



# Be A Bellevue Green Genius At Home



## GRADES 6-12 STUDENT ACTION GUIDE

### TEST YOUR ENVIRONMENTAL I.Q.

ANSWER THESE QUESTIONS AND CHECK YOUR ANSWERS ON THE LAST PAGE OF THIS GUIDE

**1** WHERE DOES OUR GARBAGE GO IN KING COUNTY?

- A. Cedar Hills Regional Landfill
- B. Mount Trashmore
- C. Incineration

**2** WHERE DO OUR FOOD SCRAPS GO IN KING COUNTY?

- A. In a field
- B. Cedar Grove Composting
- C. In a pile

**3** HOW LONG DOES IT TAKE FOR FOOD SCRAPS TO BE TURNED INTO SOIL AT THE LOCAL COMPOST FACILITY?

- A. 2 weeks
- B. 20 weeks
- C. 8 weeks

**4** CAN MEAT SCRAPS BE PUT IN THE COMPOST CART?

Yes or No

**5** CAN PLASTIC BAGS BE PLACED IN THE RECYCLING CART?

Yes or No

**6** CAN PLASTIC BAGS BE PLACED IN THE COMPOST CART?

Yes or No

**7** ARE PLASTIC STRAWS OR PLASTIC UTENSILS RECYCLABLE?

Yes or No

**8** WHAT PERCENTAGE OF GARBAGE FROM HOMES IN KING COUNTY IS FOOD?

- A. 11%
- B. 22%
- C. 33%

**9** HOW MANY POUNDS OF FOOD SCRAPS DOES THE AVERAGE KING COUNTY HOUSEHOLD THROW AWAY EACH YEAR?

- A. 180 pounds
- B. 390 pounds
- C. 620 pounds

**10** WHAT IS THE BEST WASTE REDUCTION OPTION FOR A BROKEN PRODUCT?

- A. Have the item repaired
- B. Buy a new item
- C. Find a used item to replace it



# Reduce WASTED FOOD



Source of information: "Waste Free Kitchen" by Dana Gunders

## FOOD SAVER TIPS

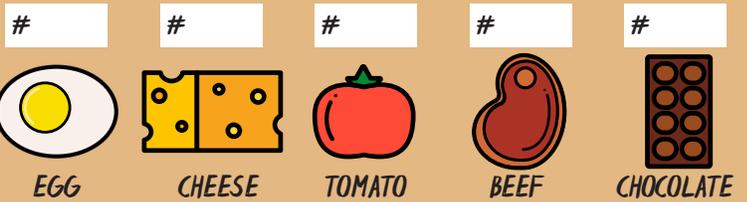
BUY ONLY WHAT YOU ARE ABLE TO EAT AND EAT ALL THAT YOU BUY. MAKE A GROCERY LIST TO PREVENT BUYING ITEMS YOU MAY NOT NEED OR WANT.

START WITH SMALL PORTIONS ON YOUR PLATE. AFTER YOU EAT EVERYTHING, GO BACK FOR MORE-SO NOTHING IS ACCIDENTALLY WASTED.

SHOP WHEN YOU ARE NOT HUNGRY.

REDUCE YOUR CARBON FOOTPRINT BY LIMITING THE AMOUNT OF MEAT YOU EAT THROUGH "MEATLESS MONDAYS".

CHOOSE WISELY: RANK THESE FOOD CHOICES 1-5 BY LEAST (#1) TO MOST (#5) WATER REQUIRED TO MAKE THEM. WRITE THE NUMBER ON TOP OF THE PICTURE TO SHOW IT'S RANKING. ANSWERS ON THE LAST PAGE.



CUT OUT THE SIGN BELOW TO LABEL PART OF YOUR REFRIGERATOR FOR FOODS THAT SHOULD BE EATEN FIRST BEFORE THEY EXPIRE



LOOK AT EACH FOOD ITEM IN YOUR REFRIGERATOR FOR A PRINTED DATE.

ARE ANY DATES COMING UP SOON? PLACE FOOD ITEMS THAT HAVE AN UPCOMING DATE IN THE AREA BY YOUR "EAT SOON" SIGN.

WHEN YOU ARE HUNGRY, TRY TO EAT THESE ITEMS FIRST SO THEY DON'T GO TO WASTE!

# ReDUCE WASTED FOOD

## WHAT DO THE DATES ON YOUR FOOD MEAN?



### SELL BY:

This tells the store **how long they can sell the item**. You have extra time after this date to eat the item but eat these soon.

### BEST BY:

This tells us the food will **taste best until this date**. You have extra time after this date to eat the item but eat these soon.

