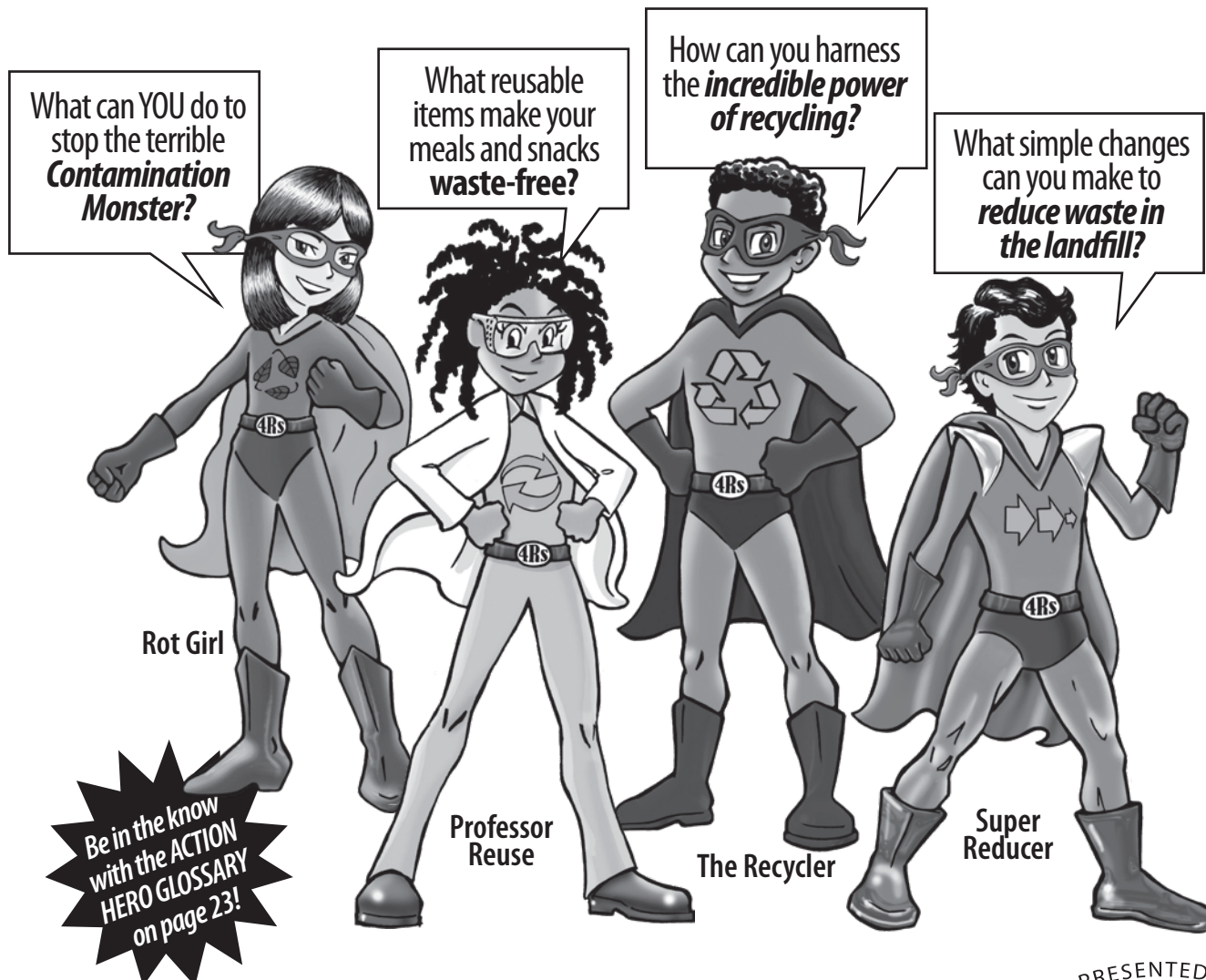


The 4Rs Action Heroes

P R E S E N T

SORTING SAVES

How to fight climate change and save our resources at school and at home.



Keep reading for the amazing answers to these questions and more!

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Altamont Education
Advisory Board

Earth is My Happy Place!

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 especially love. Under each one, write a sentence about how you will care for, conserve and appreciate this resource.



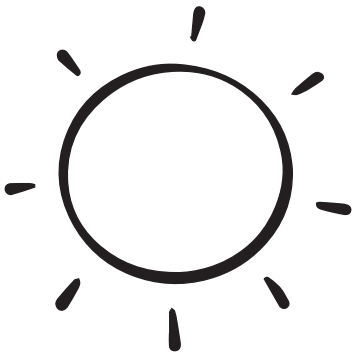
I love this because:



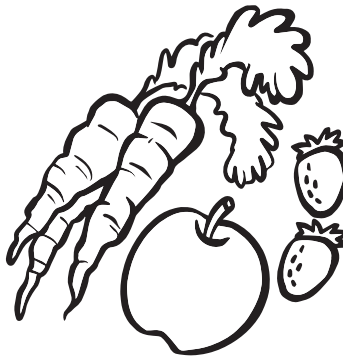
I love this because:



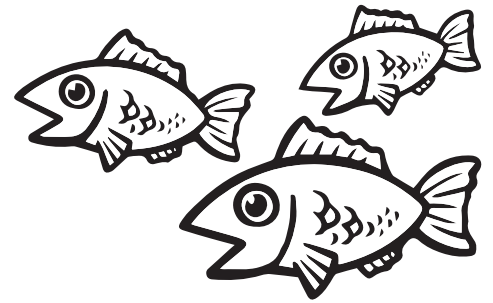
I love this because:



I love this because:



I love this because:



I love this because:



The Recycler

Our planet is amazing!

Earth has an abundance of truly wonderful natural resources.

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Earth Provides Gifts Galore!



Beware!

Taking too many natural resources from the planet means we could run out of them!

Do the math to find out what the different natural resources on this page provide people.

