

ONE-WEEK WASTE AUDIT

Knowing what's in your trash is the first step to preventing and reducing waste. This form is designed track waste by everyone in the household to get a snapshot of how much you throw out in a typical week.

How to use: 1. Check items that apply to your household and then count or estimate the quantity of this type of item. *If you recycle or compost, only include what goes into your garbage.* 2. Consider if this type of item is one you can prevent (for instance, buying food items in bulk instead of single-serving containers), reuse or recycle in the future (answer yes or no). 3. Use blank rows below to add specific items not listed. 4. Not sure if an item can be recycled? See [Wasteline "What Goes Where"](#) 5. If you are able to weigh your garbage bags, you can compare how much garbage your household produces in a week to the national average shown at the end of this form.

FROM:		TO:	
COMPLETED BY:			

✓	WASTE TYPE	# ITEMS	PREVENT?	REUSE?	RECYCLE?	TOTAL
	METALS					
	GLASS					
	TEXTILES					
✓	ORGANIC WASTE	# ITEMS	PREVENT?	REUSE?	RECYCLE?	TOTAL
	FOOD WASTE					
	YARD WASTE					
	PET WASTE					
✓	PLASTICS	# ITEMS	PREVENT?	REUSE?	RECYCLE?	TOTAL
	#1 TO #5 PLASTICS					
	POLYSTYRENE #6					
	FOOD CLING WRAP					
	PLASTIC BAGS/ BAGGIES					
	UNIDENTIFIED PLASTICS					

✓	PAPERS	# ITEMS	PREVENT?	REUSE?	RECYCLE?	TOTAL
	PAPER (PRINTER, CARD-BOARD, NEWSPAPER)					
	CONTAINERS (EGG CARTONS, BOX BOARD)					
	SOILED/MIXED (PAPER TOWELS, PLASTIC- COATED)					
✓	OTHER WASTE	# ITEMS	PREVENT?	REUSE?	RECYCLE?	TOTAL

AUDITING YOUR WASTE

What do you notice about your waste?		
What was the quantity of your trash this week?	METHOD 1: WEIGHT	
Average household waste in Canada: 8.55 kg/ household/ week	METHOD 2: ESTIMATED BAGS X REGULAR-SIZE (approx. 74 L) GARBAGE BAGS (#, ¼, ½, etc.)	
What category had the most items?		
Show your family the results. Can you come up with ideas together to reduce the amount of these specific items?		

For more information

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Updated: October 2020