

4Rs Family Action Plan

Step 1: Create a plan for you and your family to reduce waste, prevent food from ending up in the landfill, and create a healthier earth. How will you practice the 4Rs - Reduce, Reuse, Recycle, and Rot? Can your family come up with their own "Rs" to follow?

Three actions my family can take to practice the 4Rs or our own "Rs" are:

1: _____

2 _____

3. _____

4Rs Pledge

Step 2: Make it official and sign a commitment to your "R" actions! Get your family and other members in your household to make a pledge too!

I promise that i will...

Reduce food waste and eat what I take,
Reuse what I can,
Put all **recyclables** in the recycle bin,
Put all **compostables** in the compost bin,
and teach others to do the same!



I will be a 4Rs Action Hero every day by reducing and sorting the right way.

_____	_____
<i>Family Member Signature</i>	<i>Family Member Signature</i>
_____	_____
<i>Family Member Signature</i>	<i>Family Member Signature</i>
_____	_____
<i>Family Member Signature</i>	<i>Family Member Signature</i>

Step 3: Hang your family action plan and pledge on your refrigerator or a place where you will all see it!

Need help getting started?

Here are some ideas to get you thinking about actions your family can take. There is no action too small - any and all action steps are needed to create change.



Reduce: Buy only what you need. Choose items with the least amount of packaging



Reuse: Use reusable containers (beverage and food containers) for lunch and snacks. Bring a reusable bag when you go shopping.



Recycle: Choose packaging that's recyclable in your city. Don't forget to have a recycle in other places around your home that you might not think of, like the bathroom.



Rot: Put your food scraps (fruit rinds, vegetable peels, meat scraps, bones, napkins, coffee grounds and pizza boxes) in the green or compost bin at home. If you don't have a green or compost bin, talk to your family about how you can start to have that service or set up a home compost bin.

Want to share your family's actions?

StopWaste would love to hear how your family is taking action to reduce waste and practice your 4Rs. There many ways to share your action plan:

1. Copy your action plan on another piece of paper and write us a letter about why you want to take action. Mail your letter to us at:
StopWaste Schools Team
1537 Webster Street
Oakland, CA 94612
2. Email us a scanned copy or a photo of your plan at Schools@stopwaste.org. Don't forget to add a note about what inspired you to take action.
3. Take a photo of your family plan hanging up in your home and post it to your family's social media. Don't forget to tag **@StopWaste** (Instagram/Twitter) or **@StopWasteOrg** (Facebook) so we will see it!