$8 + 7 = \underline{\quad} \text{ SOME CANDLES}$

$4 + 6 = \underline{\quad} \text{ PAPER}$

$7 + 6 = \underline{13} \text{ PLASTICS}$

$8 + 4 = \underline{\quad} \text{ CARDBOARD}$

$6 + 5 = \underline{\quad} \text{ GLASS}$

$9 + 8 = \underline{\quad} \text{ WOOD}$

$7 + 2 = \underline{\quad} \text{ WINDOWS}$

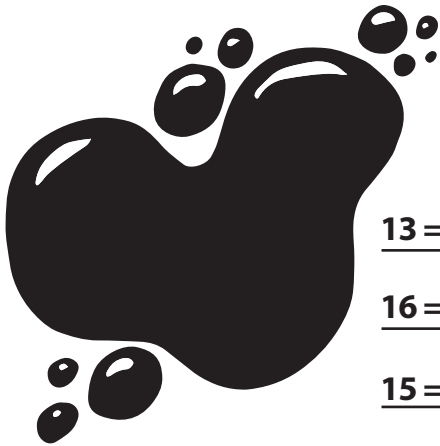
$8 + 8 = \underline{\quad} \text{ GASOLINE}$

$7 + 7 = \underline{\quad} \text{ COMPUTER CHIPS}$

$6 + 2 = \underline{\quad} \text{ MACHINERY}$

$9 + 9 = \underline{\quad} \text{ POTS \& PANS}$

$4 + 3 = \underline{7} \text{ WIRE}$

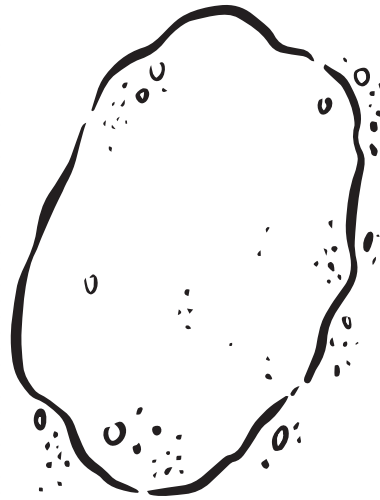


OIL

$13 = \underline{\text{PLASTICS}}$

$16 = \underline{\quad}$

$15 = \underline{\quad}$



SAND

$9 = \underline{\quad}$

$14 = \underline{\quad}$

$11 = \underline{\quad}$

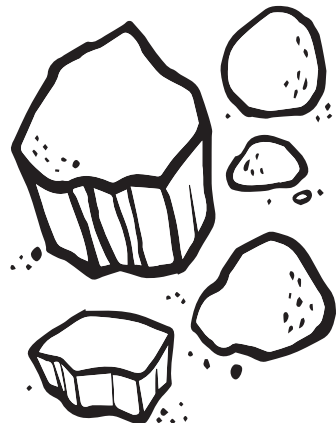


TREES

$12 = \underline{\quad}$

$17 = \underline{\quad}$

$10 = \underline{\quad}$

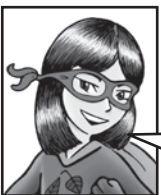


METAL ORES

$7 = \underline{\text{WIRE}}$

$8 = \underline{\quad}$

$18 = \underline{\quad}$



Rot Girl

The Earth's natural resources are gifts that we use in our daily lives. If these get tossed into the landfill bin, then these resources are lost.

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When you “throw something away” it does not disappear. It goes somewhere else. YOU make a difference every time you sort properly and put items in the correct place.

Find the correct path to the finish line. The letters along the correct path spell out where haulers take waste. Write the letters on the lines below the maze. The first letter is done for you.



Where to next? At the transfer station, waste is separated. Things that can be recycled go to “Re-manufacturing” plants. Things that can be composted go to a composting company. Everything else goes to the landfill. Sorting your waste into the correct bins is an **ACTION** you can take to make sure earth’s gifts aren’t wasted!

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Recycling – An ACTION That Saves Earth's Resources

When you recycle, your used items get turned into new products. For example, used glass can be crushed, melted and turned into new glass bottles. Old cardboard can be made into new cardboard. Old paper can be made into new paper.

Amazing Recyclables!

Fill in the missing vowels in each word listed below to discover some of the things these items can be made into after recycling.

plastic containers



sl__ping b_gs

ski j_ck_ts

c_rp_t

t_ys

aluminum cans



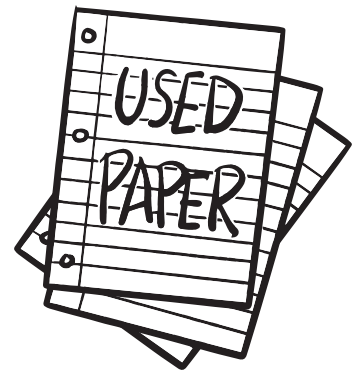
b_s_b_ll b_t

a_to p_rts

an_th_r c_n

appl__nc_s

binder paper



n_pk_ns

b__ks

sk_tchb__ks

n_wsp_per



The Recycler

Every time we recycle, we save the Earth a little more. We cut fewer trees, mine fewer resources and use less water and energy.

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Composting is Awesome!

Use a green crayon to circle all the things that belong in the compost bin.

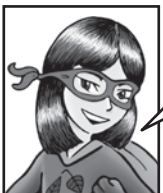


Composting – An Action That Works!

- Compost food scraps and food-soiled paper. They make up the largest category of waste in our landfill. They create more methane than any other material in the landfill.
- Send food waste to the compost facility – it is a valuable resource. Mixing compost with soil improves nutrition in our food.
- When you put food waste into the compost bin, you help make *compost*. With compost, gardeners and farmers can raise healthier plants.



ANSWERS: Things that **DO** go in the compost bin are the bread, pizza box, leaves, apple core, grapes, cheese, napkin, banana peel, and chips. Things that **DO NOT** go in the compost bin are the plastic bottle, yogurt container, pencil, plastic spork, aluminum can, and plastic bag.



Rot Girl

All food products can go into the compost bin: fruit, vegetables, breads, cereal, dairy, meat (including bones); coffee grounds, filters, and tea bags. But that's not all! Food-soiled paper, paper towels, plates, napkins, pizza boxes and paper lunch bags can go in the compost bin, too!

