

Plastics bin weigh-in tracker



Overview

Whether we like it or not we use plastic every day. Some plastic could be considered necessary, on other occasions, manufacturers and retailers seem to give us very little choice. This activity helps you discover how much waste plastic you actually produce and can point to some ways to reduce the plastic you discard or perhaps refuse to purchase certain plastic items.

Everyone's plastic consumption is going to be different. Choose some or all of the plastic categories below that you want to track over an initial five-day period. You can extend this to see how you progress.

Record the plastic products and packaging that are discarded in your home each day. You can do this by either counting each item or by calculating the total weight for each category. We recommend separating out plastic waste into a separate bag or bin for the days you are conducting your audit.

				
Milk bottles Or similar juice bottles	Plastic bags Supermarket or other plastic bags	Cartons Tetra Pak, Orange Juice	Food Wrappers Crisp packets, plastic packaging	Plastic Bottles Water or soft drinks bottles
				
Food trays from takeaways or ready meals	Plastic films from yoghurt pots or ready meals	Toiletries Shampoo or shower gel bottles	Cleaning products Spray bottles	Tubs and pots food spread tubs and their lids

STUDENT SHEET

Plastic Audit

Complete your plastic audit by adding the amount of plastic discarded each day. This can either be number of items in each category or the weight of all items in each category.

Category	Day 1	Day 2	Day 3	Day 4	Day 5	Total	L/R*
DAILY TOTAL :							* L = Landfill R = Recycled

Taking Action

Taking a systematic approach to auditing how much plastic you discard each day can be quite revealing and at times shocking. Be kind to yourself if you feel that you are creating a lot of plastic waste. You are not alone in wanting to do something to reduce the amount of plastic waste you are either recycling or sending to landfill.

The main thing is to think about a course of action. Use the reflection questions and suggested actions in the Find out more section of the activity page to guide you.