

STOPWASTE

May the 4Rs Be With You Contest 2024

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5th grade, Fremont

Our 4Rs: Remind, Replant, Refuse, and Reuse

Going Green to Help Earth

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Remind Yourself

92 billion pounds of food in the U.S. is wasted. That is equal to you eating 145 billion meals of food! One way we can remind ourselves to not waste food is by making an "Eat Me First" section in our houses. This will ensure that no food is wasted. Another way we don't waste food is to create a meal plan. Planning at least a few meals for each week is a great way to prevent buying too much food. You should remind yourself to always compost because composting helps the environment. It is also a good way to keep food waste out of the landfill and provide nutrition for your garden. Talking about gardens, another way to help the environment is **replanting!**



Worms help in composting lots of foods!

Replant for Earth

Did you know 15 billion trees are cut down every year while only 1.6 billion trees are **replanted** every year? In one year, 100 healthy trees can remove 53 tons of CO₂ and 430 pounds of pollution from the atmosphere. Think about that. If we **replant** as many trees as we cut down, the amount of pollution would majorly decrease. In 100 years if we stay at this rate, Earth's temperature would increase by about 9.5 fahrenheit. Our way to plant is by gardening. We **replant** to help decrease the pollution in the air and be healthy. Another way we help, is by buying only organic produce. This helps because when you buy non-organic items, you are encouraging farmers to use fertilizers, and with fertilizers, soil will become bad and less plants will be **replanted**. Our most important way to help the environment is by **refusing** plastic items or any items that harm the environment. So let me talk about **refusing**.



Redwood trees like these would have all been cut down. Luckily, in California the government stopped that from happening by creating the Redwood National Park.

Refuse Plastic Items

Refusing is the best way you can help the planet, you should always **refuse** plastic and other non-eco friendly things. If a cashier asks you if you want a plastic bag, refuse it. You can **refuse** to buy things with plastic packaging, and instead get the same thing but more eco-friendly. The worst possible thing you can get is styrofoam, because styrofoam never decomposes, so always remember when your buying something, don't buy styrofoam. You should also buy compostable things instead of plastic items which is non-reusable and non-compostable. So always **refuse** plastic and go green! Another great way to help the environment is by **refusing** items instead of blindly throwing them away.



Reuse Your Items

2.12 billion tons of items are wasted every year. That is about 1800 pounds a day. If we reuse our items that amount will significantly drop. Only 39% of the population uses reusable bags and that is something we should all do. Always make sure to reuse items to ensure no waste. Reuse things is a great way to be green. Reusing will also make things cheaper for you instead of buying a plastic bag every time you go to grocery. Reusable cloth bags are much more stronger and greener. Even if you do get a plastic bag use it as many times as you can before just chucking it in the landfill. So be green, and use reusable cloth bags!



View their full presentation online here –

<https://bit.ly/rudransh-aahan-and-aidens-story>

Our (Re)Generation Action Story:

This Google Slides presentation was shared with the StopWaste email address given. Not sure if this link will work or not.

Did you know that 6 million tons of food is wasted in California every year. That is 30%-40% of food served. So we had a plan to stop that. We put extra food, and food that will expire soon in a "Eat Me First" section. We remind ourselves that the foods that we don't eat will go in the landfill and contribute to Earth's pollution. Gardening is another great way to help the environment. So we garden a lot! Gardening is also known as reforestation. Reusing plastics is a great way to help reduce the need of raw materials from the earth. The best way to help the environment is to refuse plastics at all times. Refusing plastics will help reducing the need of raw materials even more and it doesn't contribute to greenhouse gases. Let's start with reminding ourselves!