

Monitor Your Waste

Fill in the table on a daily basis to monitor what you thrown away.



Take note of what you put in your bin. What products do you throw away the most?

Are these products that can be recycled? Can you reuse/repurpose anything? Can you use less?

Number of rubbish bags put out for collection

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Plastic							
- Food containers							
- Plastic wrap/bags							
- Cleaning material/ cosmetic containers							
- Water bottles							
Paper							
- Newspapers							
- Magazines							
- White paper/invoices							
- Envelopes							
- Brochures/catalogues							
Glass							
- Beer/wine/beverage bottles							
- Food jars							
Metals							
- Cold drink cans							
- Food tins							
- Tin foil							
Food							
- Vegetable & food scraps							
- Overripe/ruined food/ leftovers							
- Food past its sell by date							
Other – batteries							