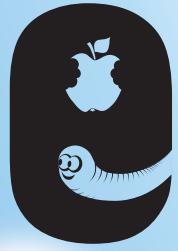


# wise about



Name : \_\_\_\_\_

Year: \_\_\_\_\_

Planet: \_\_\_\_\_

# Hello fellow earthling,

This is your very own **Wise about Waste** work booklet.  
Everything we have comes from the earth. It is good for us to give something back. There are lots of things we can do to help our planet be healthy into the future.

We have one planet – let's not waste it. The power is ours.

Love from

Lisa & Kate, Kariong Eco Garden

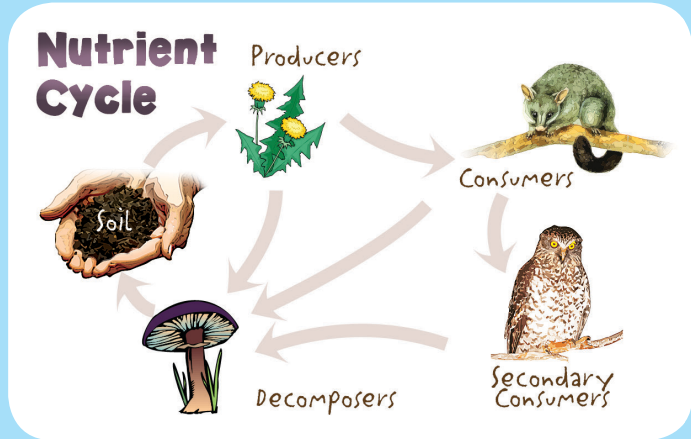


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# WHAT HAPPENS IN NATURE?

**In nature  
there is no  
waste... One  
creatures  
'waste' is  
another's  
opportunity!**



# SCHOOL WASTE AUDIT

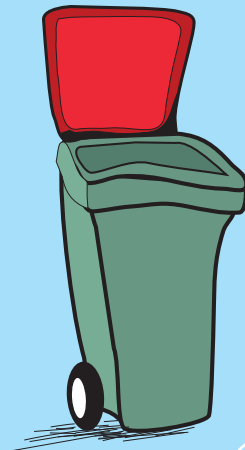


**How many buckets of waste  
does my school make a day?**

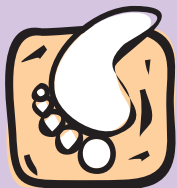
number of buckets \_\_\_\_\_

**How many  
household red  
wheelie bins  
do we send to  
landfill every  
year?**

number of household red  
wheelie bins (120 litres) \_\_\_\_\_



**Wise about Waste**



# HISTORY OF WASTE

## Today's waste footprint

Draw some of the things in your bin at home



## Your grandparents' waste footprint

Draw some things they threw away (talk to an older person about what was in their rubbish bin).



## Your great grandparents' waste footprint

Talk to your family about your great grandparents when they were your age. What sort of stuff did they have and did they throw much away?

The first People to live in Australia ate the plants and animals and made their own medicine from the bush; they managed the bushland using fire; made string and fishing line using plant fibres, fish hooks out of shells and bone and clothes using animals skins. The local people made shelters using branches, bark and plants; tools out of wood, stone (some times traded), sap and sinews. They used natural ocrs for their artworks. **What would they have put in a bin?**

**Answer:** historians find shell middens where large groups gathered and ate shell fish.

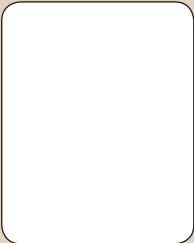
# SO MUCH STUFF



Look around you.  
Draw what you see that is made of:

How long do we think it will take to decompose?*		TIME
<b>ORGANIC MATTER</b> plants or animals-> earth		
<b>PAPER or WOOD</b> pulp or forest -> trees -> earth		
<b>GLASS</b> sand & limestone -> earth		
<b>METALS</b> minerals -> earth		
<b>PLASTICS</b> petroleum/oil -> earth		
<b>MIXED MATERIALS</b>		

\* Breakdown time depends on the condition – air, light, moisture and presence of microbes.



*Organics:* months; paper & wood: months or years;  
*Glass:* possibly thousands of years (if ever)  
*Metals:* tin can maybe 50 years, aluminium can could be 500 years  
*Plastics:* maybe hundreds of years to never (plastic often 'degrades' or 'biodegrades', meaning it breaks into smaller pieces of plastic but does not actually breakdown and return to nature).

