

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste in on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm **Super Reducer!** I show people how to use less stuff!

I'm **Rot Girl!** I show you how to compost food scraps, yard waste and food-soiled paper!



I remind you to recycle stuff you no longer need, instead of trashing it. I'm **The Recycler!**

I'm **Professor Reuse!** I show people how to reuse things rather than getting new stuff!!



STOPWASTE
at home • at work • at school

(Re)Generation

You can be part of the (Re)Generation!

Regenerate (re-jen-er-āt) means to regrow or to replace what is lost.

A New Start

Learning and hearing about the big problems facing our planet such as climate change and COVID-19, can make people feel sad, frustrated and hopeless.

The good news is that our planet has faced and recovered from problems many times over the centuries.

The prefix re means again. Write what each word means:

Recycle:
cycle through again

Renew:

Reuse:

React:

It can **regenerate** once again. **And you can be part of the regeneration!**

This year on Earth Tips, we will be looking at all of the actions that we all can take to be part of the amazing (Re)Generation!

This month's action word:

REDUCE

One way to reduce waste is to STOP using things that are only used once and then thrown away. Single-use products

are typically things used once and then thrown away.

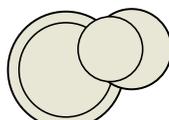
SINGLE-USE PRODUCTS TO AVOID:



plastic cups



plastic utensils



paper plates



plastic water bottles

PRESENTED BY



Altamont Education

Advisory Board

The planet needs our help. The GOOD NEWS is that everyone can help the planet right now! Even kids!



Hi! I'm **Professor Reuse** and I am a *Garbologist*. That means I study garbage!

I am an Action Hero! I take action to help our planet. I teach children like you how to stop using single-use items and find ways to re-use products to reduce trash!

Be an Action Hero at Home

Here is an action YOU can take. It makes a difference. It makes you a superhero!

1. Scan your trash at home and count how many single-use containers you can find.
2. Make a written list of the single-use containers you found.
3. Is there anything in the trash you really didn't need to purchase?
4. Next to each one, write down a way you could have kept that single-use item out of the trash.

SINGLE USE	INSTEAD DO THIS:
Plastic water bottle	Drink tap water from a glass or a reusable water bottle

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste in on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm **Super Reducer!** I show people how to use less stuff!

I'm **Rot Girl!** I show you how to compost food scraps, yard waste and food-soiled paper!



I remind you to recycle stuff you no longer need, instead of trashing it. I'm **The Recycler!**

I'm **Professor Reuse!** I show people how to reuse things rather than getting new stuff!!



STOPWASTE
at home • at work • at school

(Re)Think Halloween

This Halloween you can take action to help the environment and design a creative costume at the same time!

Creative Costume

Halloween will be here soon. It's always fun to get dressed up in a costume for Halloween. Instead of buying a new costume (that you will probably only wear once), look through your closet and stuff you are going to put in the recycle bin for items to create a new and unique costume!



Look at the items here. Could you use some of them to create a cool robot Halloween costume? Maybe a witch? Or how about a super hero?



Draw your costume design in the box below.



Remember to recycle what is possible when you are done with your costume.

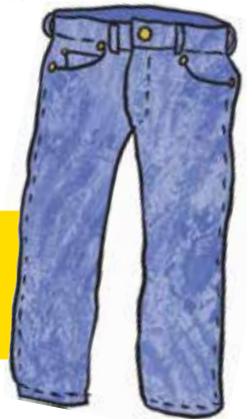
Clothing Costs to the Planet

Did you know that clothing pollutes?



Garbologists like **Professor Reuse** discovered that inexpensive, trendy clothing sold in stores around the world is often only worn for a short time and then tossed out. **Our environment really pays the price!**

- 10% of the world's carbon emissions come from clothing production.
- It takes about 700 gallons of water to produce one cotton shirt.



It takes about 2,000 gallons of water to produce a pair of jeans.

- Textile dyeing is the world's second-largest polluter of water, since the water leftover from the dyeing process is often dumped into ditches, streams, or rivers.
- A 2017 report estimates that 35% of all **microplastics** in the ocean — very small pieces of plastic that never biodegrade — came from the laundering of synthetic textiles like polyester.

Be an Action Hero!

(Re)think the clothes in your closet! Pass along clothes you no longer wear to family, friends or thrift stores. Is there anything you could change up so you could wear it again?

PRESENTED BY



Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!



STOPWASTE
at home • at work • at school

(Re)duce Your Use

Are you thankful for the beauty of our planet? Little actions every day make a difference and keep our planet clean, healthy and beautiful.

Less is More

To **reduce** means to use less stuff and produce less waste. The more times you reduce your use of water and plastic bottles, the more beautiful and healthy our planet stays.



What are a few ways you can use fewer plastic bottles?



What are a few ways you can use less water?

Take the Reduce Your Use Quiz. The answers may astound you!

1. People around the world use one million plastic water bottles every:
 - a. day
 - b. week
 - c. minute
2. What percentage of all plastic water bottles used by people actually gets recycled?
 - a. 90%
 - b. 45%
 - c. 9%
3. How many plastic bottles do Americans throw out each year?
 - a. one billion
 - b. ten billion
 - c. 35 billion
4. How much water does a family of four use every day in the United States?
 - a. 50 gallons
 - b. 100 gallons
 - c. 400 gallons
5. How many baths could you take with the amount of water one family uses in a day?
 - a. one bath
 - b. five baths
 - c. ten baths
6. It takes about _____ gallons of water to grow one orange in California. Be sure to eat your food so that the water and other resources are not wasted.
 - a. two gallons
 - b. ten gallons
 - c. 13.8 gallons

ANSWERS: The correct answer for each question is (c)

EARTH TIPS

Presented by Altamont Education Advisory Board

Super Reducer Tips

REDUCE is an action you can take every day!



