

Your Step-By-Step HOME WASTE AUDIT

The first step in tackling any challenge is to examine the problem!

To start reducing your waste, let's take a look at what you're purchasing, using, and throwing away. We've created Waste Audit worksheets below that will make it easy.

Step 1



Collect your discards.

To conduct a personal or family waste audit, first collect your trash and recycling over a week or two of normal consumptive habits. Start in the kitchen, then move on to the bathroom, followed by any other bins in the house.

Step 2

Sort through materials!

Choose whether to begin with trash or recycling, and then go through the batch, item by item. Use the audit sheets on the following pages to record the most common items you find, noting whether they're plastic and if alternatives exist. Our list of plastic alternatives on page 11 can help you find suitable options!



Step 3



Make your goals and begin your phase-out.

Choose plastic items from your audit sheets that are easy for you to eliminate or replace with an alternative. We suggest focusing on one item at a time, and going at your own pace. You can set and track your goals on page 10 of this guide.



[illegible]

[illegible]



Going Plastic-Free GOALS



List the plastic items you plan to eliminate or find an alternative for, and check the appropriate box when you've achieved your goal!

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____

Item

_____ ☐ Eliminated **OR** ☐ Replaced with: _____