

Know Before You Throw!

Five Rs Activity Book

Rethink

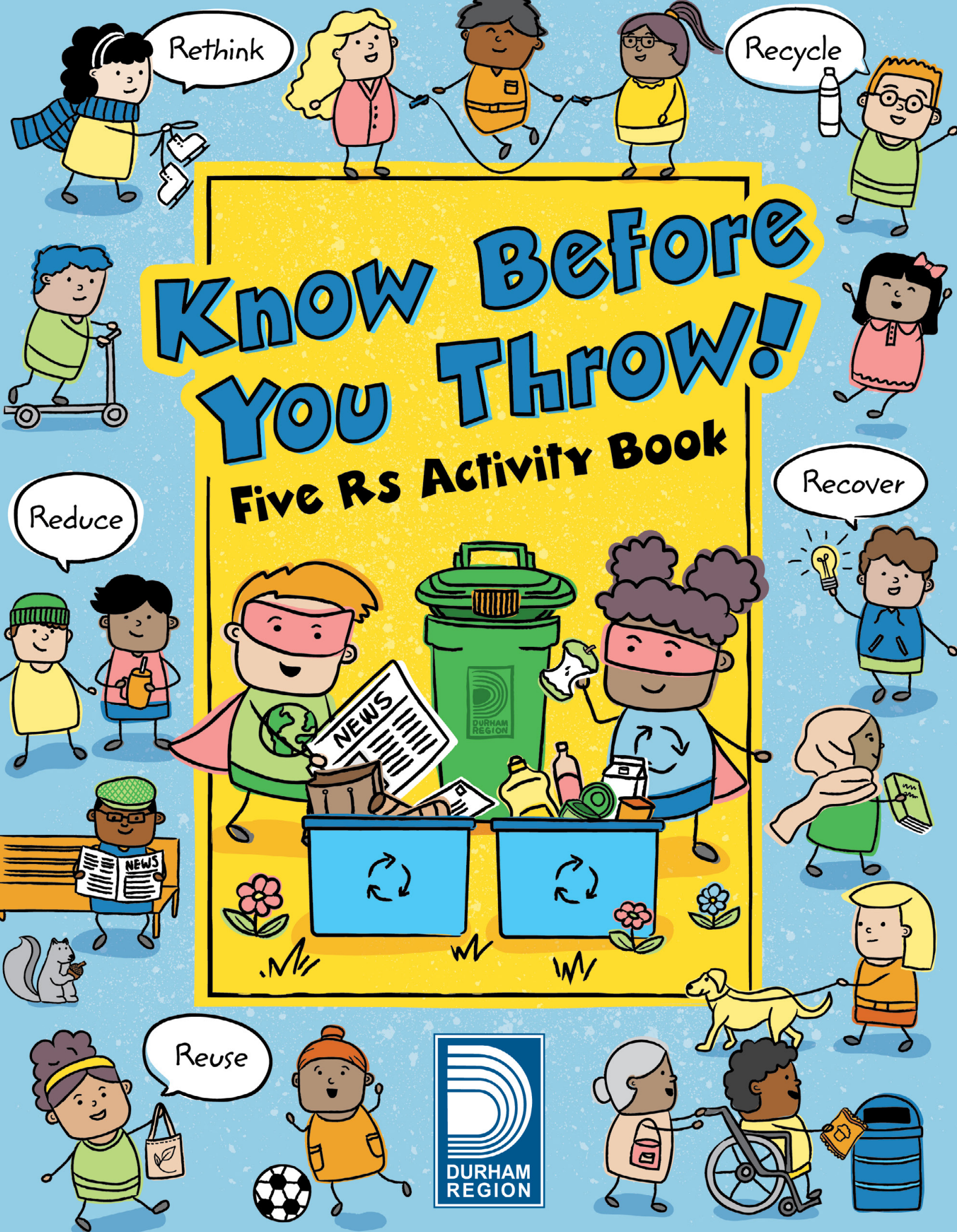
Recycle

Reduce

Recover



Reuse



Welcome!

Join us as we explore the five Rs - **Rethink, Reduce, Reuse, Recycle** (including compost), and **Recover**. Using the five Rs is a great way to help us create less waste every day!



What is waste?

Waste refers to all the items and materials that we throw away because we no longer want or need them. This includes the garbage, recyclable, and compostable materials from our homes and schools.

Why is it important to create less waste?

The items we need and use every day are made from natural resources like trees, oil, and minerals. This means every time we make something new, we take more natural resources from the environment. Creating less waste helps to reduce the number of natural resources we use. Waste can also cause land, air, and water pollution if it is not taken care of properly. Pollution is harmful to the environment, wildlife, and people. Creating less waste helps to protect the environment and the communities we live in for a cleaner, greener, and more sustainable future!



Come and join us as you complete activities about waste management in Durham Region!

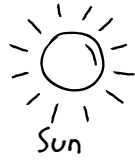
Where is Durham Region? It's where you live!



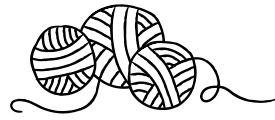
Make the Match!

Natural resources are materials from the Earth that can be used by people. Help us match the natural resources to the items that they can be made into.

Complete the activities in the following pages to learn how the five Rs can help reduce the number of natural resources we use every day!