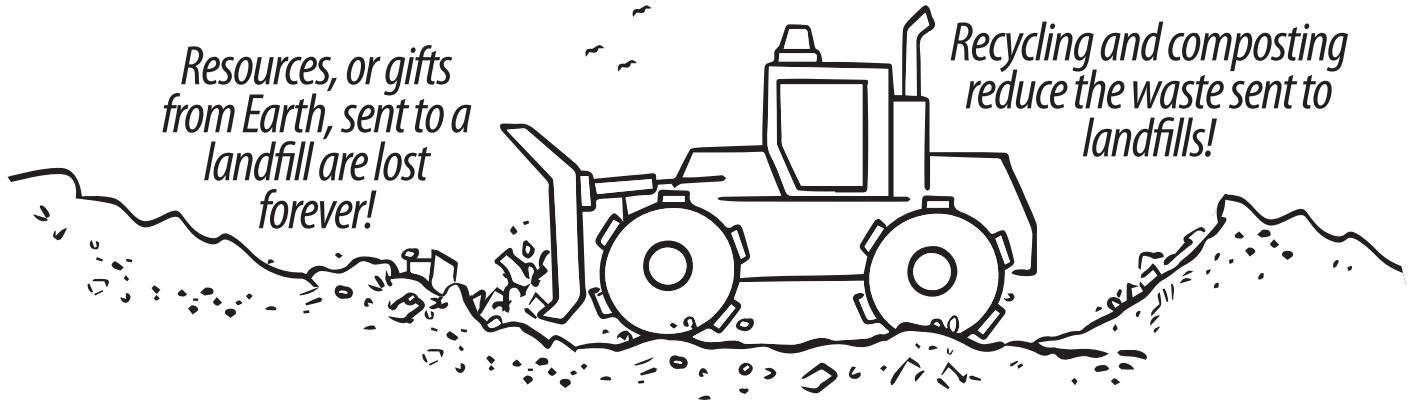
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Send Less to the Landfill

A landfill is a place where garbage is taken and buried.



Landfill Problems

Food waste in landfills rots and forms gases that contribute to climate change.

What is in the landfill?

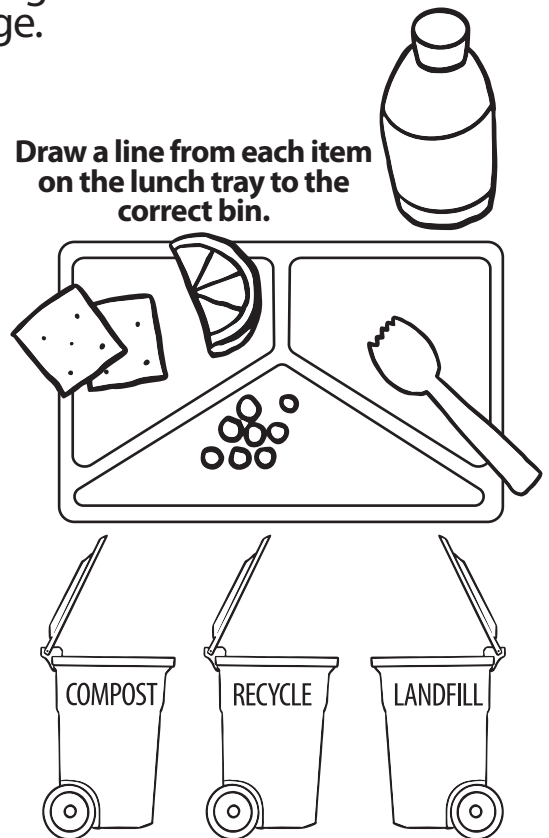
Circle every other letter to reveal the number one thing that people throw away that ends up in a landfill.

B F T O Y O T D
F _ _ _ _

The item above shouldn't be sent to a landfill.
Instead, it should be:

B C U O Y M L P N O R S G T N E S D
C _ _ _ _ _

Draw a line from each item on the lunch tray to the correct bin.



Rot Girl

If we put food waste into the recycling bin and the bin gets more than 10% contaminated with non-recyclables, then that bin will be rerouted to the landfill.

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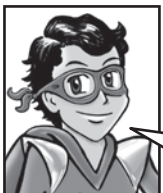
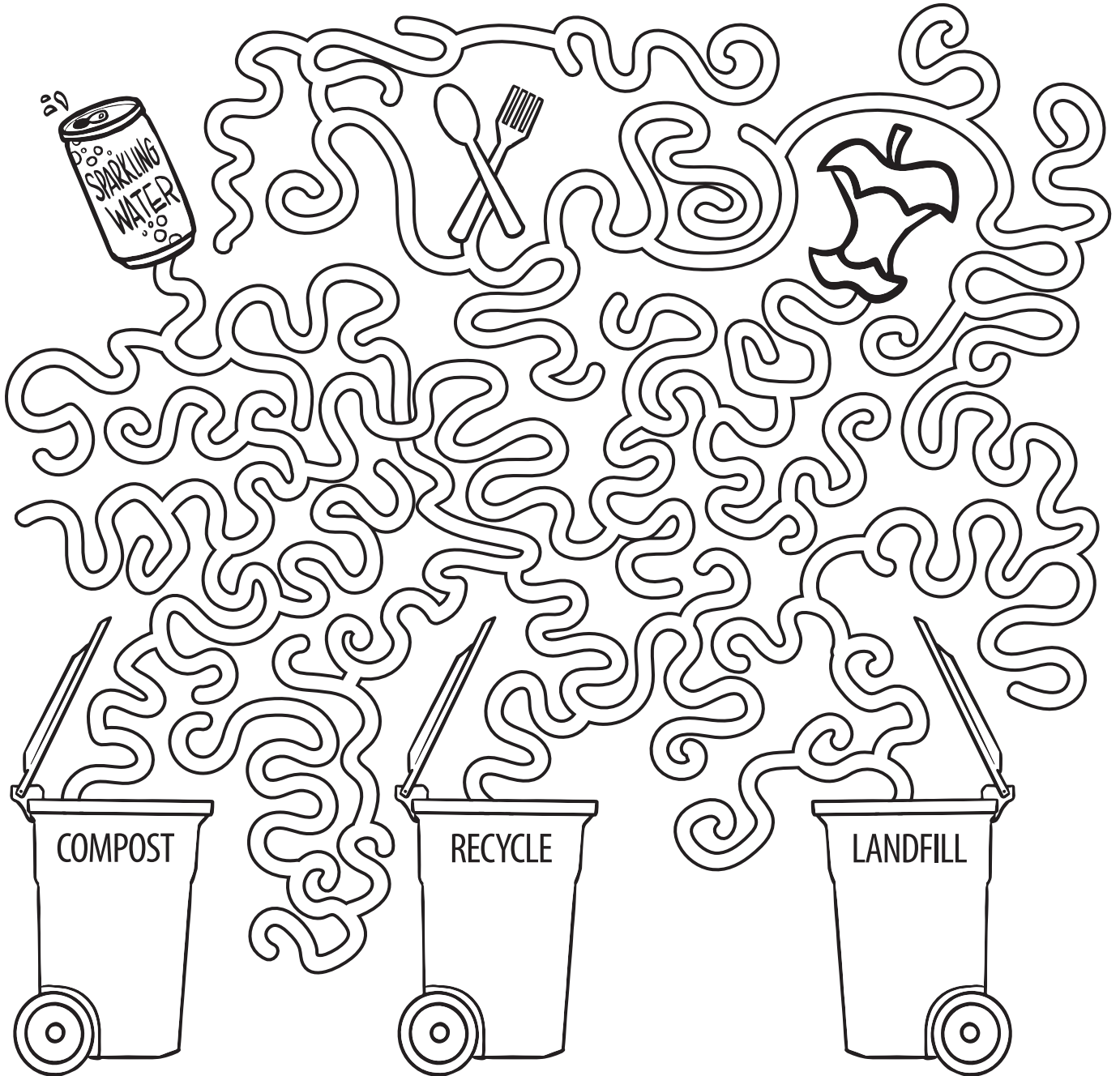