Here are some tips to save water and plastic from **Super Reducer**. Use the Action Hero Secret Code to read them all!

- | | | |
|----------|------------|------------|
| FAUCETS | 4 GALLONS | BOTTLES |
| ICE CUBE | CLOTH BAGS | 5 MINUTES |
| PAN | PAN | 12 GALLONS |

Use reusable _____ when you carry water.

Use reusable _____ when you need to carry things!

Turn off the tap when soaping up your hands or brushing your teeth. Doing this can save up to over _____ a minute. That could be 200 gallons a week for a family of four!

Keep each shower to _____ or less. You could save up to 1,000 gallons a month!

Check _____ and hoses at home and report any leaks to your parents.

Wash fruits and vegetables in a _____ of water. Then use the water for your plants.

If you drop an _____, don't put it in the sink. Drop it into a house plant instead.

PRESENTED BY



Altamont Education
Advisory Board

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!

I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!

I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!

STOPWASTE at home • at work • at school

(Re)treat for Health

The word retreat means to pull back from activities to get inspired or get reenergized. Students like you have been working hard to take actions to help solve big problems like climate change. But in order to help care for the earth, we must first care for ourselves.

Taking Care of YOU

According to Yale University researchers, taking action is an excellent way to relieve our stress and anxiety about climate change. And it also helps when you take action with others, too.

When we are being Food Rescuers, we are doing three healing actions:

Three illustrations with checkmarks: Self-Caring (person), Community Caring (buildings), Earth Caring (globe).

Healing Actions Checklist Check the boxes next to actions you do now. Circle all the actions you could add to your life.

- Water: I drink enough water daily, I don't waste food... Air: I do simple breathing exercises to keep my mind at ease, I don't waste food, I respect the miles it took to travel...

- Soil: I respect the soil and farmers who grow my food. When I don't waste food, I don't waste soil or the farmers' work.

(Re)flect When you don't waste food, you help your community and the planet. How does it also help you take care of yourself and your family?

Share how you took action to build our collective action celebration gallery!

Share your action story and a picture to schools@stopwaste.org Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

Super Reducer Tips

REDUCE is an action you can take every day!



NEW YEAR, NEW ATTITUDE!

A lot of people start the year off by making some New Year resolutions. A resolution is a promise to yourself to take actions or make changes in your life.

Illustration of a girl with a party hat and text: Fill in the lines below and keep this page somewhere you can see it every day to have a happy and healthy 2021!

MY NEW YEAR RESOLUTION IS TO USE LESS STUFF IN 2021

How I'll use less WATER:

Blank lines for writing water-saving resolutions.

How I'll use less PLASTIC:

Blank lines for writing plastic-saving resolutions.

How I'll use less ENERGY:

Blank lines for writing energy-saving resolutions.

Your signature

PRESENTED BY



Altamont Education Advisory Board

EARTH TIPS

Presented by Altamont Education Advisory Board

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. **You'll be a real Action Hero!**



I'm Super Reducer!
I show people how to use less stuff!

I'm Rot Girl!
I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler!
I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse!
I show people how to reuse things rather than getting new stuff!



STOPWASTE
at home • at work • at school

(Re)sponsible is Caring



Our planet Earth takes care of us. It provides us with air, water and many natural and important resources that help us survive. If we use too many of the Earth's resources quickly or not take care of them, they might not be available as we need them.

Earth needs us to take care of her so she can take care of us and our environment. We do this by being responsible and caring global citizens.



I ♥ Earth!

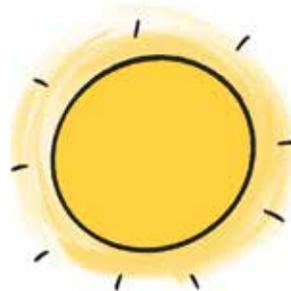
What do you love about the Earth? Look at the pictures of the natural resources Earth provides for us. Put a heart around each of the natural resources that you love. Under each one, write a sentence about how you will care for, or conserve and appreciate this resource.

I love this because

I love this because



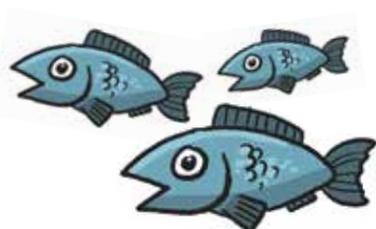
I love this because



I love this because



I love this because



I love this because



I love this because

- Share your action story and a picture to schools@stopwaste.org
- Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

PRESENTED BY



EARTH TIPS

Presented by Altamont Education Advisory Board

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!



STOPWASTE
at home • at work • at school

(Re)connect with Earth



All living things on earth are connected. And they are all connected to the sun.

Plants need the sun to grow. People and animals eat plants. You are connected to plants, animals and the sun! This is called the **Web of Life**.

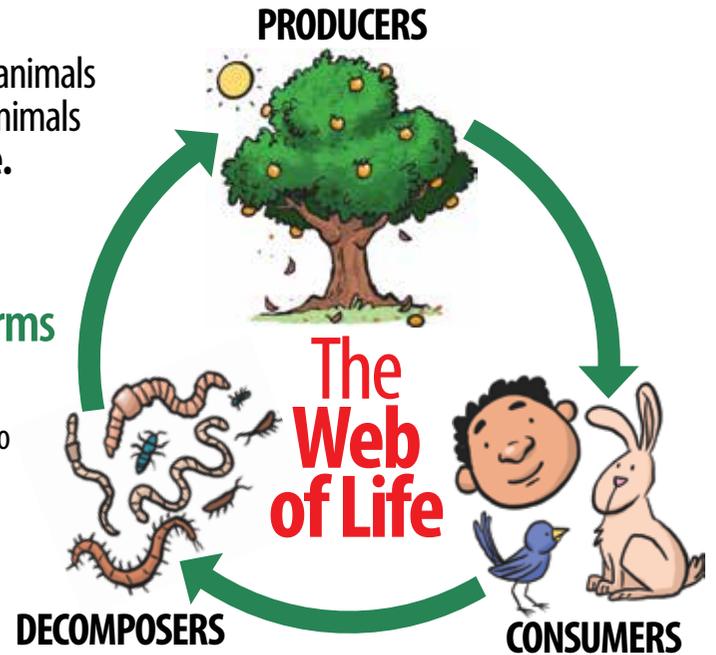
Did you know you are also connected to **worms**?