### USE BY:

This is the date you should eat the item by. **Eat on or before this date.**

LOOK IN YOUR REFRIGERATOR AND WRITE DOWN WHAT YOU SEE ON EACH FOOD ITEM TO COMPLETE THIS CHART.

ITEM	DOES IT SAY SELL BY, BEST BY OR USE BY? WRITE WHAT IT SAYS BELOW.	IS THIS SOMETHING YOU NEED TO EAT SOON, OR DO YOU HAVE MORE TIME?

REVIEW THIS GUIDE TO DETERMINE HOW MUCH FOOD MAY BE GOING UNEATEN IN YOUR HOME:

[http://www.stopwaste.org/sites/default/files/Fridge-Reality-Check\\_FIN.PDF](http://www.stopwaste.org/sites/default/files/Fridge-Reality-Check_FIN.PDF)

## USE EVERYTHING

Try cooking food scraps you normally don't use!  
Use this chart to write down foods you have that may be used in another recipe.

FOOD SCRAPS ON HAND	WHAT CAN THESE FOODS BE USED IN?	WHEN WILL YOU USE THESE?
Sample: Carrot Tops	Pesto: See Recipe below	Use next day

Storing foods in different parts of your kitchen or refrigerator can change how long they last. Use this King County guide to make fruits and vegetables last longer.



<https://www.kingcounty.gov/~media/depts/dnpr/solid-waste/waste-prevention/documents/too-good-food-storage-guide.ashx?la=en>

### CARROT TOP PESTO

- Ingredients:**
- 2 cups chopped carrot tops from 4-5 carrots
  - 3 tbsp nuts examples: pecans, walnuts
  - 1 garlic clove
  - 1/2 cup packed fresh herbs examples: mint, parsley, or basil
  - 1/2-3/4 cup olive oil
  - Blender or food processor



- Instructions:**
1. Place nuts and garlic in a blender or processor and mix until it forms a paste.
  2. Add carrot tops and herbs. Mix in a blender or processor until everything is in tiny pieces and a thick paste.
  3. Add olive oil and blend until smooth. If it's too thick, add additional olive oil, 1 tbsp at a time. Salt and pepper to taste.

For more sample recipes visit:  
<https://kingcounty.gov/depts/dnpr/solid-waste/programs/waste-prevention/food-too-good-to-waste/recipes.aspx>

# ReUse MATERIALS AT HOME

## BUILD A DOME OUT OF CARDBOARD

SAVE UP CLEAN CARDBOARD BOXES. HANDLE CAREFULLY AND BREAK THEM DOWN.  
 CUT 8-INCH OR 12-INCH TRIANGLES, WHICHEVER IS EASIER BASED  
 ON THE CARDBOARD PIECES YOU HAVE.  
 IT IS IMPORTANT THAT ALL TRIANGLES ARE THE SAME SIZE AND SHAPE.  
 USE THE FIRST TRIANGLE YOU CUT TO TRACE AND MAKE THE OTHERS.  
 TAPE SIDES TOGETHER WITH DUCT TAPE.  
 BUILD A DOME FOR A PET, OR A LARGER DOME FOR YOURSELF!



## SEW POP TOP BRACELETS

Gather supplies:  
 1 elastic cord, 20-26 pop tops from cans  
 (depending on wrist size).

STEP  
1



Cut cord to 2 ½ feet.  
 Loop through the  
 first pop tab.

STEP  
2



Add another pop tab.  
 Make sure the rough  
 edges are facing each  
 other. Overlap the two  
 pieces and thread the  
 cord through.

STEP  
3



Add a third pop tab  
 beside the first tab  
 and above the  
 second tab.  
 Thread the cord  
 through.

STEP  
4



Repeat this pattern  
 until the bracelet  
 fits your wrist.  
 Tie the ends to the  
 first tab.

STEP  
5



## MAKE RECYCLED PAPER



- Attach a piece of window or door screen to a wooden frame.
- Find used paper you no longer need. Tear the paper into 2-inch strips.
- Soak the paper in a bucket of warm water for four to six hours.
- Make sure all pieces of paper are submerged in the water.
- If you want white paper, add ½ cup of vinegar to the bucket.
- After four to six hours, pour the soaked scraps into a blender until it's 2/3 full.
- Run the blender on slow for 30-40 seconds or until it is a smooth slurry without flakes of paper remaining.
- Use a large metal pan or tub that your frame with screen will fit in.
- Place the screen on the bottom of the pan.
- Pour the paper slurry into the pan.
- Pull your frame with screening straight up with the paper slurry now on top of the screen.
- Place your screen in the sun and wait 24 hours.
- The next day you can remove your dry paper!

