



Reducing Waste at Home

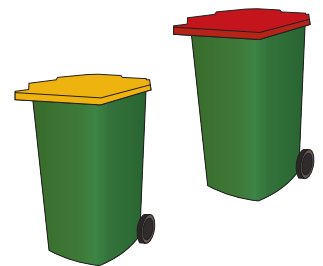
A resource book for English Learners

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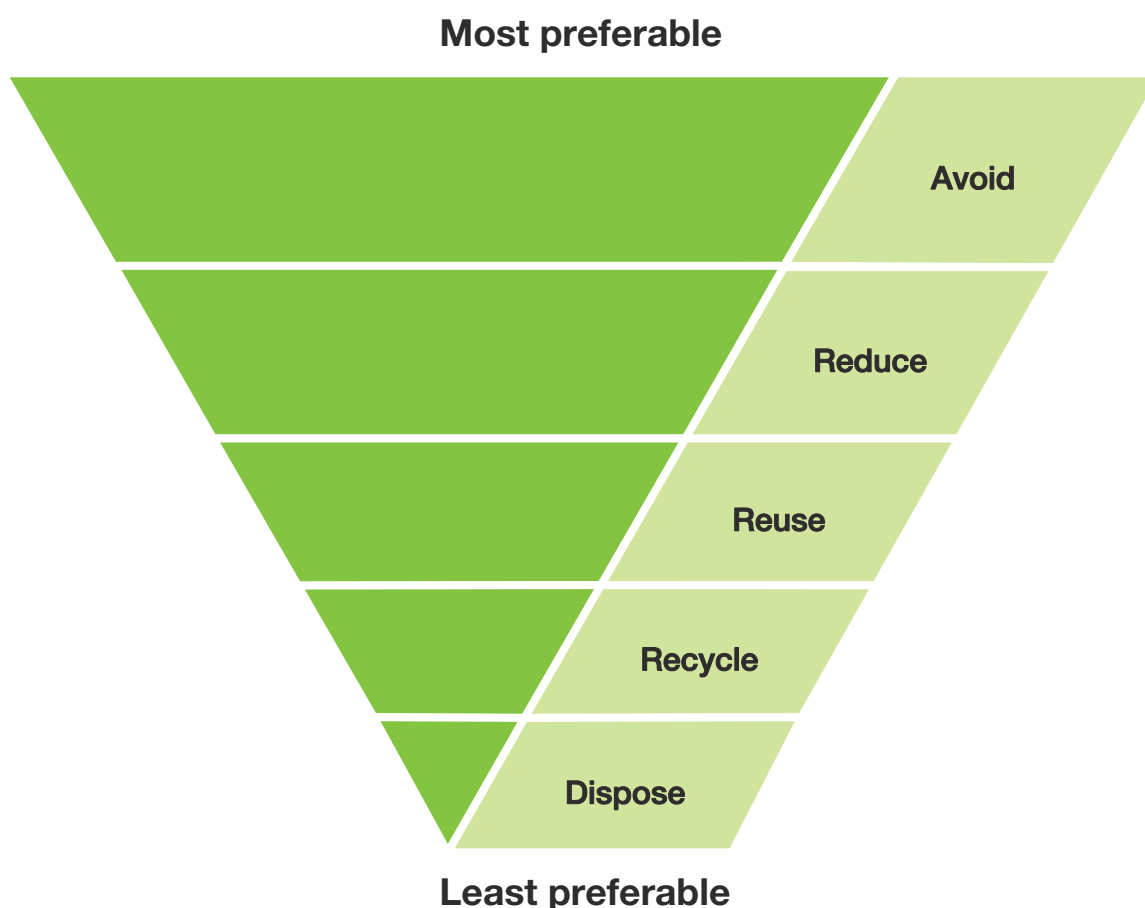
Foreword

This learning resource was developed by EnviroCom Australia on behalf of Logan City Council. It is designed to support learners of the English language, while also reinforcing messages about recycling and waste minimisation.