Re-connect to the World by Appreciating Worms

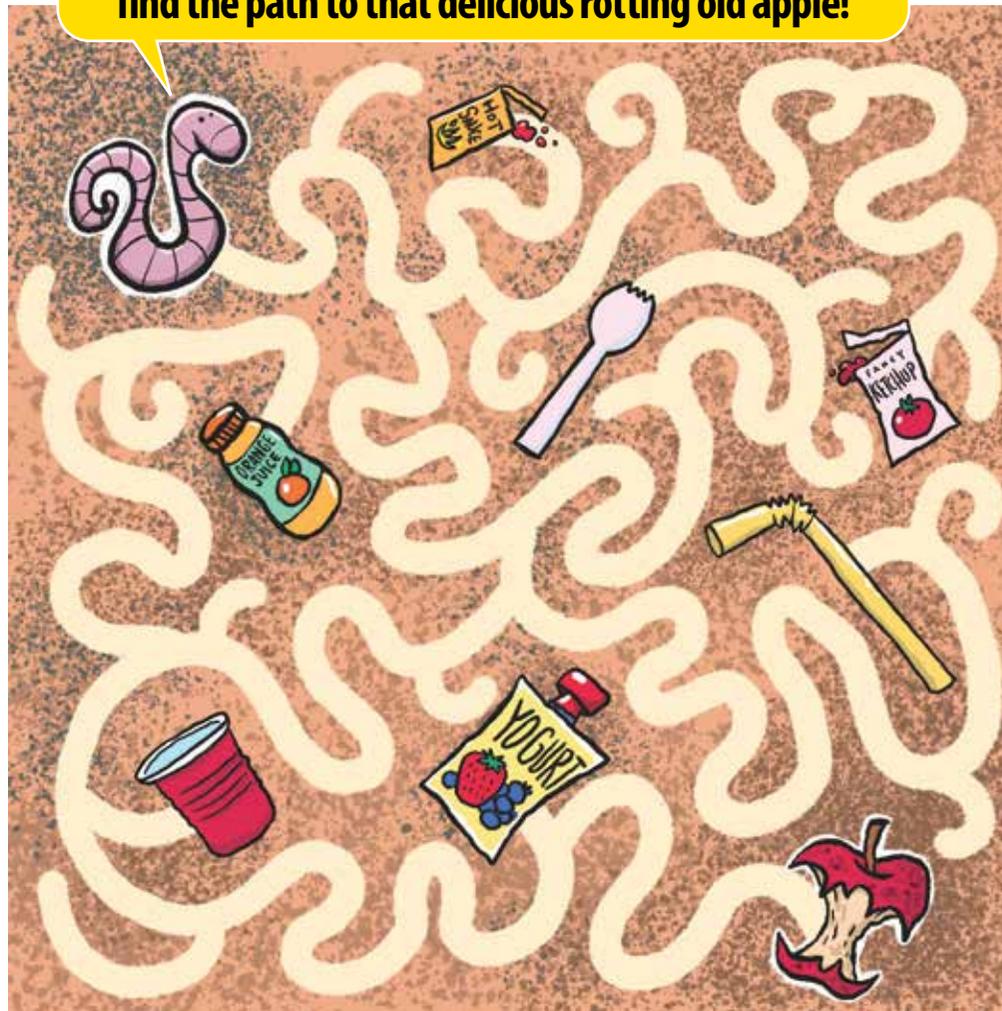
The world just wouldn't be the same without worms.

Worms eat food waste, rotting plants and dead leaves and turn them into good soil for growing more plants.

As earthworms burrow or dig into the ground, they swallow soil. They eat rotting plants and leaves that pass through the worm's body. This waste is ground up by tiny stones in the worm's gizzard and leaves the worm's body as dark and rich castings that fertilize the soil. These rich castings provide nutrients and improve our soils to grow healthier plants.



Worms turn waste into healthy soil! Help the worm find the path to that delicious rotting old apple!



Why was there a single-use plastic food package at some of the dead ends?

Did you guess that worms eat only food scraps? They don't eat plastic and neither do we!

Put non-recyclable plastic packaging in the trash so we can make sure it doesn't get into our food cycle. Or, think about how you can be responsible and use reusable foodware.

- Share your action story and a picture to schools@stopwaste.org
- Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

PRESENTED BY



Altamont Education
Advisory Board

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!



(Re)look at Nature

To relook means to look again at something, to re-examine. Go to your window or take a walk and relook at things using this scavenger hunt by Ranger Morgan from the East Bay Regional Park District.

Nearby Nature Scavenger Hunt

Explore your neighborhood, look out of your window, discover a nearby park and check around your home to find as many things as you can!



East Bay Regional Park District • ebparks.org

Share your action story and a picture. Send to: schools@stopwaste.org

Post @stopwaste.org #StopWasteSchools #IAmPartOfTheRegeneration

PRESENTED BY



Did you find things in nature around your home that aren't on the scavenger hunt grid? Draw them below:

Five empty rectangular boxes for drawing additional nature items.

Take Action!

You can take a RELOOK at nature by looking at things you find in nature and thinking of new ways to use them.

