



U of T Trash Team - Home Waste Audit *Instructional Guide*

Wondering how you can increase your waste literacy and circularity? Try our Home Waste Audit!

Objectives:

1. Learn about the waste stream in the municipality where you live. i.e., learn what bins you have (e.g., recycling, landfill, organics) and what goes in each of them.
2. Decrease your waste footprint and divert waste away from your landfill bin by procuring and using products that you can reuse or that go into the other bins, e.g. recycling.

Instructions:

Week 1:

Task 1. Watch Intro Webinar

The introductory webinar provides you with instructions for the waste challenge and answers any questions you may have before it begins.

Task 2. Audit your household waste

- Over a 7-day period, quantify the waste you produce in your landfill bin and your recycling bin. Record this either count and characterize each item.

We provide you with further instructions for the Home Waste Audit within the introductory webinar, and recycling and landfill datasheets are provided online for recording your results.

Task 3. Increase your waste literacy

- At the end of week 1, complete Survey 1 to learn about waste management in your city. The survey will also help increase your waste literacy, by going online and researching your local waste streams.



Week 2 & 3:

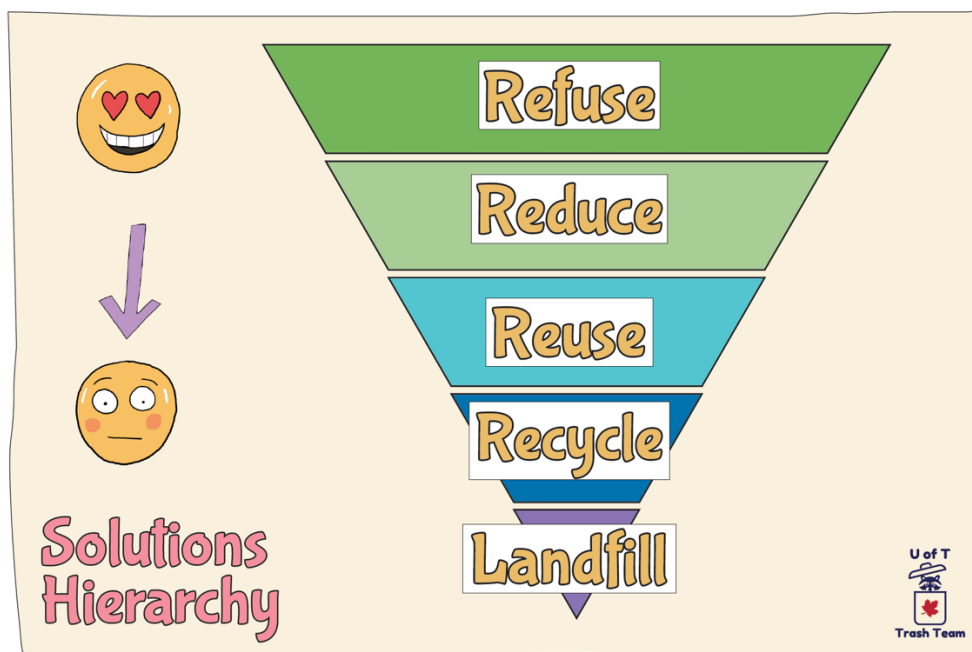
Task 1: Audit your household waste

With your newfound knowledge in hand, aim to take actions to reduce your weekly waste by following the waste hierarchy (below) and using resources provided by us or that you find online.

- Continue to audit your household waste using the same methods as in week 1.
- See how these changes affect your waste footprint.

Throughout this task, continue to throw items away the same way that you would in a 'normal' week i.e. week one. For example, if you don't usually break down cardboard before putting it in your recycling bin, and thus didn't do this in week one, don't change this over the next three weeks. If you do, it will bias our data collection.

Remember – this is not a competition! No one is judging you on how much (or little) waste you produce, we are interested in the differences we all can make to our waste production over time. Once we have all of the data, we'll synthesize it, anonymize it, analyze it, and share our results and discuss lessons learned.





Week 4:

Task 1: Audit your household waste

- Continue to audit your household waste using the same methods as in week 1.
- See how these changes affect your waste footprint.

Task 2: Submit your results!

Please send your completed waste datasheets and tally sheets to: UofTTrashTeam@gmail.com.

Task 3: Fill out the closing survey

At the end of week 4, complete the closing survey to share how you found the Home Waste Audit, and to share what actions you took to reduce your household waste.

Congrats!! You've made it. Thank you for your participation. Don't forget to do the follow-up survey in 2 - 4 weeks to see if and how the Home Waste Audit has changed your long-term waste habits and waste literacy.

Please contact UofTTrashTeam@gmail.com with any questions or feedback.