Answer:



## BEYOND THE BIN

**List** some of the ways your family can follow the...

# 7R's

## REDUCE

Consume less



## RETURN

Some companies accept products back at end of life



## REUSE

Choose reusable over disposable



## REPAIR

Fix & mend rather than replace



## REFILL

Until the mid 70's milk came in refillable glass bottles



## ROT

Feed the worms in the nutrient cycle. Yum!



## REFUSE

Just say 'no thanks!'.



# ECO SHOPPER



There is more to think about when shopping than just the price to you. Remember to always consider how much it will cost the planet. Always ask do I need it, will it last, is it made from renewable resources, does it have too much packaging, can I recycle it when finished?

## How to use

Tear out one of these cards and put in your wallet so that you will have these eco shopper reminders with you when ever you go to the shops. Give the others to friends and family.

**Make your own  
Eco Shopper Card >**



### ECO SHOPPER



## Before you buy something ask yourself...

- ☐ Do I really need it?
- ☐ Can I borrow one from a friend?
- ☐ Can I share it with friends?
- ☐ Could I rent it?
- ☐ Can I buy it second hand?

### ECO SHOPPER



## Before you buy something ask yourself...

- ☐ Do I really need it?
- ☐ Can I borrow one from a friend?
- ☐ Can I share it with friends?
- ☐ Could I rent it?
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### ECO SHOPPER



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- ☐ Can I buy it second hand?

### ECO SHOPPER





- **Consider the item's 'life cycle'**
- **What raw materials and energy were needed to make this product and its packaging?**
  - How long will it last?
  - Can it be repaired?
  - Can it be recycled?
  - Will the company take it back at the end of its life?
  - Is there an earth-friendly alternative?



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## **Before you buy something ask yourself...**



- Do I really need it?
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- Can I buy it second hand?

## **Consider the item's 'life cycle' What raw materials and energy were needed to make this product and its packaging?**



- How long will it last?
- Can it be repaired?
- Can it be recycled?
- Will the company take it back at the end of its life?
- Is there an earth-friendly alternative?



# ECO SHOPPER



## We buy lots...

We buy a lot of things, much of it is not needed or so poorly made that it will not last very long. Being a good eco shopper means thinking about things before buying it and making sure that what you buy will have as little impact on the earth as possible.

When it comes to waste, packaging is one of the major contributors. When you buy a product, try to avoid unnecessary packaging and if you cannot, let the makers know you are not happy getting so much.

**Make your own  
Eco Shopper Card >**



### ECO SHOPPER



Dear \_\_\_\_\_ [insert business name]

**I would like to buy \_\_\_\_\_  
but I won't because:**

There is too much packaging. ☐

It is not going to last long. ☐

I don't believe I can get it  
repaired when it breaks . ☐

Other

### ECO SHOPPER



Dear \_\_\_\_\_ [insert business name]

**I would like to buy \_\_\_\_\_  
but I won't because:**

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Other

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but I won't because:**

There is too much packaging. ☐

It is not going to last long. ☐

I don't believe I can get it  
repaired when it breaks . ☐

Other

### ECO SHOPPER





When you have addressed my concern(s) please contact me ☐ or my parents ☐ , so I can return to your store.

For the Earth,

Name  
 Email  
(check with mum or dad first)



When you have addressed my concern(s) please contact me ☐ or my parents ☐ , so I can return to your store.

For the Earth,

Name  
 Email  
(check with mum or dad first)



When you have addressed my concern(s) please contact me ☐ or my parents ☐ , so I can return to your store.

For the Earth,


Name  
 Email  
(check with mum or dad first)



Dear  [insert business name]

**I would like to buy ☐ but I won't because: ☐**


There is too much packaging.  
It is not going to last long.  
I don't believe I can get it repaired when it breaks .  
Other



When you have addressed my concern(s) please contact me ☐ or my parents ☐ , so I can return to your store.

For the Earth,

Name  
 Email  
(check with mum or dad first)



# SHOPPER POWER



**Shops need customers (also called consumers) to buy things to make money. When consumers join together and say they want or don't want a certain thing, eg unnecessary packaging, it can make a BIG difference.**

Remember to take your own shopping bag and Say NO to plastic bags.



