKYARD + TUMBLER

~ Includes everything listed in worm composting plus the items listed below ~



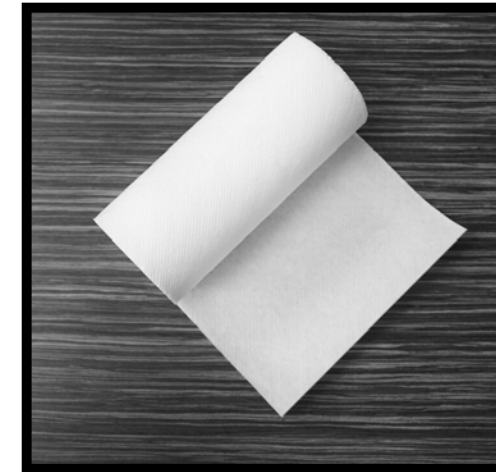
ALL FRUIT &
VEGGIES



ALL DAIRY



ALL GRAIN
PRODUCTS



UNCOATED PAPER
PRODUCTS



YARD
CLIPPINGS



GREASED UP
CARDBOARD



PLANTS



CANDY/
PASTRIES/
PROCESSED
FOODS



PAPER BAGS

More or less food products can be added, dependent on how hot you get your compost and what YOU want to put in it.

**REMEMBER TO ALWAYS
TAKE OFF THE PLU STICKERS!**



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SUSTAINABLE EDUCATION

INDUSTRIAL COMPOSTING

~ Includes everything mentioned prior plus the items listed below ~



ALL MEAT



MEAT BONES



ALL PROCESSED
FOODS



BPI/ ASTM CERTIFIED
COMPOSTABLE



CARDBOARD
(Uncoated +
tape/stickers off)



ALL DAIRY



ALL YARD
CLIPPINGS



UNCOATED
PAPER
PRODUCTS



UNTREATED
WOOD

As always, be sure to check with your local compost facility to see what they are currently taking, since it constantly changes.

**REMEMBER TO ALWAYS
TAKE OFF THE PLU STICKERS!**



WASTE FREE EARTH
SUSTAINABLE EDUCATION

WHAT IS NOT COMPOSTABLE?

Please head to www.cswd.net to see a full list of what is not compostable.

NOT COMPOSTABLE

~ A brief listing of what is not compostable. Be sure to check with your local facility ~



RECYCLABLE
PRODUCTS



CIGARETTES +
BOXES



ALUMINUM
FOIL



GLOSSY PAPER



DIXIE PLATES +
CUPS



COFFEE CUPS



PLASTIC
BAGS / FILM



PLASTIC
PLATES



PLASTIC
UTENSILS



CLOTHES



WASTE FREE EARTH
SUSTAINABLE EDUCATION



**WASTE
FREE
EARTH**

WASTE FREE LIVING TIMELINE

Inventory Your Waste

Organize it into categories (single-use, recyclables, materials, etc.) What are the biggest contributors?

List 3 Things To Eliminate

Now that you understand your waste, what are three things you can immediately avoid using?

List 3 Things To Reduce

Having trouble eliminating certain products immediately? Try reducing them instead. Buying 5 cups of yogurt a week? Aim for 2 the next.

Swap It Out

Once you use what you have, swap for sustainable purchases. Start in the bathroom and work your way towards the kitchen. What can you easily swap out for more sustainable options?

Collect Your Waste

Collect and inventory your waste for the week or month. Start with plastic and work your way towards all different types to see the volume you are producing.