It is estimated that the average Australian produces about two tonnes of waste each year! Waste is produced as a part of everyday living and most of the time we don't give too much thought to what goes into our bins. It's easy to forget that every time we throw something away into the garbage bin it ends up at landfill, meaning that we are also throwing away the natural resources that were used to produce that item. As Logan's population grows, Logan City Council is committed to ensuring its waste services and facilities meet demand whilst focussing on waste minimisation and resource recovery options.

We can all make small changes in the way we live, how we shop, what we buy, and the way we choose to dispose of our waste materials that can make a huge difference to the amount of waste produced.

Considering ways we can **avoid, reduce, reuse** and **recycle** can effectively assist in minimising waste going to landfill as outlined in the diagram of the Waste Hierarchy.



Avoid - Not creating waste in the first place and only buying what you need

Reduce - Minimising the amount of waste produced

Reuse - Using materials again and again

Recycle - Using materials to make new products

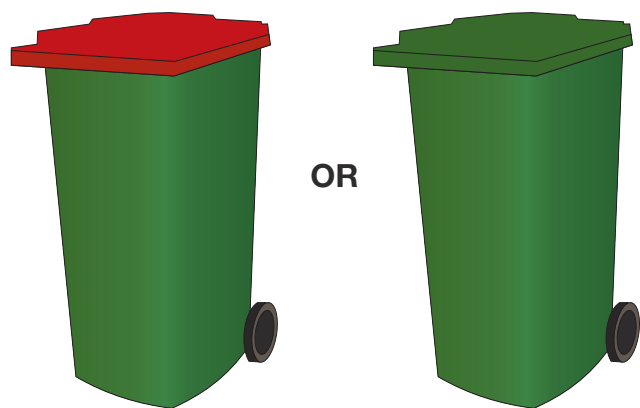
Dispose - Sending waste to landfill. This is considered the least preferable option.

Overview - Waste in Logan

There are a range of waste disposal options available to Logan residents, some or all of which may be new to people who have recently arrived in Australia. Logan City Council provides residents with two 240L mobile bins; a garbage bin and a recycling bin to dispose of materials generated in the household.

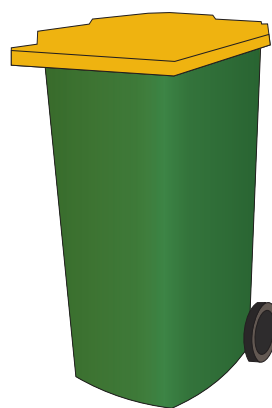
Garbage

Your garbage bin has either a red or a dark green lid and is collected once a week. Everything you put into this bin is taken to landfill and buried.



Recycling

Your recycle bin has a yellow lid and is collected once a fortnight. Everything you put into this bin is taken to the Materials Recovery Facility to be recycled and reprocessed.

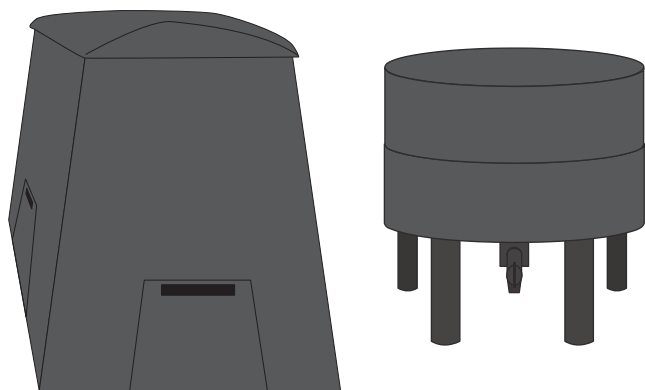


Organic waste, such as food scraps and garden clippings, don't have to go in your garbage bin. Using a compost bin or worm farm is an easy and effective way of converting your organic waste materials into a fantastic natural fertiliser that can be used on your garden! Establishing and maintaining a compost bin or worm farm means less waste in your garbage bin which in turn means less waste going to landfill so it is not just your backyard that benefits!

Logan City Council also runs five waste and recycling facilities that take materials that are not accepted in the kerbside bins such as furniture, tyres, batteries, chemicals, large green waste items etc. The Logan Recycling Market collects good quality unwanted and donated materials for resale, with the profits going to local charities. More information about Council's waste services is available via the Council website.