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The Sorting Game

After eating at school, what do you do with the papers, wrappers and containers that are left? Sort them into the right bin! Putting waste in the right bin helps keep the Earth healthy.

Follow the maze to see where each leftover lunch item belongs.



Super
Reducer

Sorting your waste is a simple action that makes a **big difference**. Be a Sorting Action Hero every day!

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Recycling Detective Game

Sometimes it is hard to know what to put in the recycling bin. Sometimes there are signs that tell you. If there are no signs, or you're still not sure after checking the signs, ask for help.

Use the **StopWaste Detective De-coder** to figure out where each item should go. Then write the answer underneath the item.



snack bag



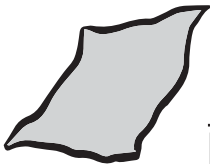
leftover apple



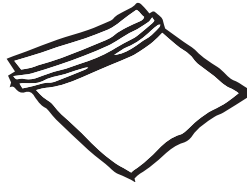
juice pouches



chicken bone



aluminum foil



plastic sandwich bag



apple core



pizza scraps



StopWaste Detective De-coder

- = A
- = C
- = D
- = E
- = F
- = I
- = L
- = M
- = N
- = O
- = P
- = R
- = S
- = T
- = Y



Professor Reuse

Straws and small plastic utensils are too small to be recycled. Juice pouches and chip bags have metallic linings that cannot be separated from the plastic, making it impossible to recycle them.

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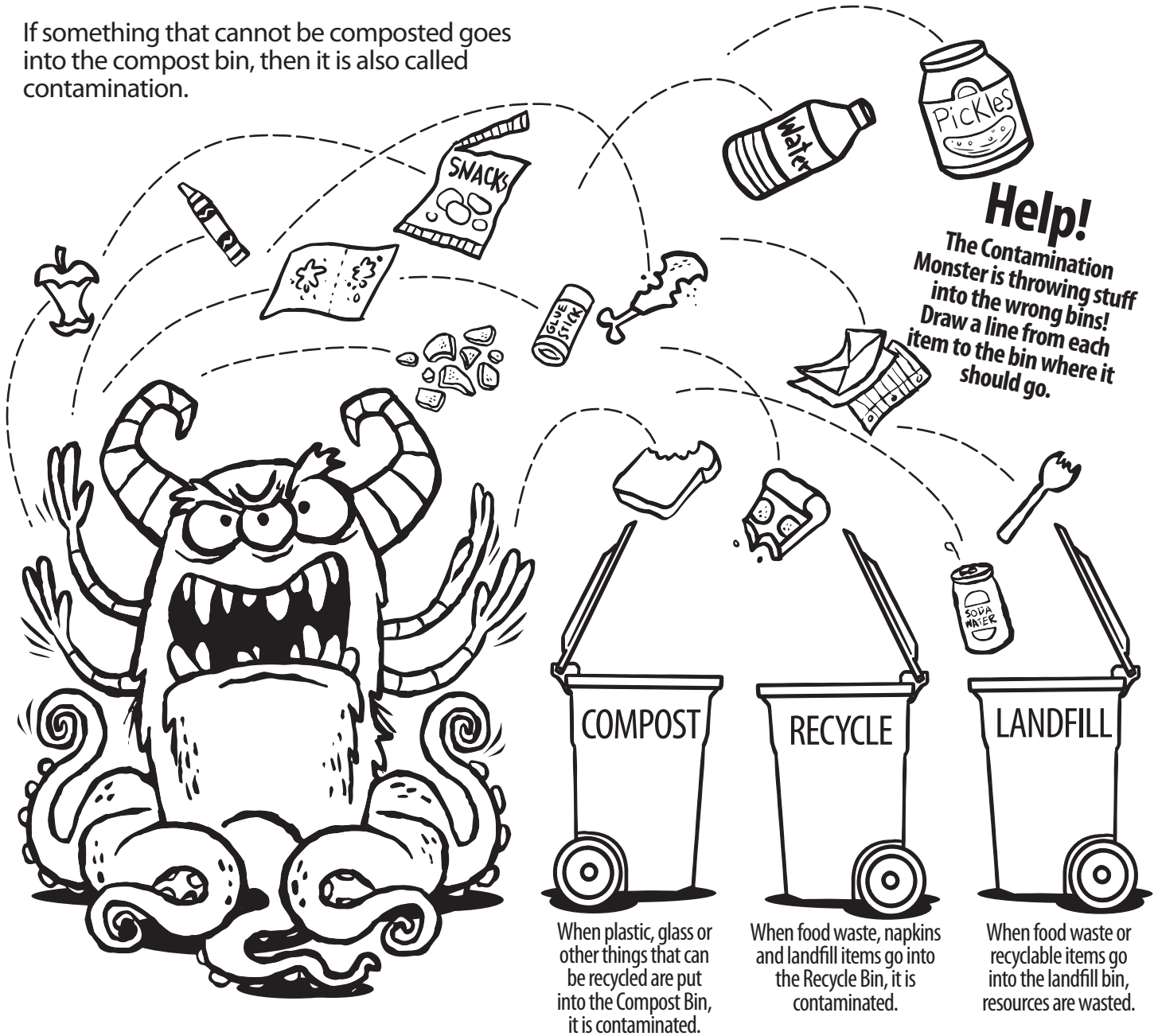
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Contamination Ruins Everything!