Sun



Wool



Metal cans



Oil



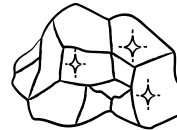
Glass



Books



Trees



Metal ore



Plastic Containers



Animals



Energy



Glass bottles & jars



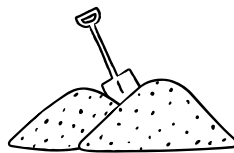
Lake Ontario



Paper



Electricity



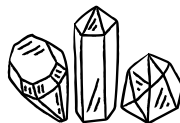
Sand



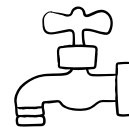
Plastic Pellets



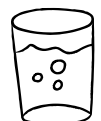
Clothes



Minerals



Tap Water



Drinking Water



All Mixed Up!

Help - our five Rs got all mixed up! Use the clues to help unscramble each of the words below.

Y E C R L E C

Clue: Collecting and processing blue box materials to turn them into something new.

T N E K I H R

Clue: Asking questions and thinking about the items that we buy and use.

R C V R E E O

Clue: Generating electricity and recovering metals from the garbage.

D E C E U R

Clue: Decreasing the number of items that we buy and the amount of waste that we create.

E S E R U

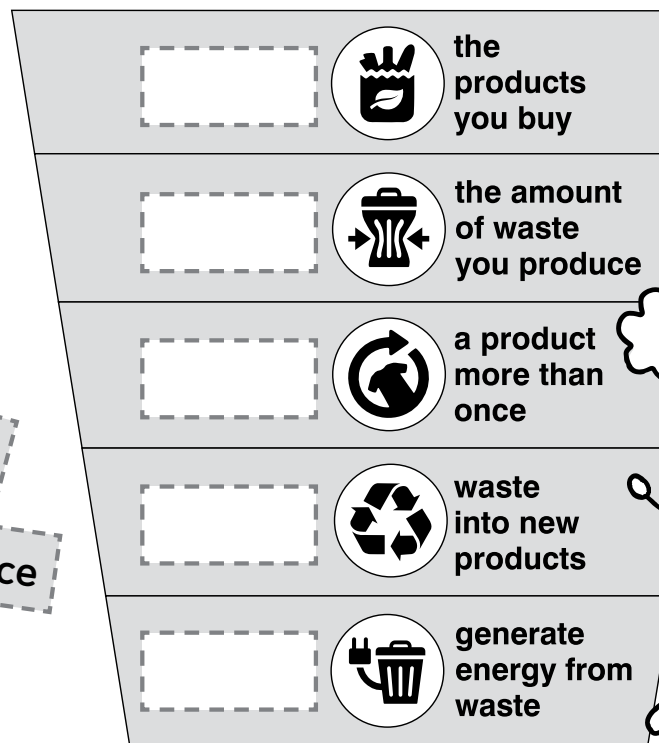
Clue: Using items as many times as possible.

M O T S O P C

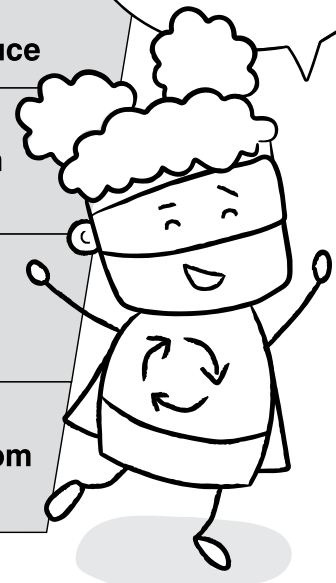
Clue: A dirt-like material used to fertilize gardens and lawns.

Can you put the five Rs in the right order?

Remember to start with the most preferred option at the top!




Amazing work! Using the five Rs reduces the number of natural resources that we use and the amount of garbage we create.



Break the code!


Rethink means asking questions and thinking about items before we buy them, bring them home, or throw them away. Help decode the answers to our questions by using the table below.

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |



1. Where can I go to reduce the number of new books that pile up on my bookshelf?

| | | | | | | | |
|----|---|---|----|---|----|----|--|
| | | | | | | | |
| 12 | 9 | 2 | 18 | 1 | 18 | 25 | |



2. Where should I put food scraps like banana peels and apple cores?

| | | | | |
|---|----|---|---|----|
| | | | | |
| 7 | 18 | 5 | 5 | 14 |


| | | |
|---|---|----|
| | | |
| 2 | 9 | 14 |

| | | | | | | | |
|----|---|----|----|---|---|----|---|
| | | | | | | | |
| 18 | 5 | 21 | 19 | 1 | 2 | 12 | 5 |

| | | | | | |
|---|----|----|----|----|---|
| | | | | | |
| 2 | 15 | 20 | 20 | 12 | 5 |



3. What can I use to avoid buying drinks in single-use disposable containers?



4. How can I avoid buying items that I only need for a short period of time?

| | | | | | |
|---|----|----|----|----|----|
| | | | | | |
| 2 | 15 | 18 | 18 | 15 | 23 |

| | | | | |
|---|----|---|----|----|
| | | | | |
| 9 | 20 | 5 | 13 | 19 |




5. Where can I look if I have questions about waste management in Durham Region?

| | | | | | | | | | | | | | | |
|---|----|----|---|---|----|---|---|---|---|----|---|----|----|---|
| | | | | | | . | | / | | | | | | |
| 4 | 21 | 18 | 8 | 1 | 13 | . | 3 | 1 | / | 23 | 1 | 19 | 20 | 5 |

Can you think of three questions you have about your waste?