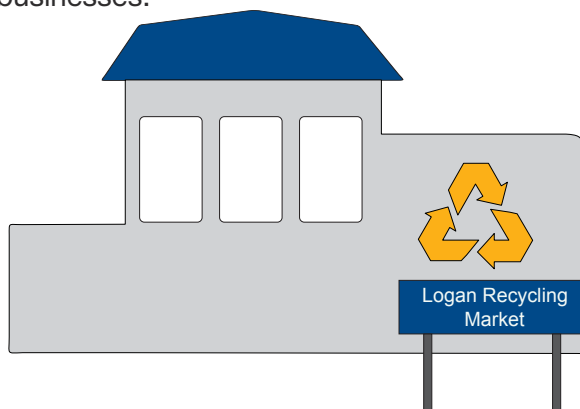
Organics

Organic waste such as most food scraps and garden clippings can be processed in a backyard compost bin or worm farm, helping to keep the materials out of landfill.



Other services

Council also has five waste and recycling facilities, plus the Logan Recycling Market. These facilities provide a range of waste and recycling services for Logan residents and businesses.



Shopping List

Avoid

Activity: Making a shopping list is one way to **avoid** unnecessary purchases at the shops. Match the words in the box below to the items on the shopping list.

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

Apples	Bread	Dog food	Juice	Newspaper
Bananas	Chicken	Eggs	Laundry powder	Shampoo
Broccoli	Cleaning spray	Fly spray	Medicine	Tissues
Beans	Coffee	Honey	Milk	Yoghurt

Add your own: Use the spaces below to add items that might be found on your own shopping list.

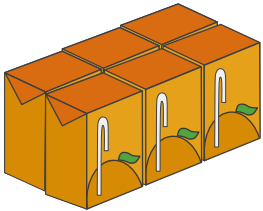
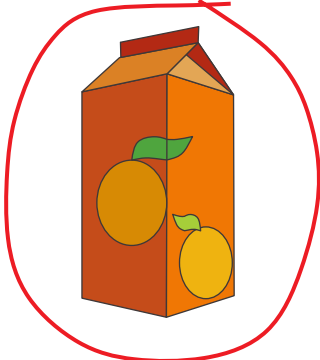
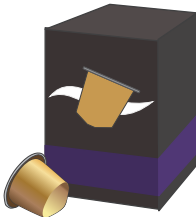

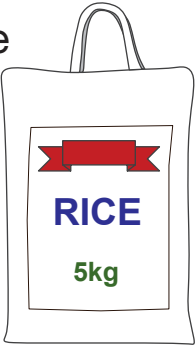



_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

At The Shops

Avoid

Avoiding waste means making smarter shopping choices. Buying in bulk, or choosing the option with less packaging means you put less rubbish in the bin at home. This is better for our planet while items with less packaging are often the cheaper choice too!

Activity: In each of the boxes below, circle the option with less packaging. The first one is done for you as an example.

<p>Juice</p>  <p>Juice box \$4.70 for 6 x 200mL (\$3.92/L)</p>  <p>Bottle of juice \$3.50 for 1 x 2L (\$1.75/L)</p>	<p>Coffee</p>  <p>Coffee pods \$6.00 for 10 x 5.2g (\$11.54/100g)</p>  <p>Ground coffee \$23.50 for 1kg (\$2.35/100g)</p>
<p>Rice</p>  <p>Large bag of rice \$18.00 for 5kg (\$0.36/100g)</p>  <p>Small container of cooked rice \$2.50 for 250g (\$1.00/100g)</p>	<p>Yoghurt</p>  <p>Small yogurt \$2.00 for 140g (\$1.43 for 100g)</p>  <p>Large container of yoghurt \$4.00 for 1kg (\$0.40 for 100g)</p>

Fill in the blanks in the sentences below using words from the box.

The products we _____ from the shop are often wrapped in _____.
This packaging is usually only used _____ before it is put into the _____.

Choosing products with _____ of packaging means _____ packaging going into the bin. Making packaging takes _____ and _____, so choosing products with lots of packaging costs more for our _____.