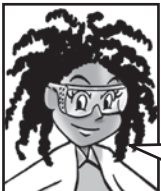
When something that cannot be recycled goes into the recycling bin, that is called **contamination**.

If something that cannot be composted goes into the compost bin, then it is also called contamination.

Contamination is a big problem. If the recycling or compost bins are too contaminated, the custodian needs to put everything into the landfill bin.



ANSWERS: COMPOST BIN: Apple core, orange peels, chicken leg, bread, pizza scrap, napkin. RECYCLE BIN: Plastic water bottle, glass pickle jar, paper, aluminum can. LANDFILL BIN: Crayon, chip/snack bag, plastic fork, glue stick.



Professor Reuse

Contamination is putting the wrong thing in the wrong place. You can help defeat the Contamination Monster by putting the right things in the right bin.

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Contamination Crossword

Complete the puzzle by filling in the missing letters .

☐ Contaminate

☐ Recycle

☐ Landfill

☐ Compost

☒ Bin

☐ Glass

☐ Plastic

☐ Metal

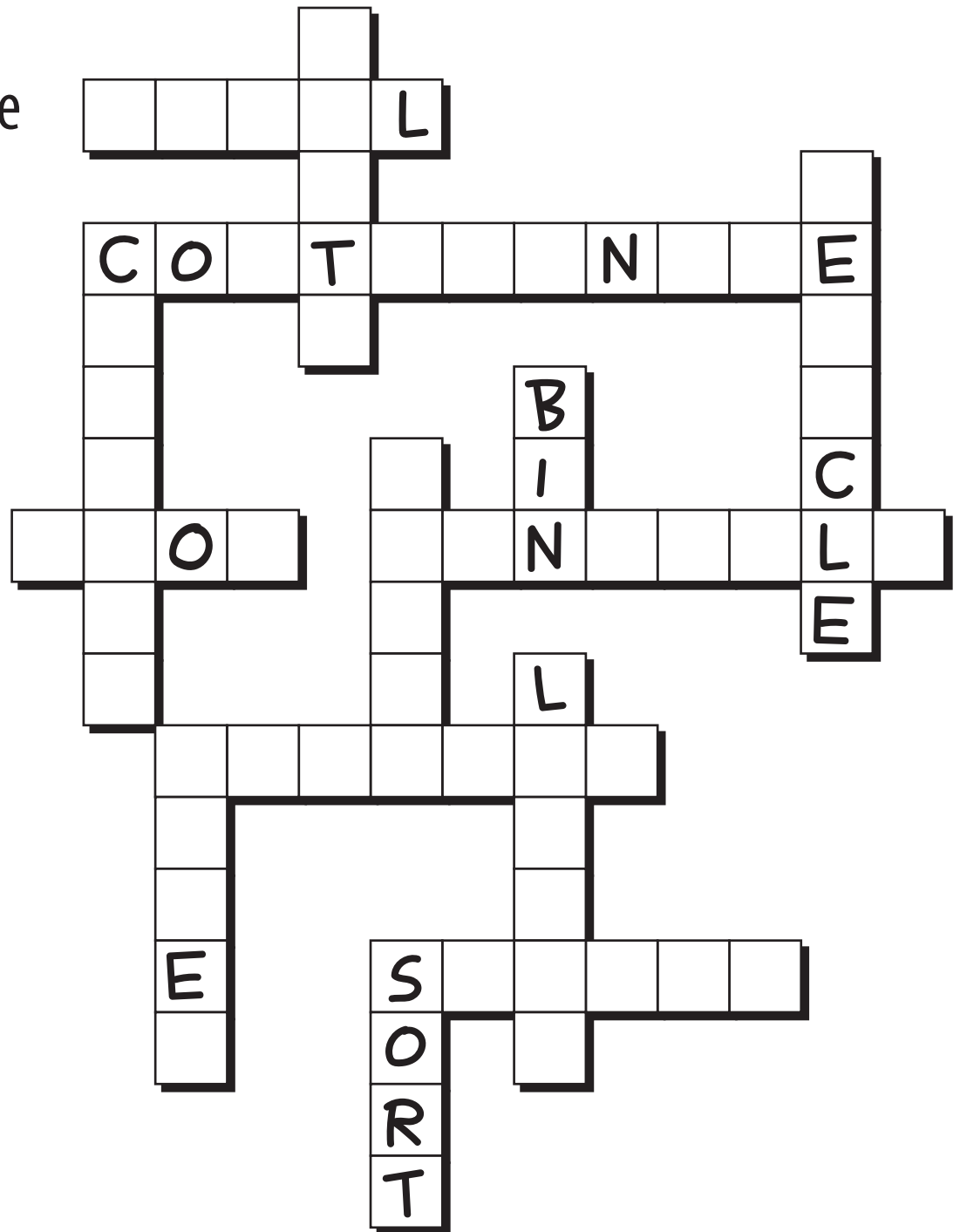
☐ Food

☐ Liquid

☐ Soiled

☒ Sort

☐ Paper

☐ Waste


Rot
Girl

Contamination in recycling bins causes problems:
It can damage sorting machinery. It causes
recycling to be more expensive. It causes good
resources to be sent to the landfill.