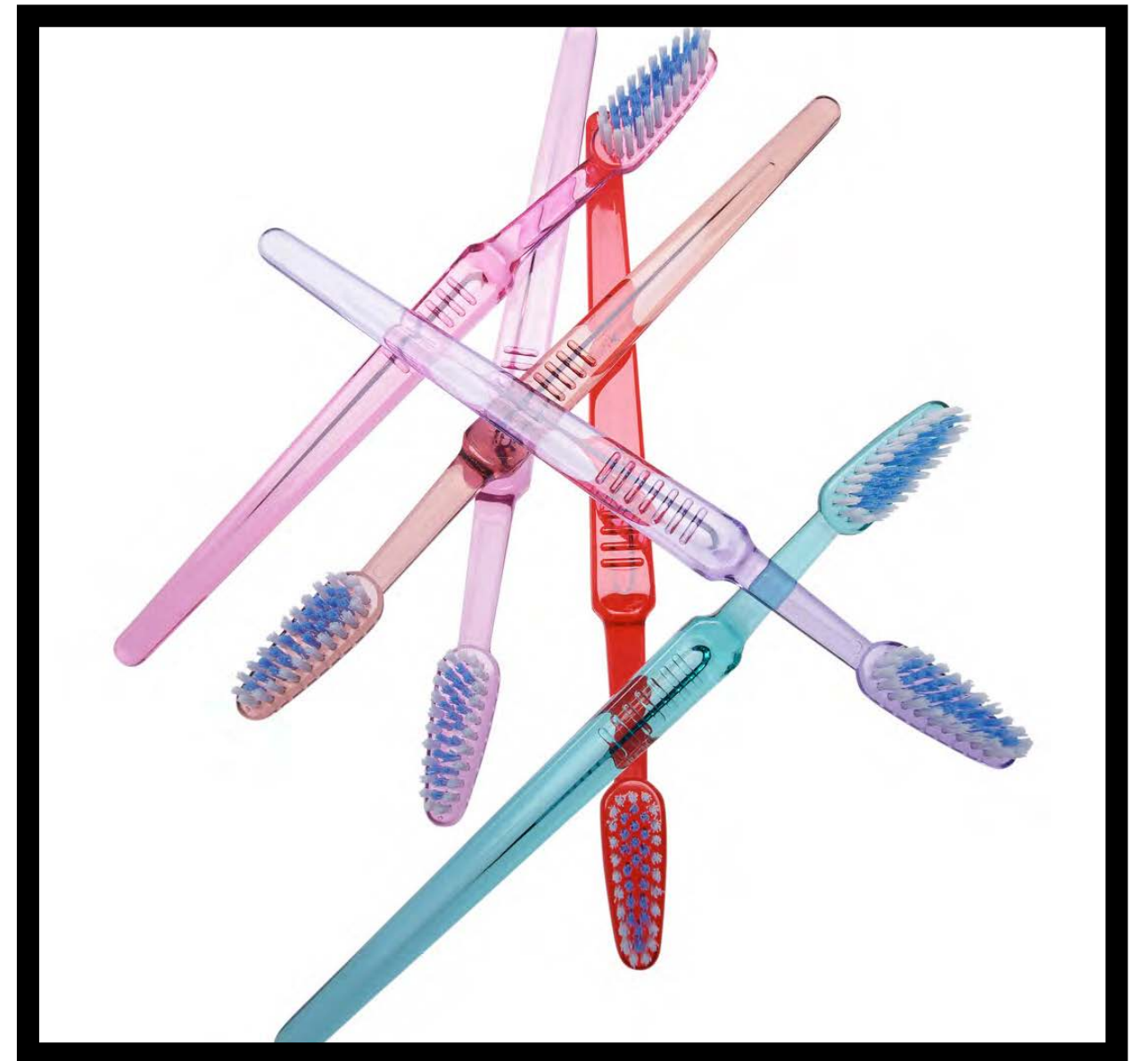
INVENTORY YOUR WASTE

- The best way to reduce your waste is to learn from your waste, and inventorying your waste is a great first step.
- Do an initial audit of your waste at hand, including what it is in your fridge, cabinets, trash and recycling.
- Organize it into categories (plastic, paper, glass, recyclable vs reusable, vs single-use, etc.)
- What are the most significant contributors?
- What is reusable verse single-use?



LIST 3 THINGS TO ELIMINATE

- Now that you understand your waste, what are three things you can immediately avoid using and purchasing in the future?
- For instance, plastic toothbrush, granola bars, gum, etc.



WASTE FREE EARTH
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LIST 3 THINGS TO REDUCE

- A zero-waste lifestyle doesn't just happen overnight, it takes time.
- It's impossible to eliminate all your waste right off the bat, that's why it is important to start reducing a few products you buy on a weekly or daily basis.
- Buying five cups of yogurt a week? Aim for two the next.
- Or better yet, switch to the big yogurt containers that you can then reuse for bulk food shopping or food storage.



SWAP IT OUT

- Once you use what you already have around you, swap for sustainable purchases.
- We suggest starting in the bathroom and slowly work your way through your kitchen, since that is typically where you have the biggest swaps.
- Look around your house, what can you easily swap out for more sustainable options.
 - Plastic toothbrush -> compostable toothbrush
 - Plastic wrap -> bee's wax
 - Single-use soap container -> reusable soap container
 - Paper towels/napkins -> cotton hanky
 - Plastic utensils -> reusable utensils for on the go
 - Zip-lock bags -> silicon stasher bags
 - Shampoo bottles -> refillable shampoo or shampoo bar



COLLECT YOUR WASTE

- Now that you have reduced your waste, it is time to start collecting it!
- We highly suggest doing this step after you have incorporated the above techniques.
- This is because it can be overwhelming if you start collecting at the beginning of your journey and may discourage you.
- Be sure to keep track of the type of garbage you are producing and collect it in a mason jar. Or you can also have a note-pad where you write down what you throw away or recycle daily. Whatever works for you!