Explore your resources to find the answers. This could mean asking someone you know, researching online, or contacting Durham Region staff to help!



Searching for Answers!



Reduce means decreasing the number of items we buy and the amount of waste that we produce. Search for the words listed below and cross them off to remove them from the waste bin.

- | | |
|-------------|-------------|
| borrow | ecofriendly |
| community | green |
| compostable | lend |
| conserve | litterless |
| diversion | protect |
| durham | reduce |
| earth | repair |
| | resources |
| | rethink |
| | returnable |
| | reusable |
| | sustainable |

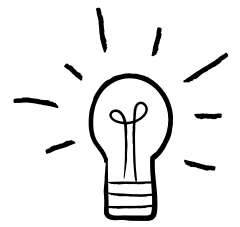


Take Action!

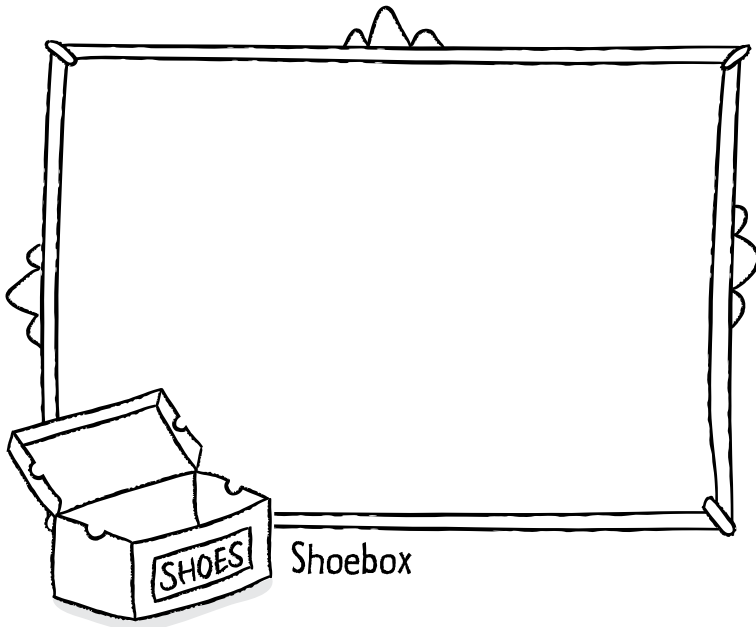
Write three actions you can take to reduce waste at home, school, or in your community.

Get Creative!

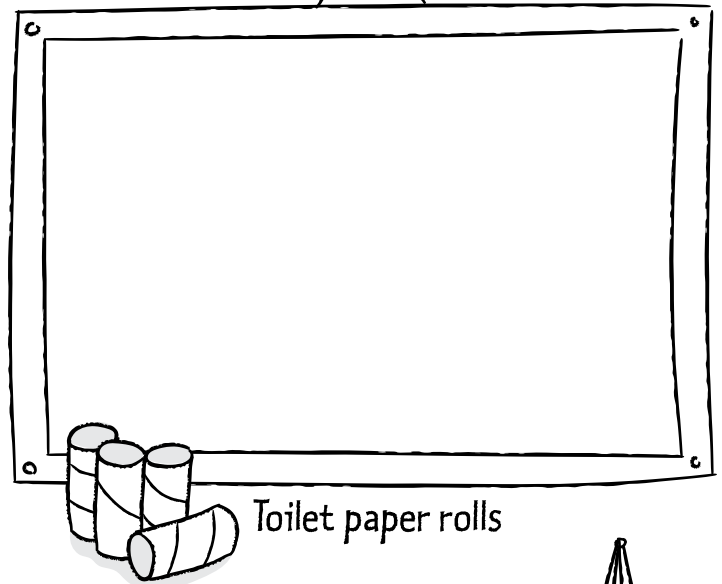
Reuse means using items as many times as possible. You can reuse items for their original use or for something different. Draw a picture showing a creative way to reuse the items below. Can you think of something different for each item?



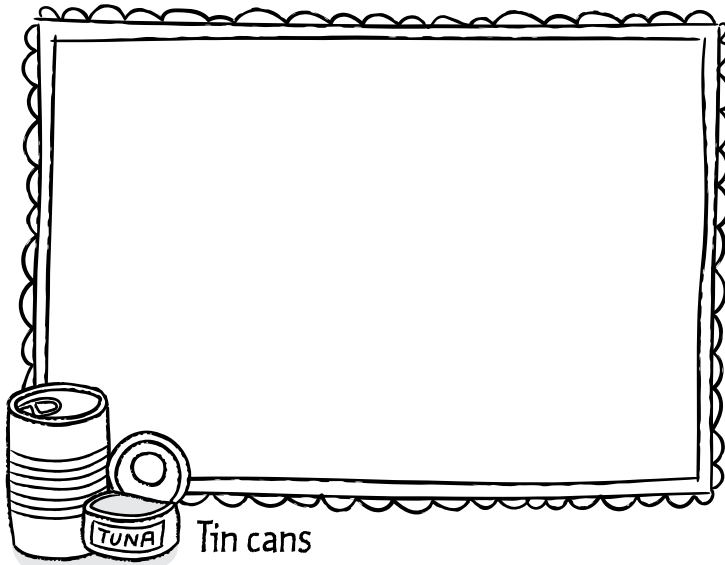
What's the best way to manage our waste?
Doing our best not to create it!