_____ with more packaging usually _____ more for us too!

planet

buy

once

resources

lots

energy

more

bin

costs

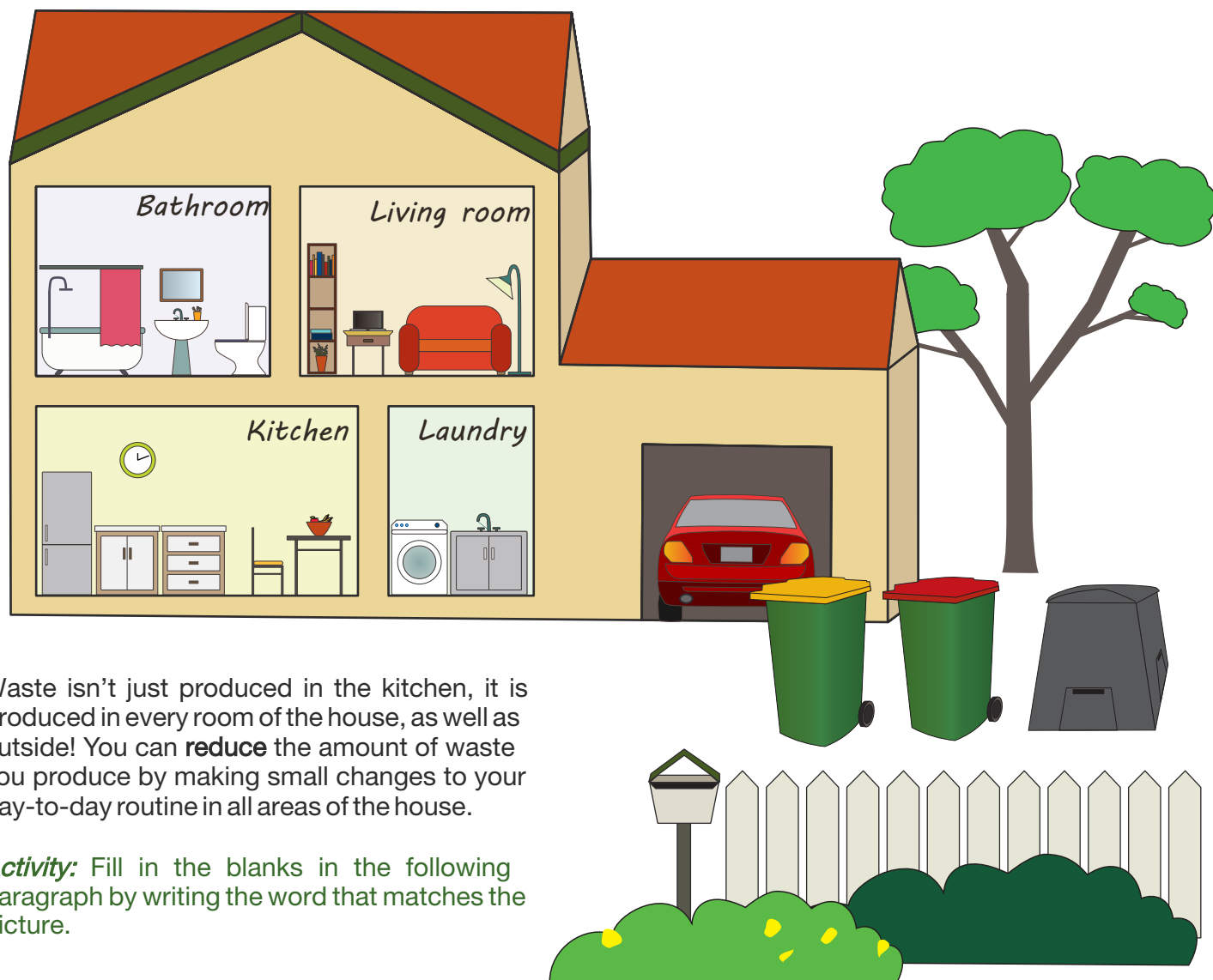
packaging

natural

products







Don't forget your reusable bag!



Waste isn't just produced in the kitchen, it is produced in every room of the house, as well as outside! You can **reduce** the amount of waste you produce by making small changes to your day-to-day routine in all areas of the house.

