

# Become A 4Rs Action Hero Everyday!

## StopWaste's 4Rs Student Action Project



### Meet the League of 4Rs Action Heroes

YOU can be a **4Rs Action Hero**! How? Read about each 4Rs Action Hero. After each description, write what you can do just like each Action Hero!

It's easy!  
Using **less stuff** means **less waste produced**. That protects our planet!



**SUPER REDUCER**

#### SUPER REDUCER'S INCREDIBLE SUPER POWERS:

Conserve Natural Resources • Reduce Waste • Save Money • Fly

From the moment he was born, **Super Reducer** wasted nothing. He never bought anything with excess packaging, and took only as much as he needed. Super Reducer became so light without waste, that he developed the ability to fly! He now flies from school to school to educate others about how to reduce waste by using less stuff and conserving natural resources.

**My Action Hero Action:** Write what you can do to be a 4Rs Action Hero like Super Reducer!

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Use something again or create something new with it! Then you'll be a 4Rs Action Hero, too!



**PROFESSOR REUSE**

#### PROFESSOR REUSE'S REMARKABLE SUPER POWERS:

Chemistry • Ability to Lift 10 Reusable Bags Full of Groceries

Teachers realized early on that **Professor Reuse** was no ordinary student. She would spend months in the lab, experimenting and finding new ways to reuse. Thanks to Professor Reuse, many now use canvas bags while shopping for groceries, reusable lunch bags for lunch, and glass jars for storing food at home. Her creative reuse art projects are displayed in art galleries around the world.

**My Action Hero Action:** Write what you can do to be a 4Rs Action Hero like Professor Reuse!

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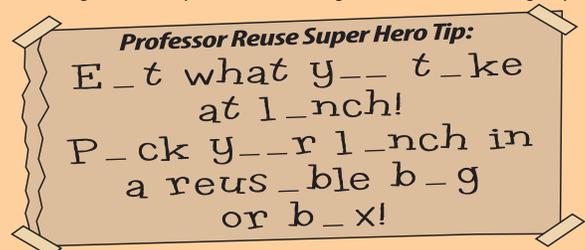
#### Super Reducer Food Maze: Where does each item belong?

unbitten food      food scraps      empty cans, bottles      unopened cans



#### 4Rs Action Hero Sign

Professor Reuse is reusing a grocery bag to make a sign to help kids remember to choose reusable lunch bags. You can help! Write in the missing vowels to see what her sign says.



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**THE RECYCLER**

Place your recyclables into the recycling bin to make a new item!

**THE RECYCLER'S ASTOUNDING SUPER POWERS:**

Encyclopedic Knowledge of Recyclables • Ability to Manipulate Magnetic Fields

**The Recycler** is always sorting recyclable plastic containers, aluminum cans, and paper. He knows that each time he recycles, more natural resources are saved. His knowledge of recycling is infinite and he has developed magnetic powers to save every possible can from going to the landfill!

**My Action Hero Action:** Write what you can do to be a 4Rs Action Hero like The Recycler!

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**ROT GIRL**

Compost your food scraps and food-soiled paper to build healthy soil!

**ROT GIRL'S AMAZING SUPER POWERS:**

Composting • Food Scrap Collection • Worm Whispering • X-Ray Vision

**Rot Girl** has the power to turn organic waste, including food scraps and lawn clippings, into healthy soil for her garden—a power all of us share! She uses her ability to speak to worms to encourage them to break down her leftovers. Rot Girl uses her x-ray vision to pick out food scraps from the trash, and make sure they go into the green bin or into her own backyard compost pile.

**My Action Hero Action:** Write what you can do to be a 4Rs Action Hero like Rot Girl!

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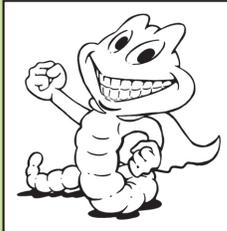
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### Help The Recycler!



Look at what is in the trash can. Draw a line from each item that can be recycled to the recycling bin.

Rot Girl's sidekick, Wiggly the Worm, knows the answer to these questions. Do you? Take his quiz to see how much you know about composting.



- Anything that was once alive is compostable.  TRUE  FALSE
- Chicken bones and fruit scraps are compostable.  TRUE  FALSE
- You can help feed the soil by putting compostable items into the green bin.  TRUE  FALSE
- Compost helps farmers grow food.  TRUE  FALSE

ANSWERS: ALL TRUE