

TRASH HERO WASTE DIARY

Date.....

WHAT?	HOW MANY?	ACTIONS		
		REDUCE?	REUSE?	RECYCLE?
TOTAL				

TIPS

- WHAT? Describe the item being thrown away, for example: juice box.
- HOW MANY? Use numbers or tally marks.
- ACTIONS - Decide if you can do anything to stop this plastic polluting in the future and put a tick in the box if you can:
- REDUCE: Can you avoid or swap for another item or better packaging?
- REUSE: Can you refill, repair or make something useful out of it?
- RECYCLE: Check if you can recycle this type of plastic in your local area.

Make a note of the total number of items to compare with your next diary.
 Can you go even lower next time? 😊