Activity: Fill in the blanks in the following paragraph by writing the word that matches the picture.




Bathroom

There's no need to buy multiple cleaning products when one will do the job. The same  can be used to clean your ,  and .



Living room

Instead of buying , magazines and , you can borrow them from the library or download them onto your . See the [library website](#) for more information.

Kitchen

Set your  to between 3°C and 4°C to save energy and avoid  waste. Use a reusable cloth instead of paper towel to wipe down your .

Laundry

Using your  only when full helps to save , water and energy.

Outside

Put a 'no junk mail' sticker on your  to reduce the amount of wasted paper.

Reusing Is Easy!

Reuse

Many items that are thrown out as waste could instead be used again for something else. Using a second hand item instead of buying something new means less waste going into landfill, which is good news for the environment.

Activity: Fill in the blank spaces in the conversation below with the words from the box. If you are working with a partner or a group, take turns practising each part in the conversation.



Cosmo: Hello Wanda!

Wanda: Hi Cosmo, what are you doing today?

Cosmo: I'm taking some _____ to an op shop. They don't fit me anymore but somebody else might _____ them.

Wanda: Great idea! Op shops have lots of good quality clothes for very cheap _____. Can I come with you and do some _____?

Cosmo: Of course! After we go to the op shop would you like to get a _____ with me? We could get takeaway coffees and _____ them in the park.

Wanda: Yes please. I better bring my _____ cup with me then.

Cosmo: Why do you need to bring your own _____ with you?

Wanda: Bringing my own cup that I can use again and again means I'm not sending as much rubbish to _____. I try to reuse things instead of throwing them away because it's much better for the planet. It can also save me _____ too. **Cosmo:** Now you've got my attention! What other things can I _____?



Wanda: I carry a plastic bottle with me and refill it with water instead of buying a new one whenever I get _____. I reuse plastic containers and glass jars too – they're very _____.

Cosmo: I think my daughter is very good at reusing. She makes beautiful art from old _____ at kindergarten. **Wanda:** Well Cosmo, maybe you should ask your daughter for some lessons in reusing! Sending less waste to landfill is one way we can make a better world for our _____.

want	shopping	coffee	reuse	prices
thirsty	useful	reusable	landfill	cup
clothes	children	drink	boxes	money

Extension activity: Write an example of how each of these items could be reused.

1. Glass jar _____
2. Old clothes _____
3. Newspaper _____

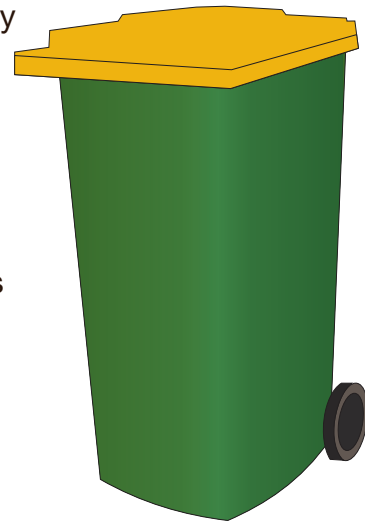
Your Recycling Bin

Recycle

One way to minimise the amount of waste going to landfill is by putting the correct items into your **recycling** bin. Your recycling bin has a yellow lid and is collected once a fortnight.

Everything you put in your recycling bin is taken to the Materials Recovery Facility (the MRF) where it is sorted by hand and machine into different material types. These materials are reprocessed into all sorts of new products such as food and drink packaging, furniture, toys, and even cars

Only certain types of waste can be recycled. Placing the incorrect materials into the recycling bin is known as contamination and can cause processing issues at the MRF. For example, plastic bags cannot be recycled. Do not bag recyclables, place the items loose in your bin.