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Striving Towards

Waste-Free Meals Save Resources

Every time something is used once and then thrown away, it wastes resources. Follow these simple tips to prevent waste and save resources at school when you enjoy a meal or snack.

Tips for Waste-Free Meals and Snacks at School

If you bring food from home:

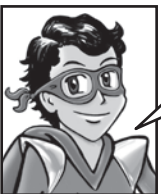
- ✓ Pack snacks and lunch in reusable bags or boxes.
- ✓ Pack reusable utensils and a washable napkin.
- ✓ Bring home what you don't eat so you can better plan future lunches and snacks with your family.



Color the differences between these two pictures.

If you enjoy meals and snacks from school:

- ✓ Bring a reusable fork or spoon and a napkin from home and skip the disposable one.
- ✓ If allowed, save food to eat later, such as fruit, carrots and crackers.
- ✓ **Skip utensils** if you're served finger foods at school.



Super Reducer

REDUCE: One way to reduce our use of natural resources is to use fewer **single-use** products. Single-use products are things used once and then thrown away.

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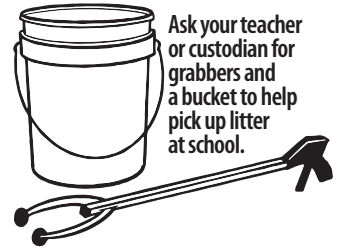
Litter: Each Piece Counts

Lunchtime litter: Look for litter in this picture. Can you find all of these items?
Cross them out with a red crayon.

- ☐ plastic bottle
- ☐ plastic cap
- ☐ paper cup

- ☐ plastic fork
- ☐ plastic zip bag
- ☐ binder paper

- ☐ chip bag
- ☐ plastic straw
- ☐ apple core



.....
Plastic litter is the most common killer of animals in the wild. Look around your school yard.
Do you see litter? If so, what kind of litter do you see?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Super Reducer

Talk with your teachers, classmates and friends about litter. Make a poster reminding people at your school to pick up litter.

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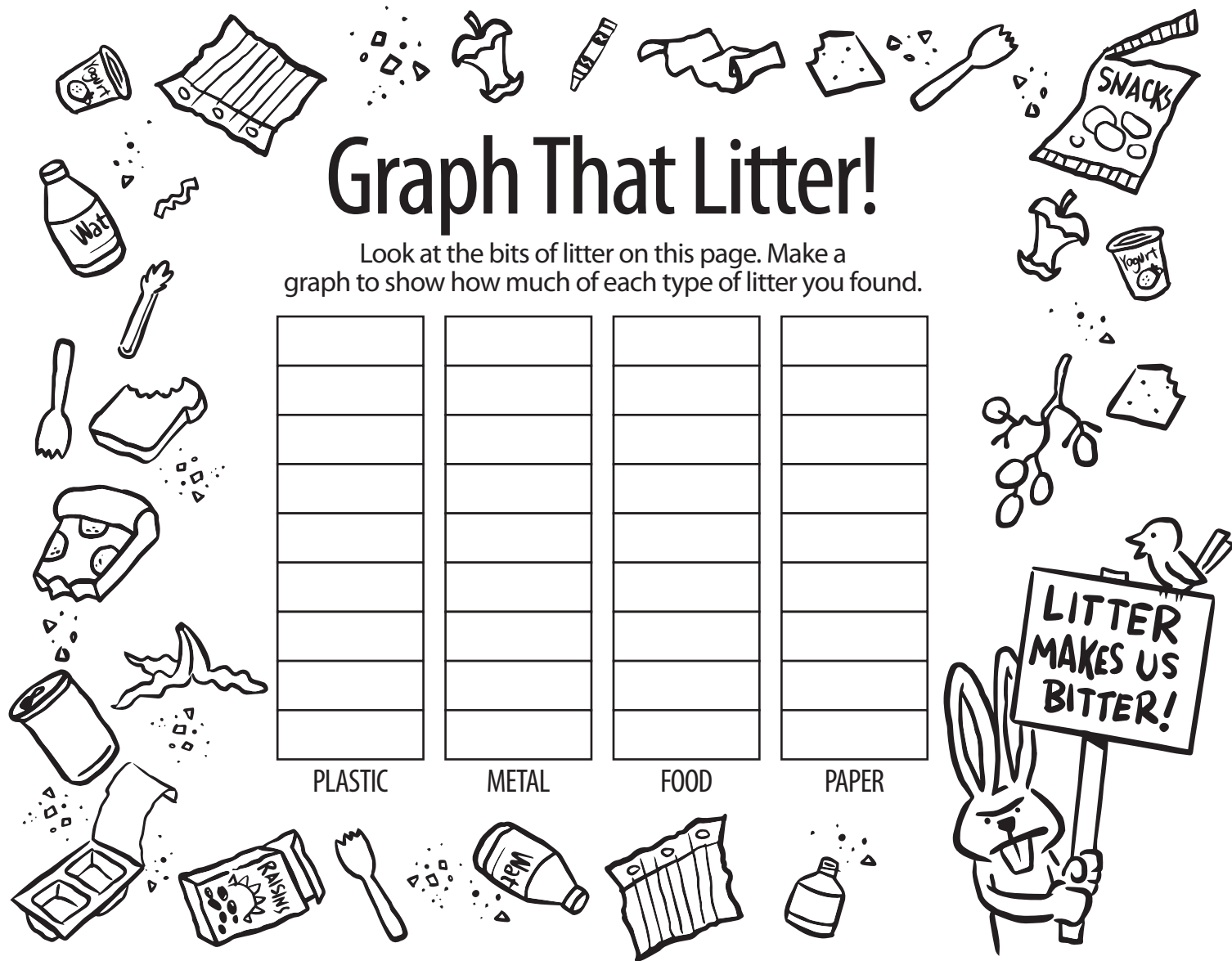


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Litter is stuff that is on the ground and in the water that shouldn't be there. Litter is a big, harmful problem. Some of it is killing animals and poisoning the Earth.

But the good news is that **everyone** can help solve the litter problem. How?

- ✓ Put waste in bins where it belongs.
- ✓ Pick up litter when you see it. Put the litter in its proper place.
- ✓ Reduce the number of things you use that get thrown away after just one use.
- ✓ Teach others how to reduce, reuse, and recycle!