ZERO-WASTE STASH PACK

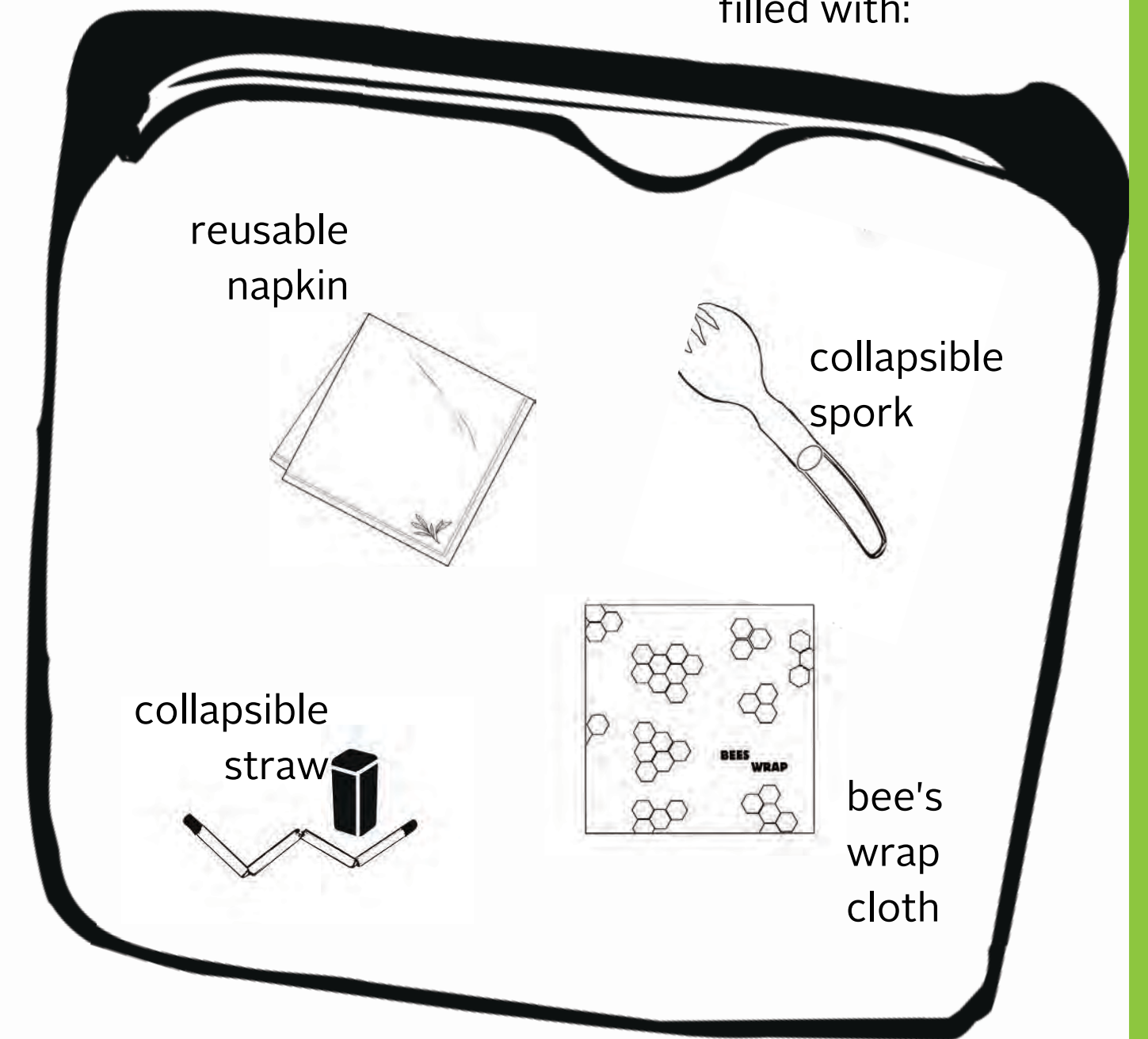
Having a trusty zero-waste pack with you when you are out & about will help you reduce waste at all times.

We create the most waste out of convenience - that means if we went everywhere with our to-go packs, we wouldn't produce nearly as much waste.

Next time you go to school, on a trip, to the store, (wherever!), bring your zero-waste stash pack with you!

Don't forget: it's important to clean your zero-waste stash pack!

stasher bag
filled with:



RESOURCES

- www.wastefree.earth
- www.cswd.net
- ww.casella.com
- www.sustainabilitybosslady.com
- www.creativereusecommunity.com



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**WASTE
FREE
EARTH**

Waste Free Earth is an award-winning, sustainability consulting company that builds zero-waste strategies for companies and events. We work to further our clients' brand and overall mission through educational content.

For more information please check out our website at www.wastefree.earth



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SUSTAINABLE EDUCATION

THANK YOU

**LET'S WORK TOWARDS A
WASTE FREE EARTH TOGETHER**

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