Glass bottles and jars



Metal cans and aerosols
(aluminium and steel)



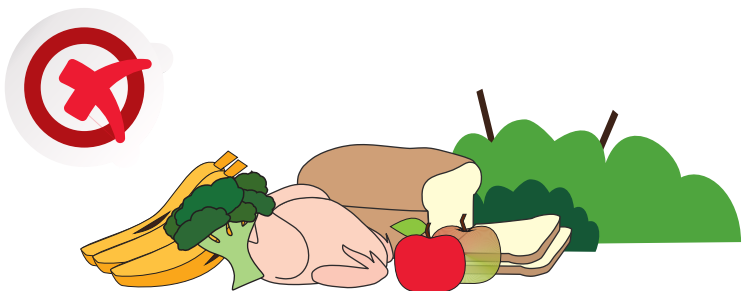
Paper and cardboard



Rigid plastic containers and bottles



Plastic bags and other soft plastics,
crockery & nappies



Food waste and garden waste

Your Recycling Bin

Recycle

Activity: Name the recyclable items.

Egg carton

Glass bottle

Tins

Milk bottle

Plastic bottle

Newspaper

Tissues

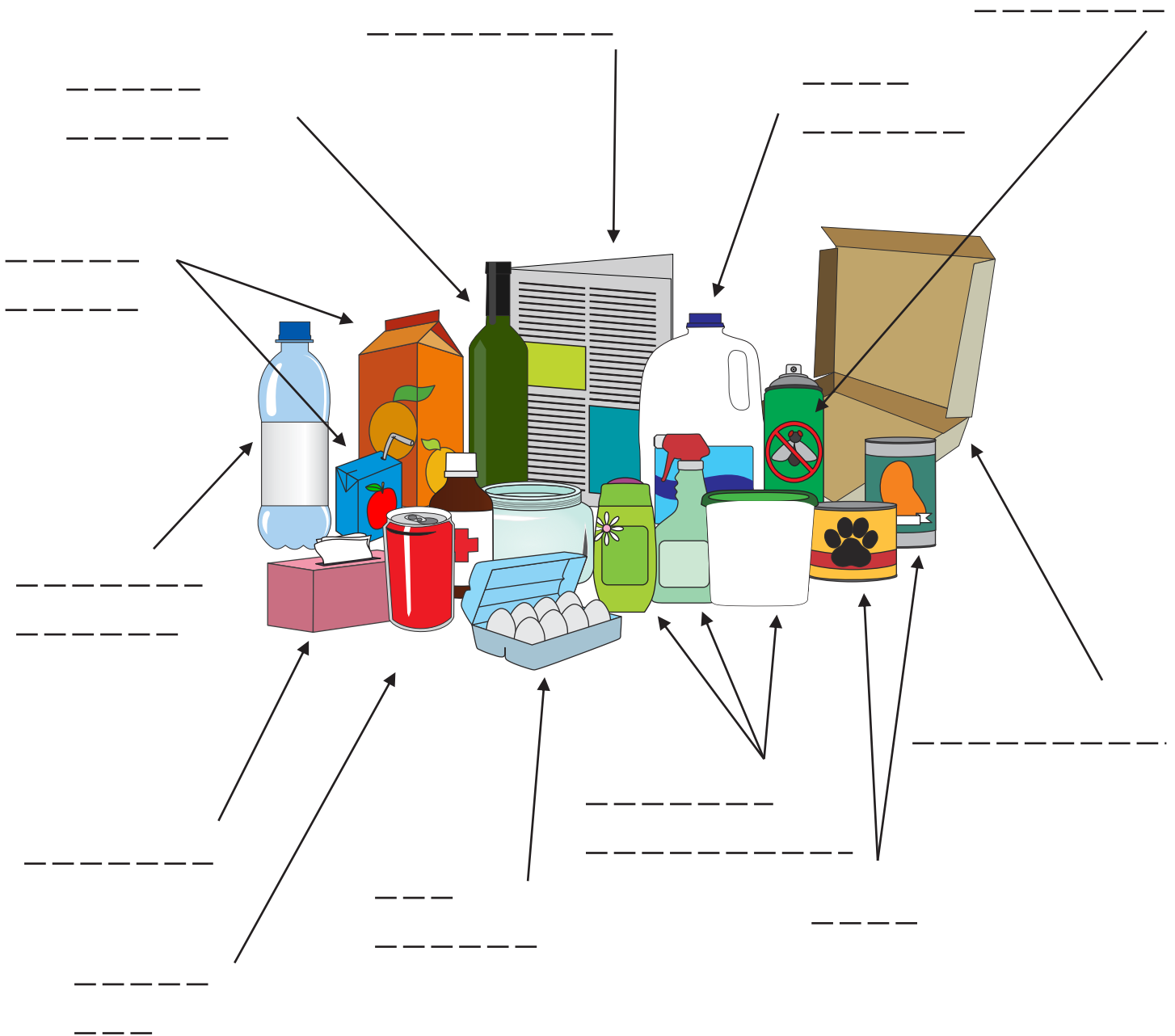
Aerosol

Juice boxes

Cardboard

Drink can

Plastic containers



Your Recycling Bin

Recycle

Activity: All of these materials can go in the recycling bin! Circle each word as you find it and cross it off the list below. Words can be found going in any direction. Once all the words are found, place the remaining letters on the dashes below to reveal the secret message.

CARDBOARD	MILK BOTTLE	YELLOW LID	CANS
GLASS BOTTLE	AEROSOL	TISSUE BOX	ALUMINIUM
GLASS JAR	EGG CARTON	PLASTICS	PAPER
NEWSPAPER	MAGAZINE	JUICE BOX	JUNKMAIL

A	R	E	G	G	C	A	R	T	O	N	E
E	E	C	Y	P	A	C	Y	I	S	E	E
R	L	L	J	A	R	E	E	S	C	W	L
O	T	T	U	P	D	O	L	S	I	S	T
S	T	E	I	E	B	D	L	U	T	P	T
O	O	N	C	R	O	A	O	E	S	A	O
L	B	I	E	Y	A	C	W	B	A	P	B
F	S	Z	B	O	R	A	L	O	L	E	K
R	S	A	O	A	D	N	I	X	P	R	L
B	A	G	X	E	T	S	D	T	E	R	I
G	L	A	S	S	J	A	R	T	O	M	M
O	G	M	M	U	I	N	I	M	U	L	A
R	R	J	U	N	K	M	A	I	L	O	W

The hidden message is: _____

Compost and Worm Farming