Shoebbox



Toilet paper rolls



Tin cans

Up for a Challenge?

Choose an item out of your blue box and craft it into something new. We would love to see what you came up with! Send a picture of your finished creation to SchoolPrograms@durham.ca



Leave the Waste Out of Lunch!

Packing a waste free lunch can help reduce waste. Circle each waste free lunch option in the picture below. Hint: A waste free lunch means there should be no items that belong in the garbage or the blue box when you are finished eating.



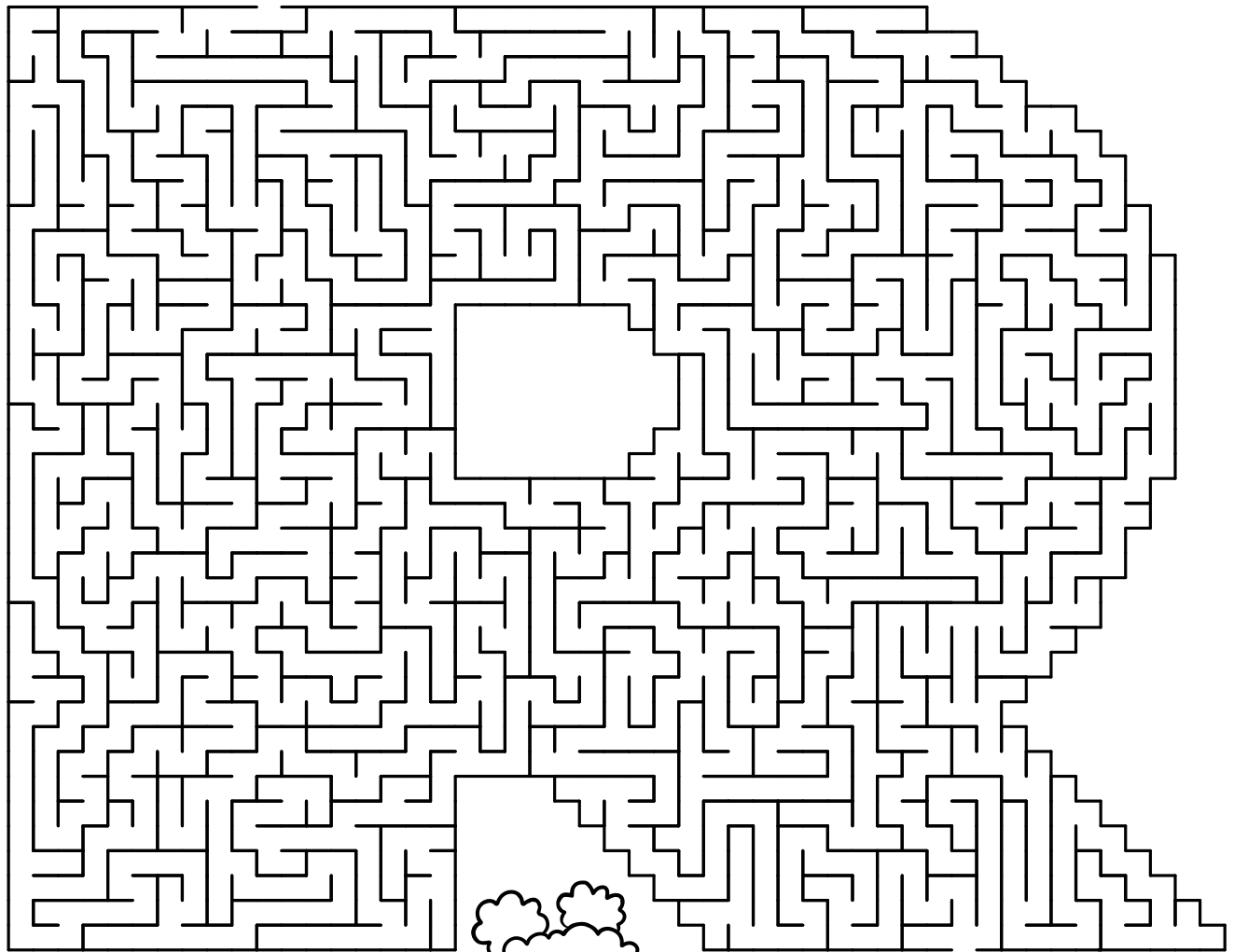
Watch our waste free lunch video!

Learn more ways to leave the waste out of lunch.
durham.ca/WasteFreeLunch



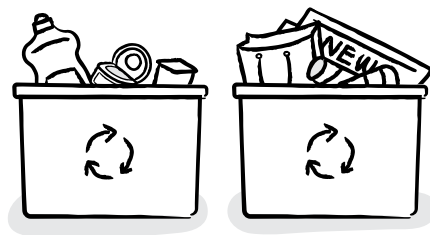
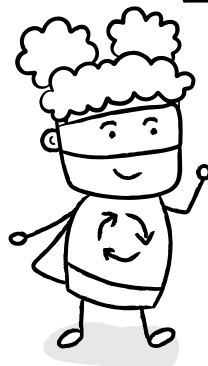
A-MAZE-ING NEWS

Recycling is the sorting, collecting, and processing of items that are ready to be thrown away and turning them into something new. Solve the maze below to help get the recyclable items into the blue box and ready for their next adventure.



Empty it Out!

Make sure your containers are empty and sort your blue box items to help keep the materials clean, organized, and ready for collection!



