



WASTE AUDIT

WWW.FACEBOOK.COM/REAL/JOURNEY TO SUSTAINABLE LIVING

HOME AUDIT
REDUCTION OF WASTE
GROWING YOUR OWN FOOD
BACKYARD COMPOSTING

HOME AUDIT

- Tools you will need
 - Clear space to place base mat (tarp, sheet)
 - Gloves
 - Writing pad/pen or pencil
 - Your weekly garbage bag
 - Divide your waste in to categories – organics, recycling – fibre, container, textile, garbage
 - Note what you have in each pile and assess your habits. Can you change them??
 - Check your town information to see: what take back, recycling programs are in place (i.e. electronics, battery, CP clothing collection, local transfer station has free tool recycling area as well as appliance drop off).

Waste Audit videos

There are many examples on U-tube on how to do a waste audit.

- <https://www.conserve-energy-future.com/how-to-conduct-a-household-waste-audit.php>
- <https://earth911.com/home-garden/conducting-home-waste-audit-part-1/>
- <https://www.youtube.com/watch?v=DUCigQqhrRw>

Basic layout of audit



Waste Audit analysis

- WHAT is in your garbage:
- What are you throwing out in excess; Brain storm alternatives
- Are you throwing out dirty recycling?
 - Solution: always clean out recyclables; if not clean could be thrown in the garbage at the processing plant.
- Are you throwing out old clothes/ textiles?
 - Solution: call local charitable organizations who have door to door pick up in your community. Take to Mall – Reclaimed Textiles, Salvation Army Thrift store, call CPS for pick up.
- Are you throwing out organics?
 - Explore – alternatives: apartment composters(worms) or back yard composter or review if vegetable ends –make into stock.
- Are you throwing out glass/ plastic containers?
 - Clean and save for bulk items. Containers can be recycled to use locally when shopping. Take back for liquor bottles/beer cans

Waste Reduction What next..

- First steps in waste reduction..
 - Check your cupboards/fridge/ freezer, to see what you already have before going to the store. Complete an inventory of stock
 - Take sometime to meal plan to use up what you already have (saves money on grocery bill and prevents freezer burn).
 - Can you purchase without packaging?
 - Shop bulk and store in cleaned out containers
 - Shop locally- farmers markets/butcher/bakery
 - Can your repair what you are throwing out – repair shops around.
 - Do you need to buy new? Look at thrift stores, check out buy and sell webpages to see if someone is selling what you need first.

Waste Reduction continued

20 Things you can do to assist your journey to waste reduction:

1. Stop buying new stuff
2. Avoid plastic wrapping
3. Bring your own bag –to put loose in and to carry out of the store. (cotton bags)
4. Avoid single use plastic. – create your own packet to go with you; knife, fork, spoon, cloth napkin.

Waste Reduction continued

5. Have a reusable water bottle/ coffee- tea thermos
6. Say no to a straw. Buy a metal one you can reuse.
7. Buy loose leaf tea / coffee and use pods or tea strainer
8. Buy second hand electronics
9. Thrift shop
10. Repair items

Waste Reduction continued

11. Do not throw away food – repurpose left overs or cook extra and freeze to use up perishables for those nights you have activities.
12. Do not over purchase. This goes along with completing inventory and meal planning.
13. Use silicone baking sheets to cook with.
14. Say no to trends; Do you really need it?
15. Research local charities to send gently used items .

Waste Reduction -continued

16. Get vegetable boxes from local farmer
 17. Repurpose – take something old and make it new
 18. Go on a budget
 19. Buy reduced items – still good but need to plan for use or cook when get home
- And last item:
20. Grow your own food

Waste Reduction - Continued

- Thoughts on reducing meat consumption; becoming flexitarian? Choose to not eat meat couple of nights a week..
- Lowers carbon foot print
- Lowers grocery bill
- Can replant vegetable scraps if viable to replenish
- Make stock with peelings; apple cores/peeling –apple sauce.

Growing Your Own Food

No matter where you live there are ways to grow some of your own Herbs and vegetables.

Apartment living:

Eco garden – Hydroponic grower, Small containers you can place in your windows. If no space then rent a space from REAL Community garden on William Street at the REAL complex.

Grow your own food

Your home:

Create a vegetable garden/patch

- Share with neighbours
- Community Garden – existing
- REAL has a community garden where you can rent space to plant organics.

Grow Your Own Food

Large Community Garden – Vision Only at this time..

Is there a need?

Is this something the community wants?

Where locally can a community garden be placed?

Any suggestions?

- Old Stanley Tool property?

- Parks Canada land by Best Western?

Back Yard Composting

- The town of Smiths Falls and D/NE offers back yard composters for \$ 40.00 delivered, with instructions on how to use.
- Currently, the Town of Smiths Falls has delivered approximately 1,300 composters around town over many years.
- REAL has also got pallet composters for sale. They require a bulk order of min. 5 to place order.

Lastly, Community Initiatives

Spring of 2020... Smiths Falls High School to Announce start of new program..

Did you know that the High School has an industrial dish washer and are offering to wash glass jars for reuse later this spring.

They are also taking old tee shirts and making them into bags for use.(they have purchased 5 industrial sewing machines to complete this task). It so awesome that our town youth are getting engaged in ways to reduce waste.

Community Initiatives Continued

- Big Brothers/ Big Sisters has a store front on William East- <http://www.bigbrothersbigsisterslanark.ca/>
- Salvation Army has a thrift store in Chambers Street mall. <https://easternontario.cioc.ca/record/OCR3013>
- REAL William Street West has a re-use store for many items to be repurposed or re-used. Electronic recycling is there as well.
- <https://www.realaction.ca/> REAL has a bevy of take back options; old thermostats, milk bags for making rugs. Left over good construction materials. Go online to review what is going on and what services are available.

Ontario initiatives

- 2019-2020 London, Ontario – pilot project: “Hefty environmental bags” – collection of all hard to recycle materials – “bin it or bag it”
- I.e. Chip bags , single wraps on cheese etc. Hefty bags are taken to several plastic recyclers around London and they make composite lumber, chairs...
- Industry starting to respond to single plastic crisis. Review canadianchemistry.ca & CPIA