The Recycler

Picking up litter reduces pollution of the world's waterways and oceans and protects our ocean animals and our families.

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Action Hero Tunes



Singing a song is a great way to remember things. We've written special Action Hero lyrics for some familiar tunes. Sing along with your teacher and fellow students or at home with your family.



Sing to the tune of "Row, Row, Row Your Boat"

*Sort, sort, sort the waste
Put it where it goes
Compost, recycle, or the landfill
An Action Hero knows!*

*Reduce the stuff you use
Reuse all you can
Single use plastic is hurting the Earth
So make a better plan!*

Sing to the tune of "If You're Happy and You Know It"

*Put food and dirty paper in the green
Put food and dirty paper in the green
You don't want to leave a mess
And you want to do your best
Put food and dirty paper in the green!*

Sing to the tune of "This Old Man"

*This old can
Was filled with peas
Now it's empty
Help me please
Put it in the blue
That's all you have to do
We recycle!
How 'bout you?*



**Super
Reducer**

A better world starts with YOU!

Talk with a classmate or a friend about one or more actions you can take to keep Earth a clean and healthy place to live. Make a list of these actions and post them where you can see them every day.

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Real Action Heroes at School

Custodians and Food Service Workers at your school work hard to keep your school clean and a healthy place to learn, eat and play. They are real-world Action Heroes every day! What do they do? Fill in the missing vowels to discover the things they do in their work to be of service to you and your school.

Custodians:



Sw__p

M_p

Vac__m

H_ndle W_ste

Food Service Workers:

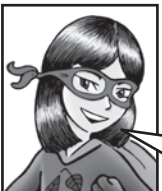


S_rve f__d

Cl__n k_tchen t__ls

_rder f__d

F_ll_w food s_rving r_les



Rot
Girl

Custodians and Food Service Workers take care of the Earth! They help us to conserve our planet's wonderful natural resources!

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Thank an Action Hero!

Who is an Action Hero at your school? Color, write a special message, and cut out the thank you card below. Give it to a custodian or food service worker at your school who works hard to keep your school clean, healthy and fed. Let them know that you notice and appreciate all their hard work each and every day. Decorate the card with a picture you draw of your school or classroom looking great!

THANK YOU

NAME OF HERO HERE

For all your hard work to keep our school clean and healthy.



The
Recycler

Gratitude is a super power! Write a thank you note and give it to your custodian and food service workers. It makes the people you thank feel good.

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An Apple's Journey

It all starts with the sun! The sun's energy, good soil and water ripen the apple.



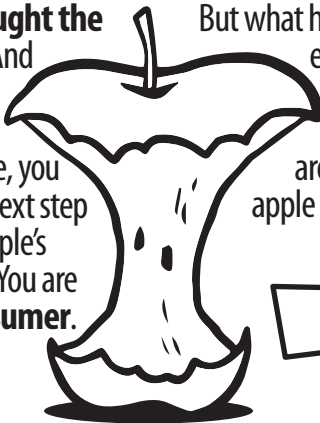
The farmer picks the ripe apple and takes it to the Farmer's Market.



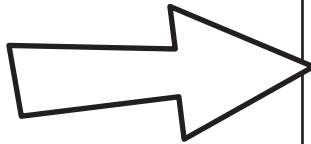
At the Farmer's Market, the apple farmer joins other farmers to bring fresh produce, like her apples, to sell to people.



YOU bought the apple! And when you eat the apple, you are the next step in the apple's journey. You are the **consumer**.



But what happens *after* you eat the apple? The apple's journey isn't over yet. There are two paths the apple core can take.



PATH 1: TRASH BIN

Everything in the trash bin goes to the landfill. There's no air in the landfill.

And without air, the bacteria in the landfill eat the apple core and produce methane gas which contributes to climate change. **This is the wrong path!**



PATH 2: COMPOST BIN

Food scraps go in the compost bin and to a composting facility. This is where food scraps and yard waste come to rot and decompose. With plenty of oxygen, the rotting food does not make methane gas. **This helps reduce climate change!**



As a farmer, I love compost! When I mix healthy compost into the soil under my apple trees, I don't need chemicals to feed my trees. The compost feeds my soil, holds water in the soil, and keeps my apples tasty and healthy!



Rot Girl

Taking action to reduce food waste helps to prevent climate change and is a way to make the world a better, cleaner place.

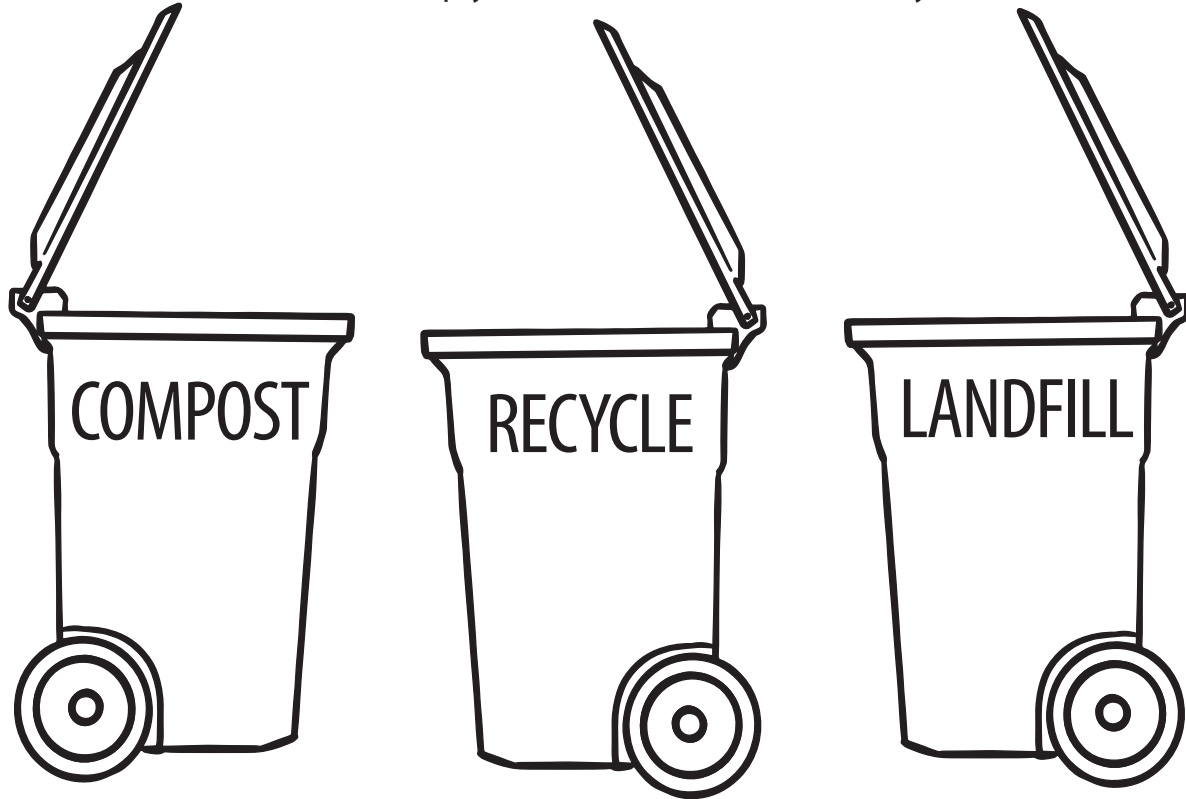
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Sorting at Home