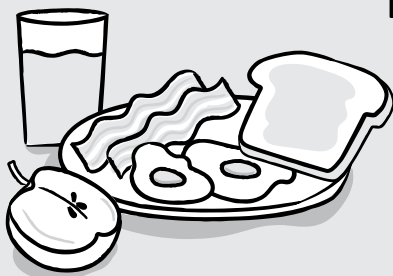
LINE IT UP

Draw a line from the items that belong in the green bin to help us sort the waste below!

Remember, food scraps and soiled paper items (like used tissues and paper muffin wrappers) belong in the green bin. Food scraps are the parts of food that we usually throw away instead of eating. This includes things like fruit peels, bones, and eggshells.



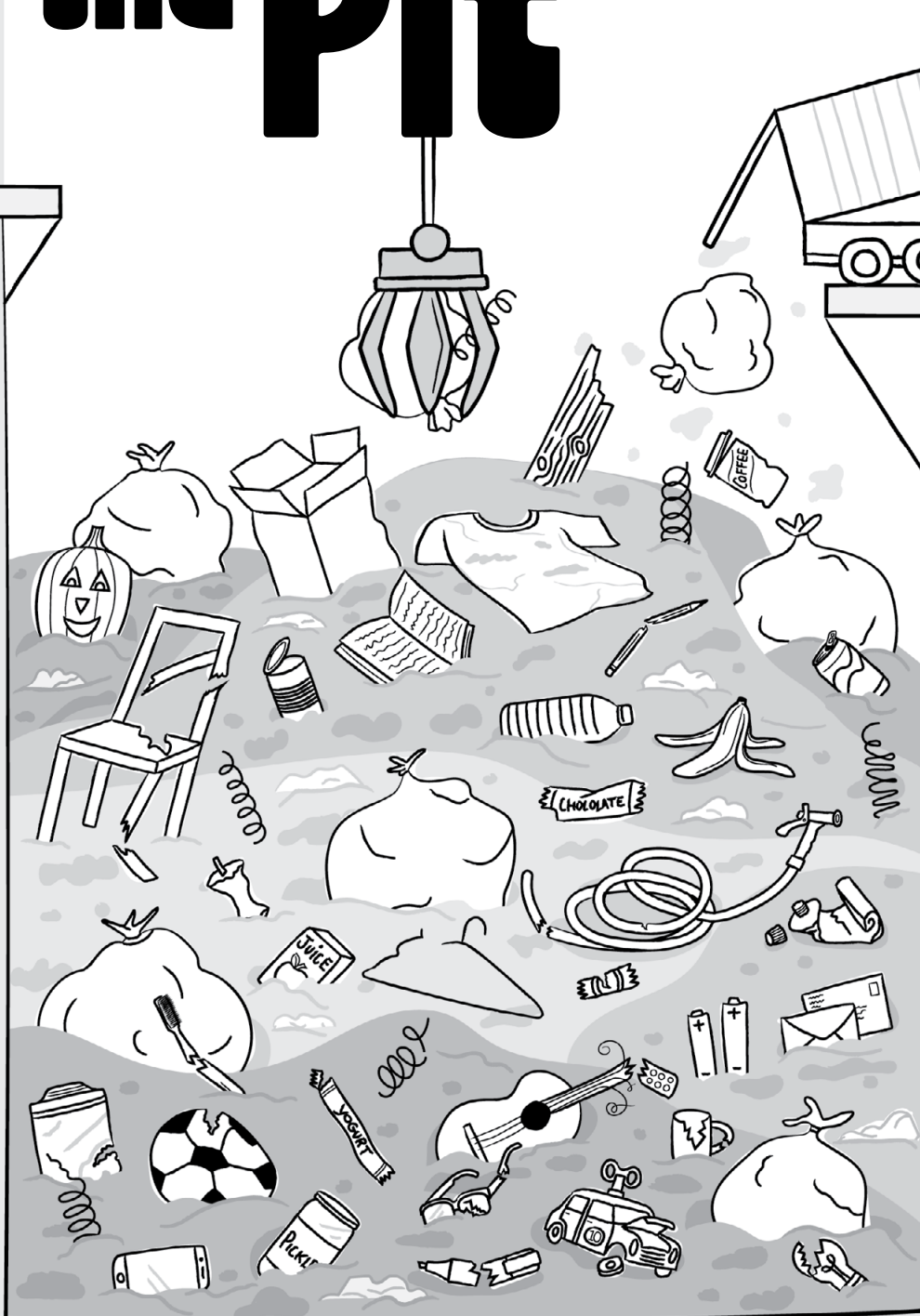
Try these tips and tricks to prevent or reduce food waste!



- ✓ Only take as much food on your plate as you can eat.
- ✓ Eat the skin and crusts on foods like apples, carrots, pizza, and bread.
- ✓ Eat or freeze leftovers.
- ✓ Seal and store food correctly.
- ✓ Eat what you have before it needs to be thrown away.

