

1. For five days, measure and record the amount of solid waste that your household produces every day. Use [this worksheet](#) to categorize the waste.

2. In several paragraphs, answer the following:

- How much of this waste could your household have avoided generating?
- How much could have been reused or recycled?
- Using the data, consider whether or not you can reduce your output of waste and list some ways in which you could do so. If you do not believe you can reduce your output of waste, explain your reasoning.