

Waste is whatever leaves your house, not just garbage. Waste can be trash, recycling or compost but waste can also be water, hazardous substances or bulky items.

The first step in reducing household waste is identifying what the waste is. You can use this waste log to become aware about what kind of waste you produce by posting it near a trash, recycling or compost container in your home. For the most complete observations post a copy of this log near every waste container in your home, but if you only want to record one waste stream the trash can in the kitchen is a good place to start.

Write down the name of each unique item you throw away, then record how many times you toss the same item for one week. The more specific the better, see the example below.

Item	# of Times Thrown Away (Tally)	Waste Type
3 OZ. YOPLAIT Yogurt Container	///	Plastic

You can separate your observations by waste category to get even more detail out of your waste log. Here a few waste categories with common examples of items that get thrown away.

- **Food Waste (FW)** Spoiled food, table scraps, vegetable trimmings
- **Plastic Waste (PLW)** Wrappers, product packaging, bags
- **Paper Waste (PAW)** Junk mail, receipts, paper packaging
- **Metal Waste (MW)** Broken tools, nails, wires
- **Glass Waste (GW)** Shattered glasses, incandescent lightbulbs, jars

If there is another category that a significant amount of your waste falls into write it as a separate waste type here:

- _____ (____) _____

If you have any questions about recording your waste please contact Jacob Ahrens-Balwit at

(564) 397-7754 or by email at Jacob.ahrens-balwit@clark.wa.gov