Lost in the Pit

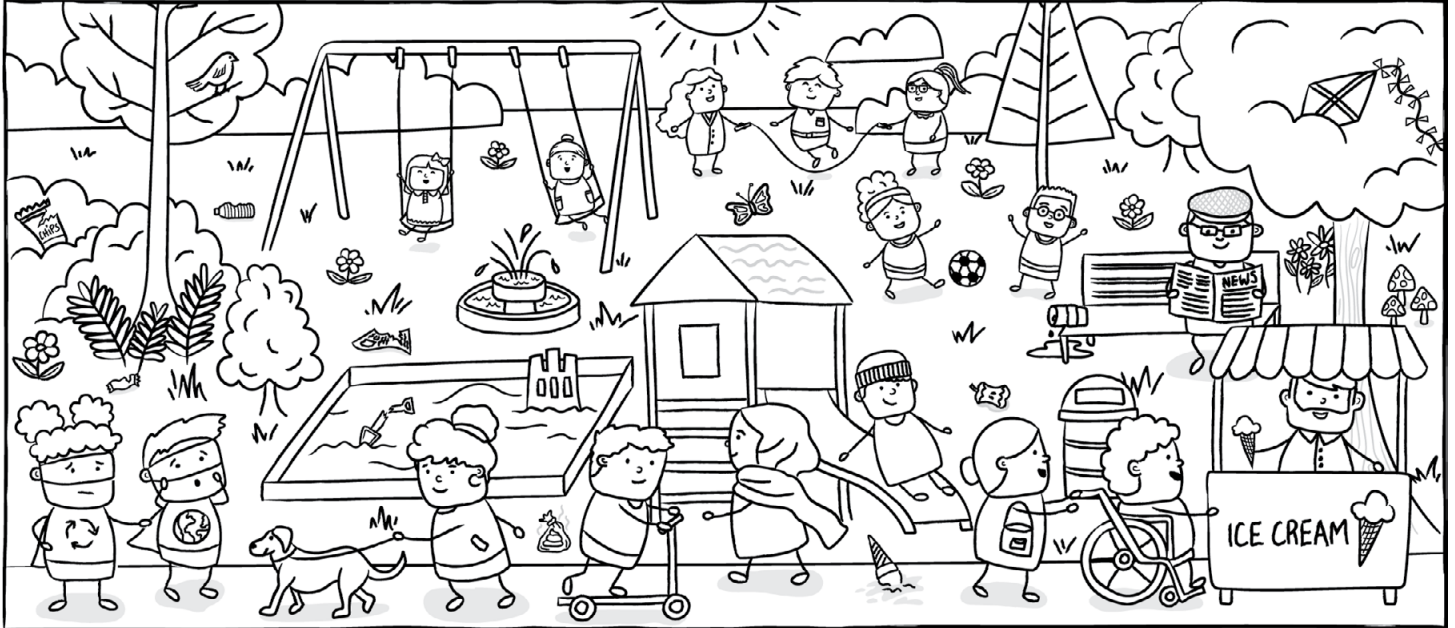
Find and colour the 15 items that don't belong in the garbage. Remember, only the items left after we use the first four Rs (Rethink, Reduce, Reuse, and Recycle/Compost) should be sent to the Durham York Energy Centre, where we recover any remaining metals and generate electricity from the energy within the waste.



We generate enough electricity to power over 10,000 homes a year - now that's using waste as a resource!

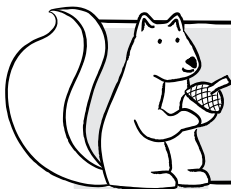
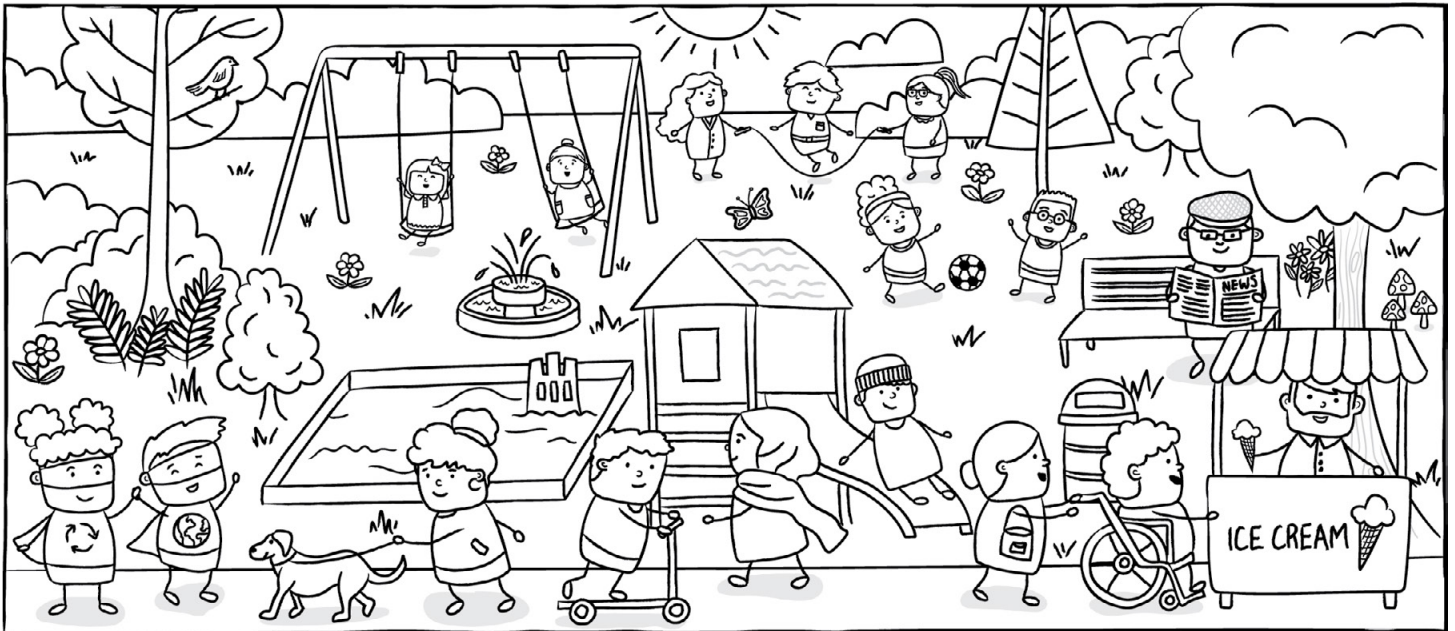


LITTER HUNT



Oh no! Someone has made a mess in the park.

