

Tracking Your Trash

Name: _____

Date: _____

The first step in reducing your family's plastic waste is knowing how much plastic your family uses! Just for today, keep track of all of the **PLASTIC TRASH** that you and your family generate. Remember, plastic includes plastic juice jugs, bottled water, plastic milk cartons, plastic bags, and many other things.

Item	Where Used (Home, School, Car, etc.)	Recyclable (Yes or No)	Disposal Method (Recycled, Threw Away)
1. <i>Water bottle</i>	<i>Home</i>	<i>Yes</i>	<i>Recycled</i>
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Families Can Make the Switch!

Take the **FilterForGoodSM** pledge to switch to reusable bottles at www.scholastic.com/brita.

Did You Know...

- Americans used fifty billion plastic water bottles in 2006. Thirty-eight billion of those bottles ended up in landfills rather than being recycled.¹
- Some tap water has an advantage over bottled water because it contains fluoride, which strengthens your teeth.²

Sources: 1. Fishman, Charles. "Message in a Bottle." *Fast Company* magazine. July 2007:110.
 2. Bullers, Anne Christiansen. "Bottled Water Better Than the Tap?" *FDA Consumer* magazine. www.fda.gov/FDAC/features/2002/402_h2o.html.