A Paint Brush Made from Nature

One way to protect the Earth is to reduce our use of things that end up in the landfill. For example, it can take hundreds of years to decompose a plastic paintbrush with plastic bristles!

But, if you make your own paintbrush with things found in nature, the paintbrush goes back to nature as soon as you are done painting.

All Natural Materials

1. Gather small sticks and natural things for bristles. You might want to make more than one paint brush, using different bristles to see the different look each one creates – leaves, blades of wild grass, pine needles, dandelions and more!

2. Cluster the bristle material around one end of your stick and start attaching it by wrapping raffia or twine around several times. Tie a knot to hold it in place.

You just made your own paint brush from nature!
Now get some paper to paint your masterpiece!

Make Earth-Friendly Paint

Mix 1 cup flour, 1 cup salt and 1 cup water. Stir until there are no lumps. Add drops of food coloring to make the color you want.



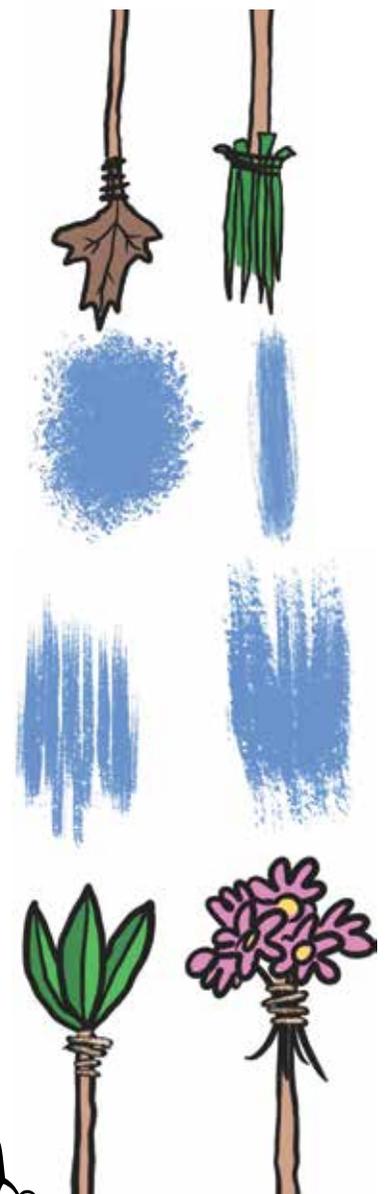
PRESENTED BY



Different Nature Brushes Will Create Different Patterns. Experiment!



Draw a line from each brush to the paint streak you think it made.



Share your action story and a picture. Send to: schools@stopwaste.org

Post @stopwaste.org
#StopWasteSchools
#IAmPartOfTheRegeneration

EARTH TIPS



Presented by Altamont Education Advisory Board

Students Pledge to Help the Earth

Edison Elementary School second grade teacher **Sarah Hinds** and **Go Green Parents** wanted their students to do more than learn about the importance of protecting our planet. They wanted to teach them how to take action.

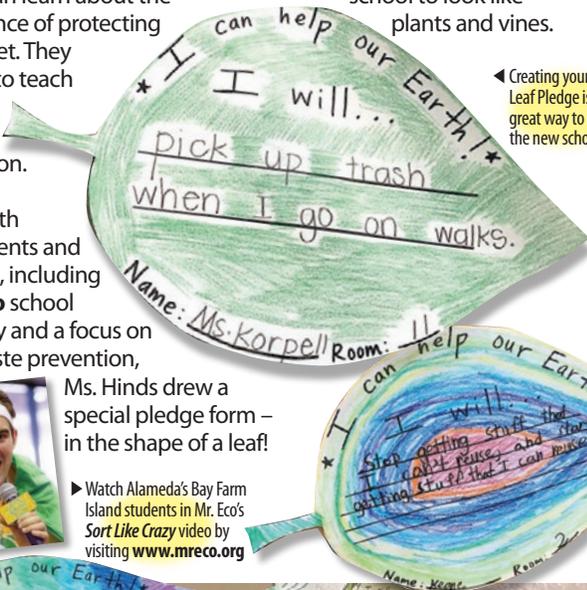
Each student designed and decorated their own **Leaf Pledge** and cut it out. These were posted all over the school to look like plants and vines.

◀ Creating your own Leaf Pledge is a great way to start the new school year!

After Earth Week events and activities, including a **Mr. Eco** school assembly and a focus on food waste prevention,

Ms. Hinds drew a special pledge form – in the shape of a leaf!

▶ Watch Alameda's Bay Farm Island students in Mr. Eco's **Sort Like Crazy** video by visiting www.mreco.org



The Leaf Pledge was created by Sarah Hinds (2nd grade teacher & Go Green Teacher Coordinator) and Go Green Parent Co-Chairs, Jeanine Sidran and Debi Ryan, for Edison Elementary School (Alameda Unified School District), Go Green Alameda, CASA, and **StopWaste.org** partner with AUSD to promote a Zero Waste Alameda.

Take the Leaf Pledge!

Complete and color your own leaf. Carefully cut it out and hang it up at school or at home on your fridge!



I can help our Earth!

I will ...

Name: _____



Pledges Lead to Actions

Fifth grade students, who are responsible for lunchtime sorting of liquids, organics, recycling, trash, the Food Share for the entire school and for picking up recycling from each class to collect in a central location to assist the custodial staff, were much more enthusiastic about their jobs.

Teachers and staff noticed that kids were pairing off during recess to collect playground litter, showing it to friends, and then putting it in the bins by the play structure after the Earth Week activities.



PRESENTED BY



Altamont Education
Advisory Board

EARTH TIPS

Presented by Altamont Education Advisory Board

Hesperian Students Take Action!

Rachel Lerman is a 4th grade teacher at Hesperian Elementary School in San Lorenzo. Her students take all kinds of important actions that reduce waste at their school and in their classrooms.