Recycle

Organic waste such as food scraps and garden clippings can be placed in a backyard compost bin or worm farm instead of going into the garbage bin and ending up at landfill. Composting and worm farming is an easy and effective way of converting your organic waste materials into a fantastic natural fertiliser that can be used on your garden!

Activity: Place the items listed below in the correct table.

Fruit / vegetable scraps

Coffee grounds

Newspaper

Plastic bags

Weeds

Meat

Dairy products

Seafood

Grass clippings

Glass jars

Rocks

Hose

Paper towels

Leaves

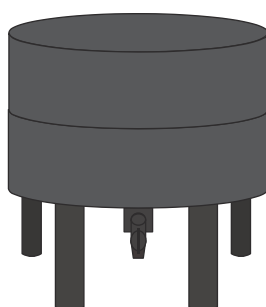
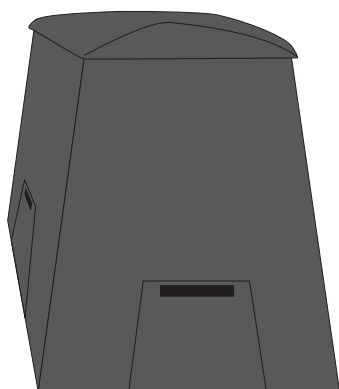
Bread

Eggshells

Oil

Rice

**IF IT DID GROW,
IT CAN BE COMPOSTED**



**IF IT DIDN'T GROW, IT
CAN'T BE COMPOSTED**



Landfill

Dispose

All the materials placed in your garbage bin will end up at the Browns Plains landfill. Here the materials are buried underground and slowly decompose (breakdown). All the natural resources and energy that went into making these products also goes to waste. As Logan's population grows, this is putting more pressure on the landfill. Making every effort to avoid, reduce, reuse and recycle helps to keep waste out of landfill and helps the environment too!

Activity: Match the words listed below with the numbered item. The first one has been done for you.

