

Waste Wise Ryde

**Towards Zero Waste
Recording Booklet**



 City of Ryde


Lifestyle and opportunity @ your doorstep

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How to use this booklet

This booklet has been put together for you to record and keep track of the waste you produce and where it ends up.

The aim is to help you understand more about what you're throwing out and why, so you can implement strategies to reduce your waste.

By looking back at your progress, you'll hopefully see the positive impact of the changes you've made.

Things to remember when filling in the booklet

- Look at what you're throwing out, how much there is, how it's being disposed of and why you're throwing it out
- You can focus on what's being thrown away each day or each week depending on how much time you have
- Make a plan to reduce your waste and review your progress each month
- Reward yourself when you get a win!



Waste Audit Instructions

Waste is hard to avoid completely, however the choices we make can reduce the amount of waste we produce and make a big difference.

Knowing how much you throw away is a great motivator for action to reduce waste. The easiest way to check this is to do a waste audit at home.



Step 1 - Organise your waste audit

For the first month, look at the waste you throw out to get some good baseline data. Focus on a different type of waste each week.

- Week 1 - Food waste
- Week 2 - Single-use items
- Week 3 - Soft plastics
- Week 4 - Other waste items

For the second month, start implementing changes to reduce your food waste - refer to the handy tips in your Action Toolkit. Audit your waste at the end of the month and note any changes.

For the third month, start implementing changes to reduce your single-use items, soft plastics and other avoidable waste items - refer to the handy tips in your Action Toolkit. Audit your waste at the end of the month and note any changes.

Put reminders in your phone, calendar or diary so you don't forget!

Step 2 - Record your findings

Make a note of the following in your Waste Audit section on pages 6-17

- The type of waste you're throwing out e.g. leftover rice
- How much you're throwing out e.g. a handful
- Where you're throwing out your waste e.g. garbage bin
- Why you're throwing it out e.g. cooked too much.

You may like to take photos each time you do an audit to track your progress.

Step 3 - Identify areas for improvement

Look at what types of waste you produce the most of and identify where you can make improvements. Add these to your Target Areas on page 18

Step 4 - Brainstorm solutions

Think about ways to improve your waste habits.

Are there alternative products you could be using to reduce the amount of waste you throw out, such as items without excessive packaging, or reusable items like water bottles, coffee cups and beeswax wraps?

Can you think of ways to reuse your waste, such as turning your food scraps into new meals, composting, or taking your soft plastic packaging to your local supermarket to be recycled?

Record your ideas in your Action Plan on page 19 and incorporate these changes into your daily routine.



Week 1 Waste Audit Food Waste

Food waste can make up to a staggering 40% of the waste we throw out!

How much food waste are you throwing out each week? The answer may surprise you.

Luckily there are easy ways to reduce this through better meal planning, using leftovers and composting food scraps.

Look at each item of food waste you throw out throughout the week and record this in the following table.

Add the types of food waste you produce the most of to your Target Areas on page 18.

Write down your ideas to reduce your food waste in your Action Plan on page 19



Week 2 Waste Audit

Single-use Items

Single-use items are products that we throw out after only one use. These items are used for minutes but their impact on the environment can last thousands of years.

The good news is there are many eco-friendly alternatives to single-use items. Switching to sustainable items such as reusable bottles and coffee cups, metal straws and beeswax wraps can greatly reduce your waste and make a big difference for the environment.

Record each single-use item you throw out throughout the week in the following table.

Add the types of single-use item waste you produce the most of to your Target Areas on page 18.

Write down your ideas to reduce your single-use item waste in your Action Plan on page 19.



Week 3 Waste Audit Soft Plastics

Soft plastics are plastic items that can be scrunched in your hand such as plastic bags, food wrappers and cling wrap. Unfortunately these types of plastic can not be recycled in your kerbside recycling bins.

We can avoid a lot of soft plastics by refusing items such as plastic shopping bags and products with excessive packaging. Soft plastics can also be recycled through the REDcycle recycling bins at supermarkets.

Record each soft plastic item you throw out throughout the week in the following table.

Add the types of soft plastic waste you produce the most of to your Target Areas on page 18.

Write down your ideas to reduce your single-use item waste in your Action Plan on page 19.



Week 4

Waste Audit

Other Waste Items

Other waste items such as clothing, textiles and small household items take up a lot of room in landfill and take a long time to break down.

These items can often be reused through a variety of services including clothing bins and charity organisations or sold or given away on websites such as Facebook Marketplace, Gumtree and Freecycle.

Look at each item of other waste you throw out throughout the week and record this in the following table.

Add the types of other waste you produce the most of to your Target Areas on page 18.

Write down your ideas to reduce your other waste in your Action Plan on page 19.



Month 2 Waste Audit Food Waste



Now that you've got your baseline waste data it's time to start implementing some positive behaviour changes! Let's start by tackling your food waste.

Use your Action Toolkit to help you reduce your food waste by better planning your meals, cooking the right portions, storing food correctly, using leftovers and composting food scraps.

Look at each item of food waste you throw out throughout the month and record this in the following table. Note down any improvements and reward yourself for your efforts!

Add the types of food waste you produce the most of to your Target Areas on page 18.

Write down your ideas to further reduce your food waste in your Action Plan on page 19.

Month 3 Waste Audit Other Avoidable Waste

Hopefully by now you've made lots of great changes to your food waste and are ready to take on the rest of the items in your bins!

Use your Action Toolkit to help you reduce your single-use items, soft plastics and other waste items by switching to eco-friendly alternatives, looking into sustainable entertaining ideas and utilising reuse and recycling services.

Look at each item of waste you throw out throughout the month and record this in the following table. Note down any improvements and reward yourself for your efforts!

Add the types of waste you produce the most of to your Target Areas on page 18.

Write your ideas to further reduce your waste in your Action Plan on page 19.



Target Areas

Record the types of waste you produce the most of each time you do an audit. These are your areas to target for improvement.

Week 1 - Food Waste

Week 2 - Single-use Items

Week 3 - Soft Plastics

Week 4 - Other Waste Items

Month 2 - Food Waste

Month 3 - Other Avoidable Waste

Action Plan

Write down your ideas to reduce your waste each time you do an audit and make a plan to incorporate these positive changes into your daily routine.

Week 1 - Food Waste

Week 2 - Single-use Items

Week 3 - Soft Plastics

Week 4 - Other Waste Items

Month 2 - Food Waste

Month 3 - Other Avoidable Waste



Be Waste Smart

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