



Nature Days

Your Waste Checklist

- If you can, bring your lunch to school in a reusable lunch box instead of a disposable bag.
- Bring reusable drinks bottles to school.
- Try not to waste your food- Only take a portion size that you will eat so less gets thrown in the bin.
- Take good care of your things & and reuse old toys by turning them in new games rather than throwing them in the bin.
- If you have finished with toys, or outgrown them, give them to a charity shop for someone else to reuse them or pass them onto someone younger.
- Ask for your broken toys or bikes to be fixed so that you buy new things less often.
- Use both sides of sheets of paper and reduce the amount of paper towels you use by using cloths instead.
- Refuse plastic straws, disposable take away cups, plastic take away cutlery and other single use plastic items when eating out in cafes or restaurants. Try to remember to bring your own spoon from home when getting ice creams or keep plastic cutlery for use another time rather than throwing it away. Ask fast food restaurants to remove the plastic toy from your meal.
- Treasure your plastic and cardboard- Help your family to find new ways of using left over cartons or packaging instead of throwing them in the bin. Think about how you and your family could use them for storing toys, making them into new toys, making them into planters for the house or garden, bird feeders, or creating games with them.
- Ask your parents to bring reusable shopping bags when shopping and help with your family food shopping by looking out for the food without plastic packaging.
- Help your family to recycle by using separate bins for recyclable and non-recyclable waste. Learn about recycling and what kind of things can be recycled, from your daily rubbish to the big items life refrigerators, sofas, old bikes and televisions. Find out what recycling collection is in your area and whether you can get a brown bin to take away your waste foods for reuse as compost.
- Try to avoid children's magazines with a lot of plastic packaging and plastic toys in the package. Rather stick to the paper versions and remember to either pass it onto someone else when you are done or recycle the paper.
- Don't litter and ask your school to get involved with [Picker Pals | VOICE Ireland](#)