- | | | | |
|---------------------------------------|-----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Drink can | <input type="checkbox"/> Nappies | <input type="checkbox"/> Bread | <input type="checkbox"/> Milk bottle |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Plastic Bag | <input type="checkbox"/> Broken cup |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> Bananas | <input type="checkbox"/> Juice box | <input type="checkbox"/> Glass Jar |
| <input type="checkbox"/> Glass bottle | <input type="checkbox"/> Meat | <input type="checkbox"/> Plastic bottle | <input type="checkbox"/> Tin can |



Extension Activity:

Can you circle in yellow all the materials in the landfill that could have been recycled instead?
Can you circle in green all the materials in the landfill that could have been composted?

Managing Waste in the Home

Now we have discussed all the different waste disposal options, let's see how much you remember about correctly recycling and composting your household waste.

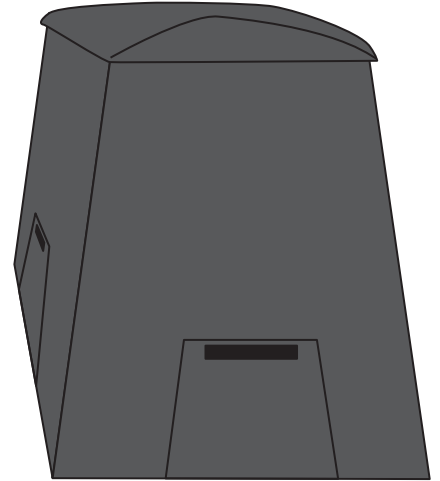
Activity: In the spaces provided below, make a list of items that can and can't go into your different bins at home. Use examples from the previous pages to help you.



Garbage



Recycling



Compost













Vocabulary

Some definitions of common waste words are given below. Use the empty spaces to add definitions of any other new words you encounter.

[illegible]

Activity Answers

Page 5 / Shopping List Activity

Milk	dog food	apples	bread	beans	honey	eggs
bananas	coffee	cleaning spray	medicine	newspaper	laundry powder	
chicken	broccoli	yoghurt	shampoo	juice	fly spray	tissues

Page 6 / At the Shops Activity

Bottle of juice Ground coffee Large bag of rice Large container of yoghurt.

Page 6 / At the Shops- Fill in the Blanks Activity

Buy packaging once bin lots more energy natural resources planet
products costs

Page 7 / In the Home Activity

Cleaning spray	window	sink	shower	books	newspapers
laptop	fridge	food	bench	washing machine	liquid detergent
mailbox.					

Page 8 / Reusing is Easy Activity

Clothes	want	prices	shopping	coffee	drink	reusable
cup	landfill	money	reuse	thirsty	useful	boxes
children						

Page 8 / Reusing is Easy- Extension Activity

Examples could include:

1. Glass Jar: Store herbs and spices, make DIY lanterns, toothbrush holder, stationary holder, money box, seashell display, store cotton buds, flower vase.
2. Old Clothes: Make a quilt, use old t-shirts to make a scarf, make t-shirts into reusable grocery bags, turn old sweaters into pillows.
3. Newspaper: Compost it, clean windows or glass, make a weed barrier, wrap gifts, as origami paper, for ripening fruit, papier mache, donate them.

Page 10 / Your Recycling Bin Activity

Answers from top in a clockwise direction

Newspaper	milk bottle	aerosol	cardboard	tins	plastic containers
egg carton	drink can	tissues	plastic bottle	juice boxes	glass bottle

Page 11 / Compost and Worm Farming Activity

YES: Fruit / vegetable scraps	weeds	paper towels	leaves
newspaper	grass clippings	eggshells oil	coffee grounds,
NO: Plastic bags	rocks	seafood	meat
jars	dairy products	rice	hose
			bread

Page 12 / Landfill Activity

Drink can-10	Nappies-14	Bread-12	Plastic container-2	Apples-17
Broccoli-4	Plastic bag-6	Broken cup-11	Newspaper-8	Bananas-9
Juice box-16	Glass jar-3	Glass bottle-7	Meat-1	
Plastic bottle-15	Tin can-13			

Page 12 / Landfill- Extension Activity

Recyclable materials: 2, 5, 7, 8, 10, 13, 15, 16

Compostable materials: 4, 9, 17

