# Home Sustainable Waste Handling Checklist

## *A Quick and Easy Waste Audit Tool for the Home*

### DIRECTIONS:

**Decreasing the amount of waste incinerated or landfilled is an important part of sustainability. You can decrease the amount of waste you produce by actions you take both in buying products and in disposing of them. This booklet will guide you in decreasing the amount of incinerated and landfilled waste produced in your home. Add your points in all sections to determine your home's overall sustainability in terms of waste handling. Use the list to identify other actions you could take to decrease waste and improve your score.**

**Then, go to our website at www.worldgreen.org/points to report your points and receive recognition for your actions. Questions? Contact sustainability@leonardoacademy.org**

### WASTE CHECKLIST: TOTAL 300 POINTS

### EASY NO-COST ACTIONS:

___ Compost food waste outside or in an indoor compost bucket.
Usually (10 pts.) Sometimes (3 pts.) Seldom (0 pts.)

___ Save leftovers and take them for lunch.
Usually (5 pts.) Sometimes (2 pts.) Seldom (0 pts.)

___ Freeze quantities of food or leftovers that are too big to eat right away, in order to reduce food waste.
Usually (5 pts.) Sometimes (2 pts.) Seldom (0 pts.)

___ Use non-disposable containers and dishes to store food.
Usually (10 pts.) Sometimes (3 pts.) Seldom (0 pts.)

___ When dining out, carry with you a non-disposable food container to take home what you don't eat.
Usually (5 pts.) Sometimes (2 pts.) Seldom (0 pts.)

___ Use reusable bags, such as cloth or canvas, when grocery shopping.

Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Use a ceramic mug or thermos for your morning coffee, rather than a disposable cup.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Use a refillable water bottle, canteen, or thermos instead of purchasing bottled water.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

_Use both sides of paper when copying or printing to reduce paper waste & eliminate a cover page when faxing to save paper on both ends of the transmission.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Reduce the amount of junk mail you receive by registering with the National Do Not Mail List (https://www.directmail.com/directory/mail_preference/?ref=G) or the Mail Preference Service (https://www.dmachoice.org/MPS/mps_consumer_description.php).
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Recycle all paper, newspaper, plastics, glass, aluminum, and other metals.
Usually (30 pts.)  Sometimes (10 pts.)  Seldom (0 pts.)

___ Dispose of light bulbs, electronics, batteries, paint, cleaners, and other household hazardous waste items at appropriate municipal drop-off centers.
Usually (30 pts.)  Sometimes (10 pts.)  Seldom (0 pts.)

___ Recycle electronics appropriately so the components do not go to landfills in the United States or any other country.
Usually (30 pts.)  Sometimes (10 pts.)  Seldom (0 pts.)

___ Leave grass clippings on the lawn or use them as mulch for plantings.
Usually (5 pts.)  Sometimes (2 pts.)  Seldom (0 pts.)

___ Compost your yard waste.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Donate unwanted items to organizations such as Goodwill or the Salvation Army instead of throwing them out.
Usually (20 pts.)  Sometimes (5 pts.)  Seldom (0 pts.)

## ALTERNATIVE PURCHASING:

___ Purchase fresh fruits and vegetables rather than canned or frozen to eliminate packaging waste.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Install water filters on your faucets rather than purchasing bottled water.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Buy products packaged in recyclable materials or products that use less packaging.

Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Buy items in bulk to further reduce packaging waste.
Usually (5 pts.)  Sometimes (2 pts.)  Seldom (0 pts.)

___ Use rechargeable batteries to reduce hazardous waste.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Replace worn tires with retreads to reduce the use of virgin materials.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ When replacing your personal computer, purchase a refurbished model to reduce manufacturing waste.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Download software online to reduce computer disk and packaging waste.
Usually (5 pts.)  Sometimes (2 pts.)  Seldom (0 pts.)

___ Take advantage of online banking and electronic billing to save paper.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

___ Purchase products that are manufactured or packaged with recycled materials.
Usually (10 pts.)  Sometimes (3 pts.)  Seldom (0 pts.)

## HOW DO YOU RATE?

**200 and over = Gold**
**100 – 199 = Silver**
**50 – 99 = Bronze**
**20 – 49 = You are making an effort but can do more**
**Under 20 points = You can definitely do more with no-cost actions**