

# PGC Day 3/4 Greener

## Challenge: Waste

Check out our youtube video:  
Includes teacher and student reactions, interview and short clips of our day  
<https://www.youtube.com/watch?v=A1AGcLDh3YA>



**Today we collected our trash for the whole day**

### DID YOU KNOW?



Americans generated 251 million tons of trash in 2006

## Waste is a MAJOR issue!!

We generate 21.5 million tons of food waste each year. If we composted that food, it would reduce the same amount of greenhouse gas as taking 2 million cars off the road.

Here are some ways you can eliminate the amount of waste you produce:

1

### REDUCE

Reduce the amount of non-recyclable products you buy and use

2

### REUSE

If possible reuse containers, water bottles and etc.

3

### RECYCLE

Make sure to ALWAYS recycle plastic, paper, glass and metal



### Fun Fact

The EPA estimates that 75% of the American waste stream is recyclable, but we only recycle about 30% of it.

## Day 1:

**From Selena's view:** On day one I tried to go through the day as if it was a normal day. I wanted to see how much trash we really produce in a day and the results were shocking. I started of the day getting an email from PGC and right when I got it I contacted the rest if the group and put together a plan. We meet up in between periods to try and find a plastic bag to store our garbage. Luckily Nicole had some in her locker. As I continued through the day I've gotten some looks, reactions and questions. Please check out our video to view the reactions. By the end of the day each of my bags were half full.



**From Sabrina's view:** The first day of the challenge, I didn't expect much from the challenge. I expected to have a few tissues and a few tissues and a plastic water bottle at most. As the day went on I tried to collect all my trash, and noticed I produced waste that didn't even notice, like egg shells from breakfast, aluminum foil from lunch, snack wrappers throughout the day, and fruits and vegetable peels. It scared me to see how much trash I produce on an average day and I was afraid to calculate the amount of trash I made in a month or even a year! Throughout the day people asked me what I was doing, and as I explained, many of them are surprised it was only a days worth of trash. They thought we had been collecting items to recycle throughout the WEEK! When I started thinking about what they said I noticed they were right, many of these items were recyclable and compostable.



**From Nicole's view:** Carrying around a trash bag throughout the day really made me think about the amount of waste I used daily. I realized that the amount of trash I had was kind of embarrassing to carry everywhere since I didn't want the people to judge me for the amount of trash I produce. I also found out that I ate a lot of unhealthy food and drank a lot of water bottles during the school day and swim practice. Which is why I've learned that it's very harmful for the environment because I'm not being eco-friendly with the items I consume. If I continued to collect that amount of trash everyday, it would be very harmful for the Earth. That's when I decided that I was going to retry the next day and fix the mistakes that I made such as eating more healthier food and using BPA free water bottles instead of plastic ones.

## Day 2:

### From Selena's view:

After day 1, I tried to find ways to reduce the amount of trash I produce in a day. Most of my trash made on day 1 was mainly water bottles and snack wrappers. Determined to make a change I found a reusable water bottle at home and for snacks I had some slices of fruits in a reusable container. The only trash at the end of day was only a few napkins and fruit peels. I used the fruit slices for compost. Compared to day one my day two trash has decreased dramatically.

### From Sabrina's view:

My group and I decided it would be a good idea to redo the challenge, but this time using the knowledge we had of our consumption to decrease our trash. We decided to do some of research, and learned how to compost and items to replace our daily trash. After, I went out and bought a reusable water bottle to replace my plastic bottles, that I learned polluted the beaches and oceans, and hurts the animals that lives in the oceans. Also, I bought organic fruits and vegetables, to replace unhealthy processed snacks I ate with plastic wrappers that I learned takes centuries to decompose and takes up a huge portion of landfills. When the second day started I collected all the egg shells from breakfast, used reusable containers to hold my lunch and ate organic bananas and strawberries for my snack. I composted the egg shells and fruit peels. After today, I'm very satisfied with my trash output because it is almost nothing compared to day 1 which I'm very proud of and hope not to only continue but also to improve.

From Nicole's view: Today was much better!! I brought a fruit salad to school and I ate a bagel before my swim meet. I realized that the fruits I ate limited the amount of times I had to throw something inside. In school, I also used my BPA free water bottle so that I can refill my water bottle in the hallways. The school's water is filtered which also makes our school environmentally friendly! It was better than bringing several plastic water bottles to school everyday. Refilling my water bottle reduced the amount of plastic that I was using daily. After checking on my trash bag a few hours later, I noticed that the bag had decreased from the day before. The bag was so much more cleaner and I was proud of carrying that bag with me everywhere without being judged.



## Recyclable



## Non- Recyclable



## Compost



The sparkling cider glass bottle can be transformed into a vase for flowers. The orange peel, apple peel and kiwi peel can be used to create nutrition rich compost for the garden.

## SUMMARY WHAT DAY 3 AND 4 WAS LIKE

Day 3 and 4 was maybe one of the most eye opening experience so far. We started off the day feeling confident that we were eco friendly and we won't make as much trash. But at the end of the day we each had an almost filled bag. At that point we were really disappointed in ourself but we continued to sort the garbage we made into 3 piles; the recyclables, the non-recyclables and compost. After that process we realized if we simply recycle and compost our garbage amount has reduced a lot.



Don't forget to check out our video!!!

<https://www.youtube.com/watch?v=A1AGcLDh3YA>

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