



Conduct a household waste audit

What makes up your household waste? Find ways to reduce, reuse and recycle it!

Step 1 - Get your supplies

- Tarp and/or 4 containers for waste types
- Bathroom scale
- Camera
- Calculator
- Paper/digital log
(worksheet example on next page)
- Gloves
- Bags

Step 2 - Make a plan

- Identify a location to store your waste items for one week
- Get 4 containers and label:
 - Compostable items
 - Curbside recyclable items
 - Drop-off facility recyclable items
 - Landfill
- Weigh each EMPTY container and log its weight
 - Compost _____ lbs
 - Curbside Recyclables _____ lbs
 - Drop-off Recyclables _____ lbs
 - Landfill _____ lbs

Step 3 - Collect your waste and report

- Throughout the week, as you generate waste, sort it into each of the 4 containers.
- At the end of the week, weigh and log the weight for everything you collected in each of the 4 categories.
- Subtract the empty weight of the bins out (see Step 2) to get the weight of the waste.
- Report your findings here [Waste Audit Form](#)
- Make a pledge for something you will do in the next month to reduce the waste you send to a landfill.*

	Compost	Curbside Recyclables	Drop-off Recyclables	Landfill
Full Contain Weight (Step 3)				
Empty Container Weight (Step 2)				
Net weight				
<i>Tip: Net weight = Weight of full container (Step 3) - Weight of empty container (Step 2)</i>				

Step 4 - Sort your waste (Extra steps for Waste All-Stars!)

- Identify types and quantity of items in each container and note them down in your log.
- You can do a simple scan, or if you're excited about the project, you can get a tarp and dump out each container and separate everything into sub-categories and count and weigh the items in each sub-category (see picture).
- See detailed waste audit worksheet on next page that you can use to log your findings.**
- Make a pledge!**



I, _____, pledge to...

- ...refuse extra bags!
- ...keep plastic bags & styrofoam out of recycling bin!
- ...reduce my waste going to the landfill!
- ...reduce my food waste!
- ... _____!
- ... _____!

I am a Wheat Ridge Waste Warrior!

Number of People in Household =	Duration of Audit (e.g., 1 day, 1 week, 1 month) =
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Disposal methods (choose 1 for each material type)

a. Recycle from Home (curbside pickup service)	e. Trash from home (curbside pickup service)
b. Recycle Off-Site (drop-off at another location)	f. Trash Off-site (drop-off at another location)
c. Compost at Home (backyard compost pile)	g. Hazardous/Hard-to-Recycle Off-Site (drop-off at another location)
d. Compost Off-site (drop-off at another location)	h. Other

Material Types	# of Items	Describe items	Disposal method (Choose 1 from list above)	Comments/Questions
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Common Recyclable Items

Aluminum (soda cans, clean foil)				
Aseptic Containers (cartons with multiple layers for shelf-stable items -- broth, milks)				
Steel / Tin Bottles & Cans (Food cans)				
Glass Bottles & Jars				
Gable-Top Containers (cartons without multiple layers -- OJ, milks found in refrigerated section of store)				
Plastic #'s 1, 2, 3, 4, 5, and 7				
Paper (newspapers, mail, cereal, food boxes)				
Cardboard				

Compostable Items				
Food waste (fruit/veggie scraps, meat, bread, dairy, bones)				
Non-recyclable paper & paper packaging (coffee cups, take-out container, etc. that say COMPOSTABLE)				
Household paper (tissues, paper-towels)				
Compostable 'plastic-type' cups, cutlery, plates (that say COMPOSTABLE)				
Tea bags, coffee filters				
Yard waste (grass clippings, leaves, sticks)				
Special Recyclable/Hard to Recycle (Drop-Off at special facility)				
Textiles (old clothes, towels)				
Electronics (large or small)				
Batteries				
Paint				
Motor Oil				
Other Metal				
Other Plastic (Chip, sandwich, cereal bags, small plastic containers, lids, film)				
Furniture				
Light bulbs				
Other Items (e.g, shoes)				
Other Items				
Diapers/Hygiene products				
Other glass (broken glass, cups, etc)				

Recycling Resources	
Common recyclables include cans, glass bottles, plastic bottles and tubs, paper, cardboard, cartons	
<i>Curbside recycling pick-up via a waste hauler</i>	<i>Recycling drop-off locations</i>
Waste Connections (formerly Pro Disposal) 303.288.2100	SustainAbility (Arvada and Denver) https://www.sustainability-recycling.com/single-stream See website for accepted at each site, fees, and hours of operation. Accepts a wide range of items including electronics, paint (latex & oil-based), CDs/DVDs, tennis balls, VHS tapes, bikes, bike tires & tubes, vegetable oil, smoke alarm, and more.
Waste Management https://www.wm.com/us/en/services/scheduled-pickup/residential-curb-side-pickup	Eco-Cycle CHaRM Facility (Boulder) https://www.ecocycle.org/charm See website for fees. Facility for hard-to-recycle items.
Crush Disposal http://www.crushdisposal.com/services.html 720.242.9866	Rooney Road Recycling (Golden) https://www.rooneyroadrecycling.org/ Accepts most types of household hazardous chemicals and wastes. Many household chemicals pose a serious health hazard if not properly handled, stored and disposed.
<i>Web Resources</i>	
Eco-cycle https://www.ecocycle.org/ Guides for how to recycle lots of different types of items in Colorado - https://www.ecocycle.org/a-zguide . Type in your item and they'll let you know how you can keep it out of the landfill!	US Environmental Protection Agency – Common Recyclables https://www.epa.gov/recycle/how-do-i-recycle-common-recyclables
Colorado Department of Public Health and Environment Residential Waste Management – Household Hazardous Waste, Residential Recycling, Residential Electronics, https://www.colorado.gov/pacific/cdphe/hhw	
<i>Re-Use Resources</i>	
Donate gently used household items (furniture, clothing, kitchen supplies, toys etc.) to local organization	
Goodwill (Wheat Ridge) https://www.goodwilldenver.org/ 5825 W 44th Avenue, Wheat Ridge, CO 80212	Treasure Trunk (Wheat Ridge) https://www.thefamilytree.org/treasure-trunk-community-thrift-store 5892 W 44th Avenue, Wheat Ridge, CO 80212
<i>Compost Resources</i>	
Food waste, yard waste, paper packaging products	
<i>Home Compost</i>	<i>Compost Service</i>
Eco Cycle https://www.ecocycle.org/backyard-composting Resources for getting started to compost food scraps and yard waste	SCRAPS https://scrapsmilehigh.com/wheat-ridge-dropoff Wheat Ridge compost drop-off partnership. can join and drop-off their compost at locations in Wheat Ridge