

STOPWASTE

May the 4Rs Be With You Contest 2023

Krish Goyal, Newark

1st Place Elementary Video

My 4Rs: Realize, Reduce, Reuse, Refill



Watch Krish's video online:

<https://youtu.be/L7z2H9Y-gug>

My (Re)Generation Action Story:

Every day is a new beginning. A new chance to get things right. I recently started helping my mom in the kitchen and started packing my school lunch. I realized as soon as I started the day I was creating so much burden on mother earth by using single-use items. Just after a little thinking, I realized that by incorporating little tips into the routine I can throw away less waste and help fight climate change at the same time.

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Krish's Story Continued:

For me, the biggest R is Reduce. I tried to cut out plastic and disposable items from my daily routine. Many of our everyday products are designed to last a short time.

Here are some ideas for a more sustainable exchange which I am going to share with my classmates. If possible, avoid plastic wrap, small plastic bags, and aluminum foil. Instead, opt for reusable food containers, washable cloth bags, and reusable cling wrap. Use refillable and reusable water bottles instead of single-use ones. Use washable towels and cloth napkins instead of paper towels and napkins. Now, I am paying attention to all of my classmates' lunch packing and suggesting them incorporate, reduce and reuse the packing supplies.

Well, this is also giving me food ideas, so I can ask my mom to cook for me!