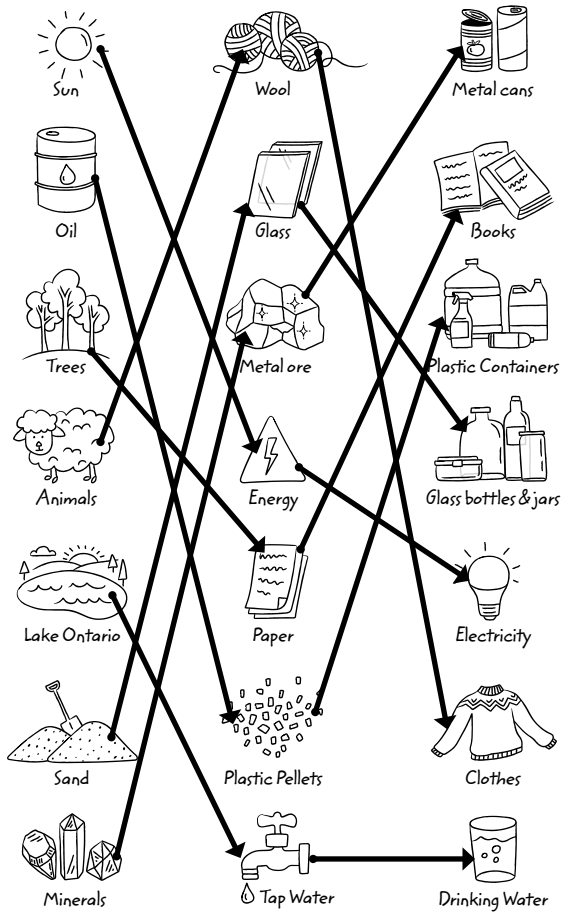
Thankfully our friends helped to clean it up. Can you spot 12 differences between the two pictures?



Litter is waste that is found in the environment. Litter can be harmful to living things like people, plants, and animals.

Answer Page

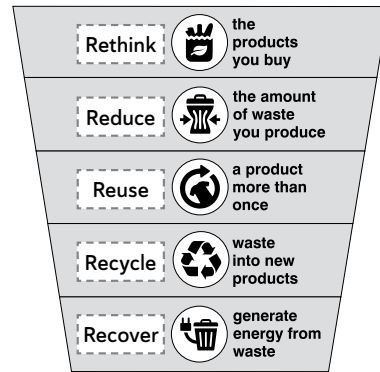
Page 3: Make the Match!



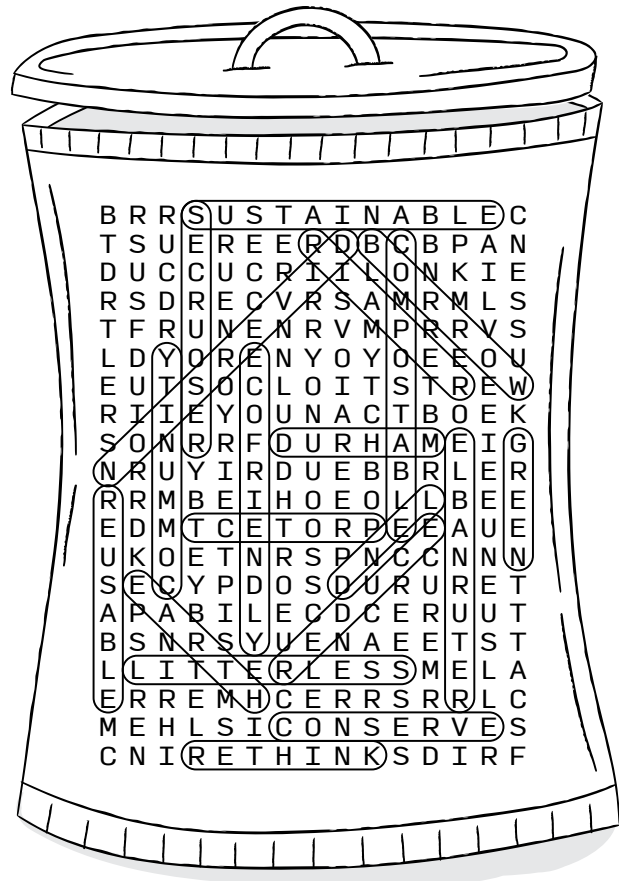
Page 4: All Mixed Up!

Y E C R L E C T N E K I H R R C V R E E O
R E C Y C L E R E T H I N K R E C O V E R

D E C E U R E S E R U M O T S O P C
R E D U C E R E U S E C O M P O S T



Page 6: Searching for Answers!



Page 5: Break the Code!

