Waste audit: What is in my trash?

Take a look at what is in or could be in your waste stream by going through each room and writing down all of the different items you find. You could either focus on what is currently in your waste stream by taking a look at your trash, recycling and organics recycling, or you could asses what waste you could have by looking at the various items in a room. In the next column, decide if it should be recycled, composted, thrown away as trash, or if there is another option (for example, take plastic bags to a drop-off collection or donate usable clothing). In the third column, decide if the waste is something you can reduce or stop using by finding an alternative. In the final column, list your alternative to using that product if it applies.

Kitchen

Item	Category (trash, recycling, organics, other)	Can you replace or reduce?	Alternatives (item or action)

Bathroom

Item	Category (trash, recycling, organics, other)	Can you replace or reduce?	Alternatives (item or action)

Laundry room

Item	Category (trash, recycling, organics, other)	Can you replace or reduce?	Alternatives (item or action)

Home office

Item	Category (trash, recycling, organics, other)	Can you replace or reduce?	Alternatives (item or action)

Other

Item	Category (trash, recycling, organics, other)	Can you replace or reduce?	Alternatives (item or action)