**Circle the items that would make your party 'zero waste'.**

## SHOPPING LIST

Your favourite bright cloth for the table (no need to buy)

Disposable table cloth

Disposable Cutlery

Reusable cups

Metal cutlery (borrow extra from a friend if it's a big party or buy from an op shop)

Disposable cups

Disposable plates

Reusable plates

Colourful fruit platter (compost the scraps)

Yummy food of your choice (avoid over-packaging)

Drinks in recyclable bottles

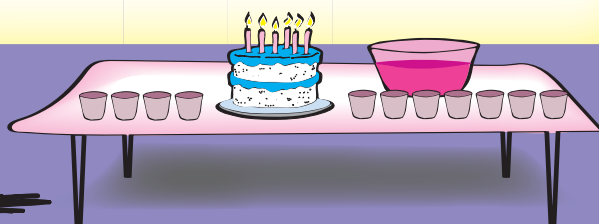
Recycling bins where people can see them

Homemade drinks eg iced water with lemon, fresh juice, punch or 'sodastream'

Paper decorations (can be composted)

Fabric decorations (can be used again)

Home made cake — it's easy, fun and you get to lick the bowl!





# LAND LITTER & MARINE POLLUTION

**The 'Take 3' message is simple. Take 3 pieces of rubbish with you when you leave the beach, waterway or... anywhere and you have made a difference.**

Marine debris, particularly plastic, has a disastrous impact in our oceans on marine life and, ultimately, us. We can greatly reduce the amount of marine debris in our oceans by preventing it from getting there in the first place! We encourage people to **Refuse** disposable plastic, **Reduce**, **Re-Use**, **Recycle** and **Respond** by picking up rubbish.



## Did you know?:

- Every year in Australia **8 billion** bottles and cans do not get recycled.
- Australians use more than **4,000,000,000** plastic checkout-style bags per year.
- Each year in Australia, an estimated **50 million** plastic bags do not make it to landfill, instead entering the environment... and they never leave.
- Plastic bag litter kills tens of thousands of birds, whales, seals and turtles every year.
- Plastic bags are made from fossil fuels – which are precious and non-renewable.
- Every piece of plastic made is still around today.

**Want solutions? Write a letter to the Minister for Environment about marine pollution. Ask an adult to help you post it.**

# NATURE'S RECYCLERS

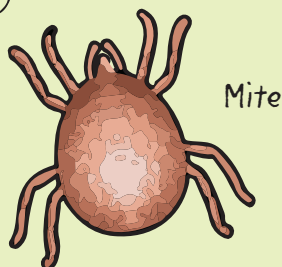


**Look** in some  
living soil,  
leaf litter  
or compost.  
What  
creatures  
can you see?

**Circle** the  
ones you  
find:

**Did you  
know?:**

There are  
billions of micro-  
organisms that  
you can't see —  
in a handful of  
compost?!



Mite



Worm



Pseudoscorpion



Slater



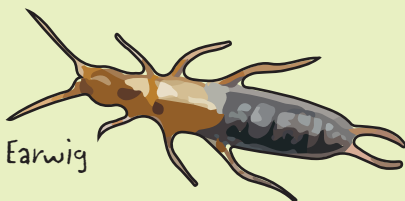
Springtail



Nematodes



Centipede



Earwig

\* BUGS NOT TO SCALE

Wise about Waste

# GLOSSARY



**Bauxite:** the raw material that contains aluminium.

**Biodegradable:** can be broken down by micro – organisms into basic elements. Food and paper are both biodegradable.

**Cullet:** small pieces of waste glass, ready for recycling.

**Decomposition:** the breakdown of animals and plants into tiny pieces, with the release of nutrients into the soil.

**Energy:** capacity or means to do work, e.g. from electricity or food.

**Finite:** a material that's availability is limited.

**Furnace:** an enormous, extremely hot oven. The raw materials used to make glass and metal are melted in a furnace.

**Incinerate:** to burn and reduce to ash. About 30% of waste volume is left after incineration.

**Landfill:** a method of disposing of waste, by burying it in a huge hole in the ground.

**Limestone:** the chalky rock used in glass making.

**Litter:** rubbish left in the wrong place.

**Material recovery facility (MRF):** recycle sorting facility

**Methane:** a gas made up of carbon and hydrogen. Sometimes called natural gas and also, along with carbon dioxide, one of the main "Greenhouse Gases".