"My students are real-life Action Heroes!" says Lerman.

See a Problem? Take Action!

One of the first things Ms. Lerman and her students noticed, was that school lunch trays were piled high with waste after lunch. All of that trash went to the landfill.

Ms. Lerman called **StopWaste** and asked them for help to reduce the waste at school.

Reduce Waste at School

How Local Kids are Making a Difference.



Enter the Green Team!

"StopWaste showed us how to start a Green Team," said Lerman.

A Green Team is a group of students who audit, or make a measurement of how much waste their school produces at lunch. One thing the students set up are sorting areas for their schoolmates to put waste in the correct bins—**compost, recycling, landfill**.

Back when the program started at Hesperian in 2016, the students found more than 70% of the landfill was made up of things that could have been recycled or even eaten (i.e. a perfectly good piece of fruit that was untouched). Then the students set up sorting areas for their schoolmates to put trash in the correct bins—compost-green, recycling-blue, landfill-grey.



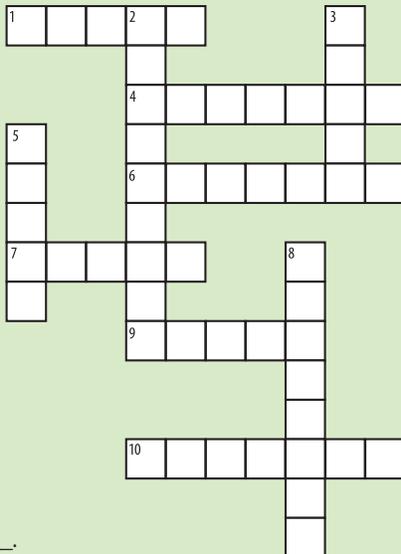
Now, there is also a "**Share Table**" where unopened food and perfectly fine fruit can be left for other classmates to take. Sometimes there is nothing left on the Share Table during their meal!

Across

1. This is the place for unopened food, _____ table.
4. The green bin is for _____.
6. We should be making better _____.
7. This is another way to say, "make a measurement."
9. Enter the _____ Team.
10. You can reduce waste when celebrating classroom _____.

Down

2. The blue bin is for _____.
3. Ms. Lerman needed to help reduce _____.
5. Discarded trash was used to make this.
8. Waste is sorted into separate bins: COMPOST, RECYCLING, and _____.



A Green Team Recess

The Green Recycling Team also collects recycling from each classroom around the school to do *their* part in the collection of recycling.

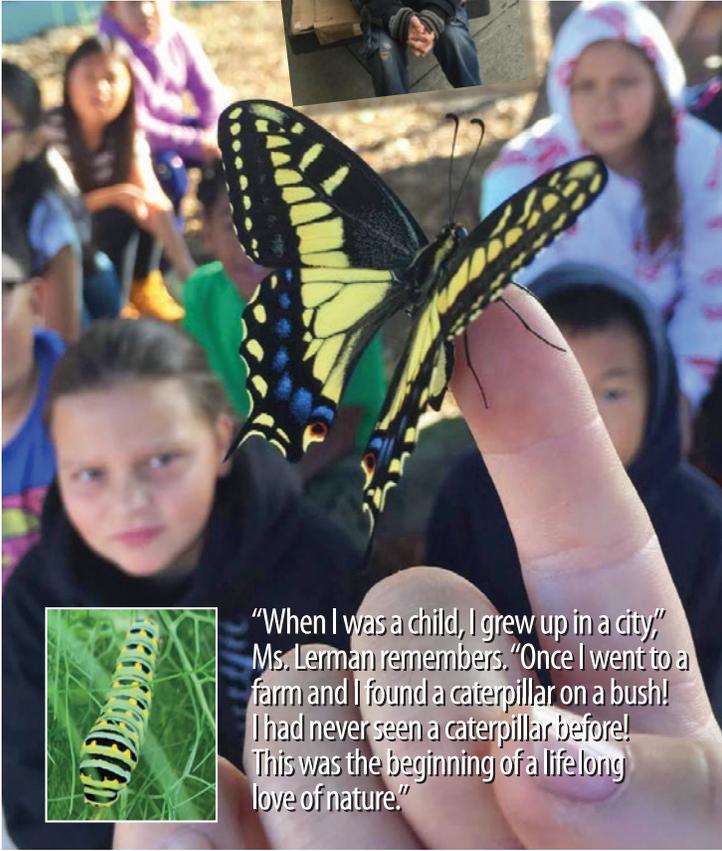
"We also started a Green Team Recess where students wear special aprons, use pickers, and brought out three colored bins (like in the cafeteria) to help kids sort their waste on the playground at snack recess," said Lerman. "I wanted the kids to understand that we should be making better choices about our waste all the time (including at home) and not just at lunchtime."



A Mural Made of Waste?



Students in Rachel Lerman's class also turned waste into art! They used discarded CDs, plastic and other waste to create a mural that celebrates nature! It also celebrates their *Trout in the Classroom* project.