1.

| | | | | | | |
|----|---|---|----|---|----|----|
| L | I | B | R | A | R | Y |
| 12 | 9 | 2 | 18 | 1 | 18 | 25 |

2.

| | | | | |
|---|----|---|---|----|
| G | R | E | E | N |
| 7 | 18 | 5 | 5 | 14 |

| | | |
|---|---|----|
| B | I | N |
| 2 | 9 | 14 |

3.

| | | | | | | | |
|----|---|----|----|---|---|----|---|
| R | E | U | S | A | B | L | E |
| 18 | 5 | 21 | 19 | 1 | 2 | 12 | 5 |

| | | | | | |
|---|----|----|----|----|---|
| B | O | T | T | L | E |
| 2 | 15 | 20 | 20 | 12 | 5 |

4.

| | | | | | |
|---|----|----|----|----|----|
| B | O | R | R | O | W |
| 2 | 15 | 18 | 18 | 15 | 23 |

| | | | | |
|---|----|---|----|----|
| I | T | E | M | S |
| 9 | 20 | 5 | 13 | 19 |

5.

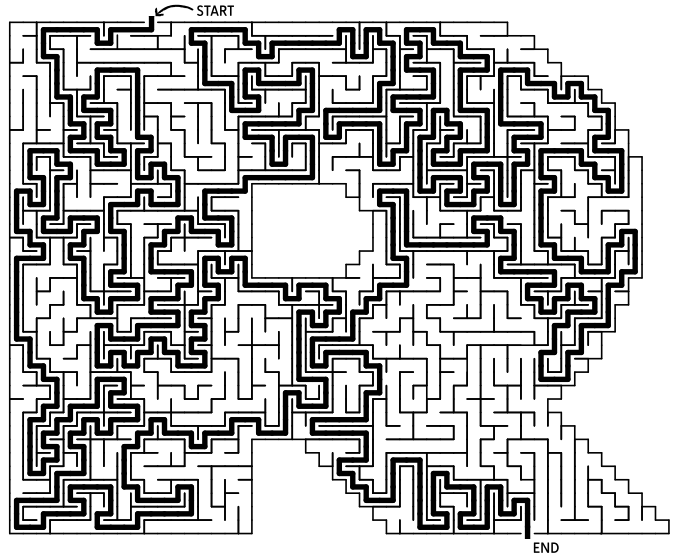
| | | | | | | | | | | | | | | |
|---|----|----|---|---|----|---|---|---|---|----|---|----|----|---|
| D | U | R | H | A | M | . | C | A | / | W | A | S | T | E |
| 4 | 21 | 18 | 8 | 1 | 13 | . | 3 | 1 | / | 23 | 1 | 19 | 20 | 5 |

Answer Page

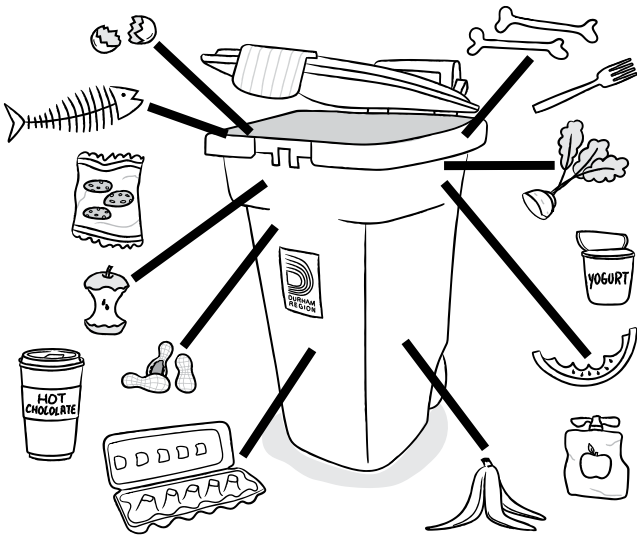
Page 8: Leave the Waste Out of Lunch!



Page 9: A-maz-ing News



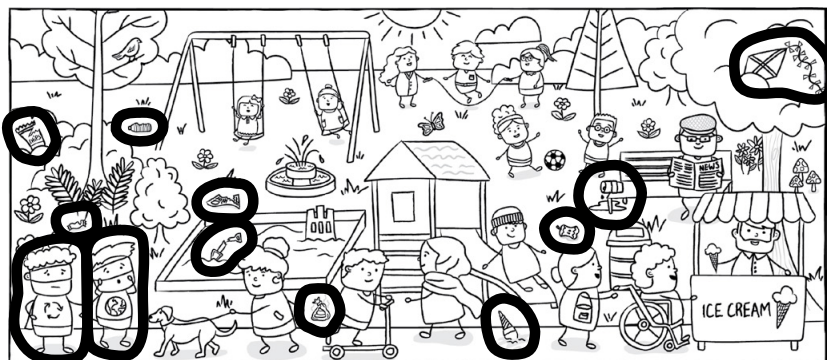
Page 10: Line it Up



Page 11: Lost in the Pit



Page 12: Litter Hunt



Online **WASTE SORTING GAME**

Remember! Ask a parent, guardian, or teacher before going online.



Test your sorting skills!

Learn about your community's waste diversion programs in a fun way. Sort materials correctly and win items to build your own digital park!

durham.recycle.game





**The Regional Municipality of Durham
Waste Management Services**

Learn more about managing your waste at
durham.ca/waste

Visit durham.ca/KidsZone for more
activities, games, and videos!

If this document is required in an accessible format,
please contact SchoolPrograms@durham.ca