**Mine:** a place where minerals (e.g. metals) are dug out of the ground.

**Non-renewable:** A resource that does not renew itself at a rate that makes its use sustainable.

**Ore:** the raw material which contains a metal (e.g. bauxite which contains aluminium).

**Organic material:** material containing carbon and hydrogen (e.g. vegetable peelings or banana skins).

**Pollution:** harm to the environment caused by waste materials.

**Pulp:** the cellulose raw material used to make paper.

**Recycling:** the process of breaking down material (e.g. melting aluminium) and making it into a new product.

**Recycling centre:** place where waste is taken for recycling.

**Renewable:** a resource which automatically replenishes itself and is not finite (e.g. wind or solar energy)

**Returnable:** items that can be returned to nominated collection points for recycling

**Rubbish:** a generic name for waste materials.

**Transfer Station:** An area for temporary deposition of material. Prior to transfer from these sites, materials are often sorted with valuable materials being removed for recycling.

**Thrift :** Careful use of money or resources to avoid wastage.



# LOCAL OP SHOPS

**Reduce  
Re-use  
Recycle**



## **ADRA Op Shop**

1/26 Canton Beach Road  
**TOUKLEY**

## **Animal Welfare League**

Central Coast Thrift  
Shop: 7-9 The Boulevard  
**WOY WOY**

## **Australian Red Cross**

165 The Entrance Road  
**THE ENTRANCE**

## **Browse About**

395 The Entrance Road  
**LONG JETTY**

## **The Cottage Op Shop**

151 Blackwall Road  
**WOY WOY**

## **Dapper Darlings Vintage**

298 The Entrance Road  
**LONG JETTY**

## **Father Riley's Op Shop**

2/9 Brooks Avenue  
**WYOMING**

## **Fairhaven Op Shop and Reuse-Xanadu,**

209 Brisbane Water Drive  
**POINT CLARE**

## **Holy Trinity Op Shop**

92 Serpentine Road  
**TERRIGAL**

## **Lifeline Shops**

Chambers Place  
**WOY WOY,**  
Showground Road  
**GOSFORD** and  
43 Howarth Street  
**WYONG**

## **Red Cross Gosford:**

1/156 Mann St  
**GOSFORD**

## **Salvation Army Stores**

130 Pacific Highway  
**TUGGERAH,**  
Green Point Shopping  
Centre **GREEN POINT,**  
30B Central Coast Hwy  
**WEST GOSFORD** and  
74 Rawson Rd  
**WOY WOY**

## **St Vincent De Paul Society**

33-35 Avoca Drive,  
**KINCUMBER,**  
344 West Street  
**UMINA BEACH,**  
41-43 The Boulevard  
**WOY WOY**  
47 Howarth Street  
**WYONG**

## **The Smith Family Store**

8 Community Road,  
**BATEAU BAY**

## **Second Hand Saturday**

A great way to buy and sell is through garage sales. Hold a Garage Sale on Second Hand Saturday (held quarterly) and council will help promote it on their website. For more details go to council's Waste Services section on the website: [centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)



# WASTE WISE WEBSITES

[kariongecogarden.org.au](http://kariongecogarden.org.au)

[gosford.nsw.gov.au/environment-and-waste/waste-and-recycling/second-hand-saturday](http://gosford.nsw.gov.au/environment-and-waste/waste-and-recycling/second-hand-saturday)

[environment.nsw.gov.au/households/composting](http://environment.nsw.gov.au/households/composting)

[rumbalara-e.schools.nsw.edu.au](http://rumbalara-e.schools.nsw.edu.au)

[boomerangalliance.org.au](http://boomerangalliance.org.au)

[cleanup.org.au](http://cleanup.org.au)

[take3.org.au](http://take3.org.au)

[plasticbagfreensw.squarespace.com](http://plasticbagfreensw.squarespace.com)

[plasticpollutioncoalition.org](http://plasticpollutioncoalition.org)

[fairhavenservices.com.au/fairhavens-services/reuse-xanadu](http://fairhavenservices.com.au/fairhavens-services/reuse-xanadu)

[wastenot.org.au](http://wastenot.org.au)

[storyofstuff.org](http://storyofstuff.org)

[groups.freecycle.org/group/GosfordNSW/posts/all](http://groups.freecycle.org/group/GosfordNSW/posts/all)

[gumtree.com.au](http://gumtree.com.au)

[plasticfreejuly.org](http://plasticfreejuly.org)

[recyclingnearyou.com.au](http://recyclingnearyou.com.au)

[planetark.org](http://planetark.org)