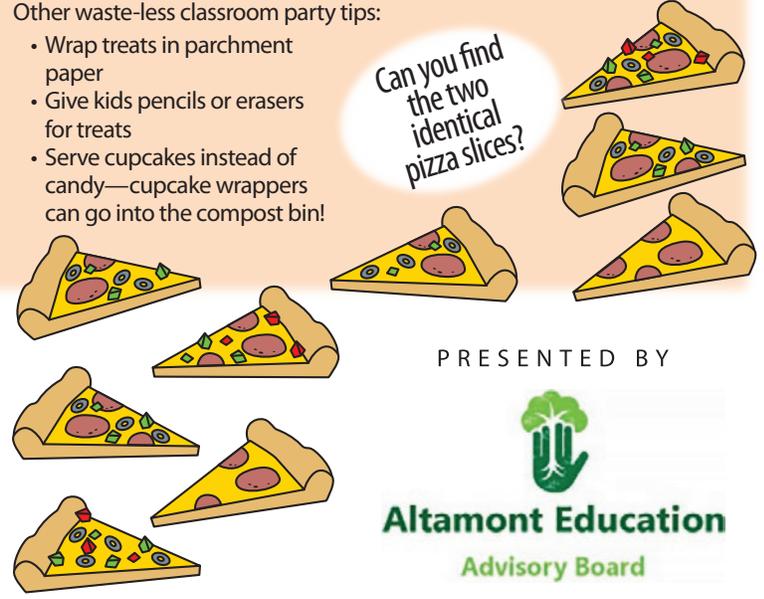
"When I was a child, I grew up in a city," Ms. Lerman remembers. "Once I went to a farm and I found a caterpillar on a bush! I had never seen a caterpillar before! This was the beginning of a lifelong love of nature."

Reduce Waste at Parties

Classroom parties can create a lot of waste—or NOT! Food in Ms. Lerman's class parties is served on re-usable plates, cups and cutlery which she takes home and runs through her dishwasher after the party. No waste! Other waste-less classroom party tips:

- Wrap treats in parchment paper
- Give kids pencils or erasers for treats
- Serve cupcakes instead of candy—cupcake wrappers can go into the compost bin!

Can you find the two identical pizza slices?



PRESENTED BY



Altamont Education
Advisory Board

Food Sharing: It's Like Thanksgiving All Year

EARTH TIPS

Presented by Altamont Education Advisory Board

At the first Thanksgiving, people came together to celebrate and share food. Today, students at an Oakland school make it Thanksgiving all school year.

Last year, students at Joaquin Miller School in the Oakland Unified School District donated more than 3,000 pounds of healthy, edible food to Emeryville Citizen's Assistance Program (ECAP), a non-profit organization that helps homeless and hungry people in Emeryville.



"There are a lot of hungry people in our community," said a representative from ECAP. "We put out food and it disappears very quickly."

Where does the food come from?

An interesting series of events led the students to their weekly food sharing and donation project.



"It all started with an Ocean Guardian Grant from NOAA (National Oceanic and Atmospheric Association)," said Mrs. Moore, a teacher at the school. "The grant helped the school reduce waste by providing a new hydration station so students could refill reusable water bottles instead of drinking from single-use plastic bottles. The grant also supported our student Green Team."

Food Shared, Not Wasted

While participating on the Green Team, some students noticed the amount of good, uneaten food that was going to waste, and said, "We can't throw good food away. We need to find a way to share this food."

And they did!

First, they started a **Food Share Program**. Students who had un-opened and un-eaten food from the school meal program that they didn't want, put it on a **food share table** for other kids to eat.



But even with the food share table, they still had leftover food at lunchtime.

Storing the Food

Storing the food was a challenge. Then the school got a large commercial refrigerator from a partner grant funding with Oakland Unified, Livermore Joint Valley Unified and Stopwaste from CalRecycle to be following and implementing the Oakland Unified's procedures on food share and donation.

"Each week we collect between 70 and 100 pounds of food," said Moore. "That added up to more than 3,000 pounds of food that we gave to the hungry just last year."



Students sorted and weighed all the lunch waste in the Compost, Recycle and Landfill bins. Then they graphed their findings and tracked it over time to see if their campaign to reduce waste was working.



Want to learn about what it takes to start a food sharing program at your school? See videos and more at www.StopWaste.org

PRESENTED BY



Altamont Education
Advisory Board

Reducing Food Waste: Are YOU a Food Rescue Hero?

Students in the 4th grade at Acorn Woodland School in Oakland are Food Rescue Heroes!

How did they do this? They did a **Fridge Audit** to find out how much food was being wasted in their homes.

Next, they got a **Fridge Audit Action Kit** from **StopWaste** which included a scale to measure the amount of food wasted.



Students each got an electronic scale.

Students reported a range from zero food wasted to 5 pounds in a week! This inspired the class to make a difference by taking action to become Food Rescue Action Heroes.

What a Waste!

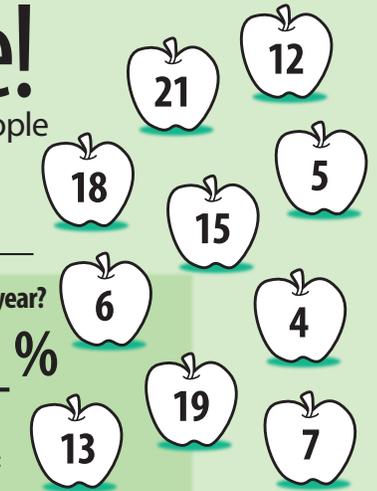
What is the number one item that people throw away that goes to the landfill?

Circle every third letter to discover the answer:

W R F T N O L K O V S D F _____

How much food is wasted in the United States each year?

To find out, color the apples that have an even number on them. Add those numbers to reveal the percentage of food wasted in the U.S. each year.



I colored _____ apples out of _____ apples.

As a fraction, this would be: _____

Another way to say 4/10 is: _____ %

How much food does the average American family of four waste every month?

Here are the amounts of wasted food by food group.



Show your math here:

It really adds up!

How many total pounds of food does the average American family throw away every month?

_____ lbs.

How many pounds of food does the average American family throw away in a year?

_____ lbs.

Source: USDA

Wasted food is a waste of money, water, labor, energy and other resources.

It is also food that could feed the hungry. And when food rots in a landfill, it creates methane gas that hurts the planet.



Students with their Fridge Audit Action Kits from StopWaste.

Food Rescue Hero Actions:

- They encouraged their families to make goals and be creative with leftovers.
- They shared information on how to store food properly and compost spoiled food.
- They made signs that said "eat me first" for food about to go bad.