You and your family can sort the waste at home, too! Have a separate can or bin for **Recycling**, **Compost** and **Landfill**. Then empty those into the correct bin from your hauler.



Only one of these items go in the landfill. Cross it out with a red X. Circle the items that should be recycled with a blue crayon. Circle the items that should be composted with a green crayon.



ANSWERS: COMPOST BIN: Leaves, chicken leg, apple core, pizza, laundry detergent bottle, soup can, dish soap bottle, plastic water bottle, newspaper, peanut butter jar, cardboard box. RECYCLE BIN: Plastic zipper bag. LANDFILL: Plastic zipper bag.



Professor Reuse

We can take action by sorting properly or even reducing what we need to throw away in the first place.

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Sorting at Home

How do we know
what we can recycle
or compost?



What goes where?

StopWaste has a quick online tool to help! Simply go to **stopwaste.org/resource** and look up your city.

With your family look up the items below and check which ones can be recycled in your community.



ITEM	RECYCLE	LANDFILL	COMPOST
ALUMINUM CANS			
CARDBOARD SHIPPING BOXES			
PIZZA BOXES			
PLASTIC SNACK PACKAGING WRAP			
DETERGENT BOTTLES			
PLASTIC CUPS			
PLASTIC BEVERAGE JUGS			
BANANA PEELS			
GLASS JARS			
SOUP CANS			

IMPORTANT: Things accepted for recycling by some haulers might not be accepted by another. Contact the company that picks up recyclables and compostables in your city to get the right sorting information for your home or school.



The
Recycler

Be sure to empty, rinse and dry your recyclable items as best as possible before putting them in the recycle bin.

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Action Hero at Home

Teach your family! Complete the Action Hero Progress Chart together. Make a check mark or an X each time you do one of the following each day of the week.

ACTION HERO PROGRESS CHART							
	SUN	MON	TUE	WED	THU	FRI	SAT
Eat leftover food instead of throwing out.							
Compost food scraps.							
Plan meals ahead.							
Put recyclables in the recycle bin.							
Pick up litter around your home.							
Take a walk together and pick up litter.							
Tell a family member about sorting waste.							
Check bins for contamination.							
Help your family pack up leftovers for later.							
Talk about ways to reduce food waste.							
Find recipes that use leftover food items.							
Make a list to avoid buying excess groceries.							
Visit StopWaste.org for more ideas.							



Professor
Reuse

Teaching your family the actions that keep our community healthy and clean is an important action to protect Earth!

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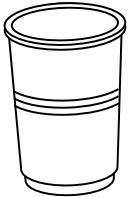


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Create a Zero Waste Plan

Imagine having an empty landfill AND an empty recycling bin? How could you make that happen?

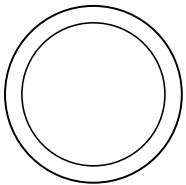
REDUCE USE OF THESE SINGLE-USE PRODUCTS:



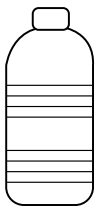
plastic cups



plastic utensils



paper plates



plastic water bottles



paper lunch bags

- Look at your waste at home and count the single use items. How many are there?
- In the chart below, write the names of the different single-use items you found.
- Next to each, write down what you can have used instead of that single-use item.

SINGLE USE	INSTEAD I CAN:
Plastic water bottle	Drink tap water from a glass or a reusable water bottle



Super Reducer

Action Heroes make a difference by planning how to have a zero-waste school and home!

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4Rs Action Hero Glossary



Super Reducer



Professor Reuse



The Recycler



Rot Girl

Conserve: Save

Sort: Separate into groups

Reduce: To use or make less of something

Recycle: To make something old into something new

Landfill: A place where items/things are buried and earth's gifts are gone forever

Compost: Nutrients for the soil made from food scraps and yard debris

Metal ore: Rock that has metal in it

Natural Resource: Something found in nature that can be used by living things

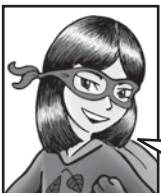
Hauler: A truck or company that picks up waste

Transfer Station: A place where recyclables, compostables and landfill go before going to its final place

Single-use: Something that is designed to be used only one time

Bin: A container

Food-soiled: Dirty from food



Rot Girl

Not all classrooms have four walls. It's healthy, educational and fun to spend time outside to play and take time to look for nature in the school yard and neighborhood! It builds creativity, reduces stress and gets people moving!

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You are an Action Hero!

When you take action to protect Earth, you are an Action Hero!

Being like
Super Reducer:

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



Being like
Professor Reuse:

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



Being like
The Recycler:

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



Being like
Rot Girl:

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



Draw a picture of yourself as an action hero!

My Action Hero name is: _____

My superpower is: _____



Professor
Reuse

**Thank you for completing the
SORTING SAVES pages!**

For more information about being an Action Hero for our
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