The Choice is Rs!
The 4-R Home Survey

You know how important it is to Reduce, Reuse, Recycle and Rethink. Now ask an adult to do a 4-R check-up with you in your own home! This information is for classroom use only and will not be shared with any other groups or organization.

Trash
Take a look in your kitchen garbage and find four items that your family regularly throws away.

1. ___________________________________ 3. _______________________________________
2. ___________________________________ 4. _______________________________________

Recycling
Do you have recycling collection where you live? Yes No
If yes, where are your recycling bins located in your home?
  Kitchen  Garage/outdoors
  Office  Other _____________________________________________________
  ______________________________________________________________
Are the bins conveniently placed for the whole family? Can you think of better places for them?
  Yes  No _______________________________________________________________________________
  _______________________________________________________________________________
If you do not have recycling collection at home, does your family recycle anywhere else?
  School  Work  Other _______________________________________________________________________
  ____________________________________________________________________________________
What items do you recycle?
  Plastic bags
  Plastic bottles w/o lids
  Plastic milk jugs
  Plastic tubs w/o lids
  Cardboard
  Cereal/food boxes
  Magazines, catalogs and phone books
  Mixed paper
  Paper milk cartons and ice cream cartons
  Glass bottles and jars
  Aluminum cans
  Steel or tin cans
  Food scraps and food soiled paper
  Other ____________________________________________________________
  ______________________________________________________________
CONTINUE ON OTHER SIDE >>>>
Reuse
What type of bag does your family use for shopping?

Paper _____________ Plastic___________ Reusable bag

If your bag is not reusable, what do you do with it afterward? (Do you throw it away, reuse it or recycle it?)

Paper _____________ Plastic___________

If you use reusable bags, what does your family do to remember to bring the reusable bags to the store.

Store them in the car Hang them by the front door
Keep them with the coats and jackets Other __________________________

Rethink and Reduce (Waste Prevention)
Refer back to the things you found in your kitchen garbage. Is there anything in there that your family could rethink? (Hint: Think about the 4 Rs.)

<table>
<thead>
<tr>
<th>Item</th>
<th>How can you rethink it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Plastic sandwich wrapper</td>
<td>Pack my sandwich in a reusable container.</td>
</tr>
<tr>
<td>Example: Apple core</td>
<td>Put it in the yard waste bin so it can be composted.</td>
</tr>
</tbody>
</table>

Helpful Tips for Waste Prevention

- Get yourself a reusable water bottle.
- Use both sides of a sheet of paper.
- Think before you buy – Do we really need this?
- Pack snacks and lunch in reusable containers.

Did you know?
The 100 billion bags used per year in America require an estimated 12 million barrels of oil to produce.

Did you know?
Many grocery stores collect plastic bags for recycling.

Alternative Formats On Request
206-296-4466 | TTY Relay: 711
1-800-325-6165 ext. 6-4466

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Family Pledge
Now that you’ve completed your 4-R Check-Up, write down three actions your family is willing to take to cut down on waste. Then tear off and keep this pledge where everyone can see it. Cut out the note to share in class.

My family will reduce, reuse, recycle and rethink as much as possible by

1. ______________________________________
2. ______________________________________
3. ______________________________________

Signature of student

Signature of participating adult

BONUS! Have all members of your household sign and commit to this pledge.

King County
Department of Natural Resources and Parks
Solid Waste Division

My family will reduce, reuse, recycle and rethink as much as possible by

1. ______________________________________
2. ______________________________________
3. ______________________________________

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BONUS! Many grocery stores collect plastic bags for recycling.

Recycling
For more tips on proper recycling, go to your.kingcounty.gov/solidwaste/garbage-recycling/recycling-quick-guide.asp.

Food Scraps
Did you know that more than 90% of King County residents can put food scraps and food-soiled paper in their yard waste bin? Visit recyclefood.com for information about yard waste composting.

Disposal
Still have questions? Go to your.kingcounty.gov/solidwaste/wdidw or call 206-296-4466.