Trash Can Diary

Date(s):______________________________

Instructions

This exercise will help you appreciate how much trash we throw away, as well as identify ways in which you can reduce and recycle the trash you produce. For one full day, record exactly what you throw away using the grid below. Don't leave anything out! This is between you and your trashcan. When you are done recording a day's worth of trash, think about how much of each type of trash you generated, and ways you can either cut back on or recycle the things you threw away.

What was thrown away?	What type of material was it?	Recycled or Trashed?	How could I have reduced my solid waste?
Example: 1 soda bottle	#1 plastic	recycled	I recycled this in a bin in my building
Example: 1 lunch bag	paper	trashed	I could bring my lunch in a reusable container

Total # of items thrown away:

# of recyclable or reusable items:

# of items I did not need at all