# Recycle AT HOME

## CONDUCT A "RECYCLING AUDIT" OF YOUR HOUSEHOLD.

### STEP 1

Look in your home garbage can, recycling can and compost. Are all items correct? Check by comparing to the City of Bellevue's official waste sorting guide:

<https://bellevuewa.gov/city-government/departments/utilities/manage-your-utility-services/solid-waste/for-residents>

Write down the items you had to move, so you can share your findings with your household later.

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### STEP 2

Look at the bottom of the can you are using for garbage, recycling, or composting to see what size it is.

If you're not sure, use a 5-gallon bucket and see how many times you can fill it with the contents. Record your findings below.

MATERIAL	SIZE OF CONTAINER	AMOUNT FULL IN A DAY	TOTAL AMOUNT PER DAY
SAMPLE: GARBAGE	16 GALLONS	50% FULL	SIZE x AMOUNT FULL = 8 GALLONS
GARBAGE			
RECYCLING			
FOOD SCRAPS/COMPOST			

### STEP 3

Using the data from step 2 above, calculate your household's current recycling rate.

A recycling rate is the percent of materials that gets recycled or composted instead of going to a landfill.

$$\frac{\boxed{\phantom{000}}}{\text{[ recycling ] + [ food waste/compostables ]}} \div \frac{\boxed{\phantom{000}}}{\text{[ recycling ] + [ food waste/compostables ] + [ garbage ]}} \times 100 = \boxed{\phantom{00}} \%$$

recycling rate

### WHAT COULD YOU DO TO HELP INCREASE YOUR HOUSEHOLD RECYCLING RATE?

Fill in your answer below.

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FOR INFORMATION ON HOW TO RECYCLE UNUSUAL ITEMS IN BELLEVUE THAT AREN'T ACCEPTED IN YOUR HOME RECYCLING BIN, VISIT:  
<https://bellevuewa.gov/city-government/departments/utilities/manage-your-utility-services/solid-waste/year-round-recycling-guide-for-unusual-items>



# Conserve WATER AND ENERGY

## EVALUATE YOUR HOME TO CONSERVE WATER AND ENERGY

### KITCHEN AND BATH

- Do any faucets leak? If they do, try to tighten or replace them.
- Does the toilet leak? Use a leak detection tablet to check. Save water by putting a bottle filled with water or a rock in the tank.
- Are there aerators on the sink faucets? These help use less water when the faucet is running.
- Are there “low flow” shower heads in the shower? Look up the model number on the head to find out



### LAUNDRY ROOM

- Do your household members only run the washing machine or dishwasher when loads are full? This helps to save energy instead of running small loads.

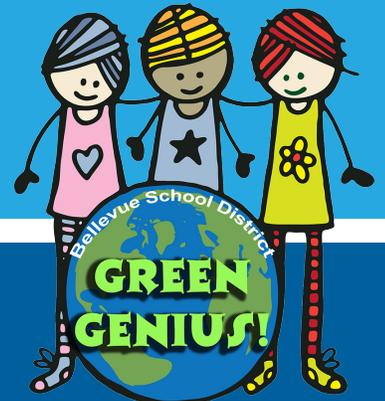
### WHOLE HOUSE

- Do you have light timers or auto turn off? If not, do members of your household turn off lights when leaving a room?
- Do you use natural lighting when possible?
- Phantom power is used when items are plugged in but not in use. Are there items that don't need to be plugged in that can be unplugged?
- Do members of your household wear sweaters or sweatshirts when they are cold to help keep the thermostat low?
- Calculate your household's water footprint at [Watercalculator.org](http://Watercalculator.org).
- Calculate your household's carbon footprint here at <https://www3.epa.gov/carbon-footprint-calculator/>

## WATER CONSERVATION HOUSEHOLD PLEDGE

ASK YOUR HOUSEHOLD WHICH OF THE FOLLOWING ACTIONS THEY ARE WILLING TO TAKE TO CONSERVE WATER.

- |   |  |
|---|--|
| <input type="checkbox"/> Take showers instead of baths.               | <input type="checkbox"/> Clean your driveway or sidewalks with a broom instead of a hose.  |
| <input type="checkbox"/> Try taking five-minute showers. Use a timer. | <input type="checkbox"/> Water your lawn early in the morning or late in the evening to reduce water loss due to evaporation during the day. |



Answers key:  
 Page 1: 1.A / 2.B / 3.C / 4.Yes / 5.No / 6.No / 7.No / 8.C / 9.B / 10.A or C  
 Page 2: Least to most water needed 1. Tomato, 2. Egg, 3. Chocolate, 4. Cheese, 5. Beef



**GREEN GENIUS!**