For more tips go to StopFoodWaste.org

Let's Talk!

Talk to your family about the problem of food waste. What are some things each of you can do to reduce the amount of food waste at home? Make a plan together!

PRESENTED BY



Altamont Education
Advisory Board

Action Heroes to the Rescue: Stopping Contamination

EARTH TIPS

Presented by Altamont Education Advisory Board

Contami Nation?
Is that a place?

No, silly! **Contamination**
means the wrong thing in
the wrong place!

An example of
contamination is
food waste in the
recycle bin. Gross!



When food ends up in the recycle bin, the recycling company won't take it. So, the hard work of separating out recyclables is time wasted. And what's worse is that those things that are recyclable go to the landfill instead when they are contaminated with food waste!

Action Hero Tips:

- Throw food that can't be eaten or saved into the GREEN bin.
- Be sure to scrape out and clean off food waste before you put a recyclable in the BLUE bin.
- Make sure there is no food in the GREY landfill bin.

Why is it important to keep food waste out of the landfill?

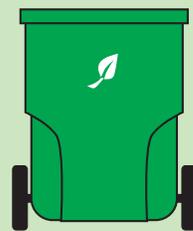
Food scraps in a landfill rot and form methane gas which contributes to climate change.

Food scraps and food-soiled paper make up the largest category in our landfill. Proper disposal at school and home means that kids can make a BIG difference and send those items to be composted instead!

Think before you throw!
Talk to someone at your school if you have questions.

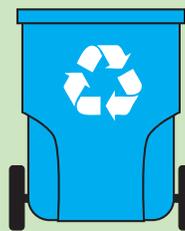
Know What Goes in Each Bin!

Use a GREEN crayon to circle each item that belongs in the green bin. Use a BLUE crayon to circle recyclables that should go in the blue bin. And use a GREY crayon to circle the items that will end up in the grey landfill bin.



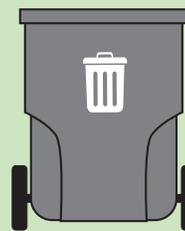
Compost Bin:

peels, cores, partially eaten food that was once alive, food-soiled paper



Recycle Bin:

recyclable products such as glass, paper, metal and plastic



Landfill Bin:

Anything that doesn't go in the Green or Blue Bins.

ANSWERS: Green Compost Bin: chicken leg, pizza box, bread, twig, leaves, fries and box, egg, apple core, bacon strip, grapes and stem, pepper, tomato, onion. Blue Recycle Bin: paper bag, yogurt container, bottle — all items should be cleaned before placing in bin. Grey Landfill Bin: plastic bag, fork, What could you use instead of these items so that the landfill bin would be empty?

FOOD RESCUER FACT

More and more people every day are understanding the importance of composting.

Nationally, the composting of food in the U.S. increased from 1.84 million tons in 2013 to 2.1 million tons in 2015.



Composting turns food waste into healthy, rich soil for our gardens and farms to grow more fruits and veggies in the future!



PRESENTED BY



Altamont Education
Advisory Board

Local Students Help Pass Law to Reduce Plastic Waste

EARTH TIPS

Presented by Altamont Education Advisory Board



Students wore plastic cups, forks and spoons on their clothing to urge the Berkeley City Council to reduce plastic waste in their city.



Students sewed reusable cloth shopping bags as a craft project in school.

On January 1, 2020, a new law took effect in the City of Berkeley. The law will help reduce the amount of plastic waste created by restaurants.

Under the new law, all dine-in dishes and utensils must be **reusable**, and all take-out dishes and utensils must be **compostable**. There will also be a 25¢ charge for getting a disposable cup to encourage customers to bring their own reusable cups.

“Let’s make this the beginning of saying goodbye to plastic forever!”
—Fiona Groth Reidy Student

This law is a giant step forward for reducing plastic waste. Millions of pieces of plastic waste will not end up in the landfill. And it began when third graders in Jacqueline Omania’s class at **Oxford Elementary School** went to a

Berkeley City Council meeting to describe the importance of ending the use of disposable plastics.

The students learned, through hard work, that it is possible to make big changes in the amount of plastic waste created daily. In the 180 days of a school year, their classroom created just a tiny bit of plastic waste. It all fit into a one-quart Mason jar!

Berkeley Mayor Jesse Arreguin was inspired. “If they can do it, we can do it,” he said.

The students believe this law can be a model for the nation and the world.

Only one small jar of classroom waste in 180 days? HOW???

Students carefully thought about their choices. They stopped using painted pencils and glue sticks and started finger dipping glue and using unpainted pencils whose shavings they composted. They switched to metal cups and metal or bamboo utensils and reusable containers. **How much can YOUR classroom reduce waste?**



What’s in the Mason jar?

- plastic wrap
- pencil shavings (the yellow paint on pencils is not recyclable or compostable)
- one glue-stick
- one granola bar wrapper

Do the math to figure out how much the students kept out of the landfill.

They did not use $(1,120 + 680)$

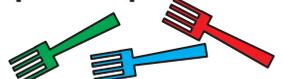


plastic cups.



They did not use $(392 + 680)$

plastic spoons.



They did not use $(920 + 340)$

plastic forks.

Total plastic things that did not end up in the landfill:

PRESENTED BY



Altamont Education
Advisory Board

ATTENTION TEACHERS: Have you created an Action Project in your classroom to encourage reducing, reusing or recycling waste? Tell us about it and you might be featured in a future issue of Kid Scoop News! Email us: woodward@kidscoopnews.org
For more resources to use in your classroom, please visit www.stopwaste.org

Schools Share Food with Hungry Neighbors

EARTH TIPS

Presented by Altamont Education Advisory Board



Students at Melrose Leadership Academy in Oakland learned that wasted food is a problem. A problem they wanted to solve.

The food waste problem has two parts.

- Food waste that goes to the landfill rots and causes a gas called methane. Methane gas causes global warming that is leading to climate change.
- Hungry people in their community could eat the food they don't eat, helping to solve a problem of hunger.

Solving Both Parts of the Problem

Sandra Miranda, Kitchen Lead at Melrose Leadership Academy, and the students at the school, provide food for their hungry neighbors AND reduce the amount of food waste going to the landfill.



Sandra really appreciates the food share and donation program. "It shows students that we should value food, and the last thing we want is for it to go to waste. There are so many people in

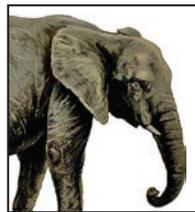
our communities who are in need of food, especially seniors."

Amazing Food Waste Recovery!

Since the 2018-19 school year, Melrose Leadership Academy has donated 2,915 pounds of food from their cafeteria to the local community. That's 2,915 pounds of food that could have ended up in the landfill!

How much is 2,915 pounds?

Which of the following do you think weighs about the same as the amount of food Melrose Leadership Academy has donated to their local community since 2018?

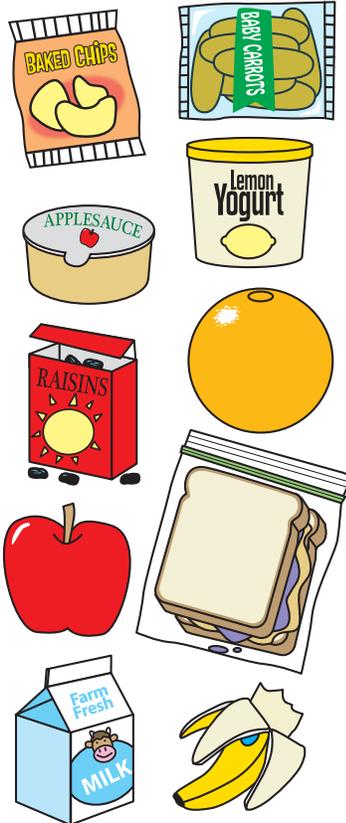


ANSWER: The amount of food they've donated is about the weight of a Honda Civic Hybrid! (An elephant weighs 5,000-14,000 lbs. A cow weighs about 1,500 lbs. A grand piano weighs about 900 lbs.)

Students who have unwanted items from the school meal program that are still sealed and/or unbitten can place them on the food share table.

Food Share Table Challenge

Unwanted items that are still sealed and/or unbitten from the school meal program can be placed on the Food Share Table. Use a green crayon to circle the foods that can go to the Food Share Table. Then check your answers on the bottom of the page.



ANSWERS: Foods that can go on the Food Share Table are: yogurt, apple, orange, milk, applesauce, sealed carrot pack and sealed bag of chips. The foods that can't go on the table are: banana that has been bitten, sandwich from home and the open box of raisins.

One third of the world's food is wasted each year. That's why we need YOU as a Food Rescue Hero!



All of the world's nearly one billion hungry people could be fed on less than a quarter of the food waste from the United States, the United Kingdom and Europe.

Source: Global Feedback Ltd. 2014



PRESENTED BY



Altamont Education
Advisory Board

ATTENTION TEACHERS: Have you created an Action Project in your classroom to encourage reducing, reusing or recycling waste? Tell us about it and you might be featured in a future issue of Kid Scoop News! Email us: woodword@kidscoopnews.org
For more resources to use in your classroom, please visit www.stopwaste.org

Beauty Queen Turned Super Hero: The Power to Reduce Waste!

EARTH TIPS

Presented by Altamont Education Advisory Board

In 2010, when Jessica Robinson of Alameda, California, became Miss Alameda, she saw it as an opportunity to teach kids about protecting our planet.



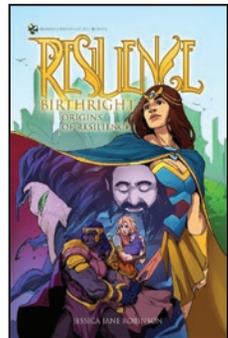
Ms. Robinson founded a program called, "Miss Alameda Says Compost!" to help the City of Alameda address its Climate Protection and Zero Waste Plan.

Over the last ten years her work has grown. Today she works with schools to help them set up Zero-Waste Programs.

In the Emeryville school district, she set up Young Lion and Young Lioness programs where high school students work with elementary school students to set up school-based Green Teams. "The high school Lions and Lionesses are really zero-waste ambassadors," said Jessica. "They teach others how to reduce waste at school and at home."



"Kids are powerful," says Jessica. "Give them the information and they really can change the world. They are superheroes!"



A New Hero Rises!

Speaking of superheroes, Jessica created her own superhero, called **Resilience**. Jessica becomes Resilience and speaks to schools and community organizations. She has even created a video and a graphic novel about her superhero and the importance of protecting the planet. To learn more about Resilience visit rborg.org

Resilience Zero-Waste Plan

Start the Zero-Waste process with a Waste Audit Observation

1. Look in your waste bins. Take a good look at what your school or classroom is sending to the landfill.
2. Discuss with your classmates how to make less waste. Are there items in the landfill waste bin that could be replaced with something that could be replaced, composted, recycled, or re-used?
3. Make a plan of some Action Steps your school can take to divert waste from the landfill. Use the chart below to list which items will be replaced, composted, recycled or re-used.



Taking care of our world starts with each of us doing our part! And YOU can make a BIG difference in thinking about ways to work towards a zero-waste school!

REPLACE	COMPOST	RECYCLE	RE-USE
plastic bags	apple cores	paper	containers

"Kids are powerful. Give them the information and they really can change the world."

— JESSICA ROBINSON



PRESENTED BY



Altamont Education
Advisory Board