

once will reduce waste. If you take care of them, they will last a long time!

## Organize a rummage sale

Rummage sales are a great way to pass along items that you no longer want, to someone who might need them. Instead of throwing our unwanted items away, they will be put to good use.

**Example:** Plan a class or school-wide rummage sale with your teacher. Collect donations for the sale. Sell used items such as clothes, furniture or sporting goods at the sale.

**Benefits:** Buying used items is not only cheaper, but someone else's trash might be your treasure!

## Get Informed and Become More Aware

Talk to your teacher about starting or joining an environmental group at school or look for ways to increase your awareness of natural surroundings and environmental issues.

**Example:** Set up a school waste reduction campaign with your environmental club. You could turn visits to nature areas and parks into service learning class projects.

**Benefits:** Being informed about environmental issues will give you the knowledge to help yourself and others become environmentally friendly. Connecting your activities with nature helps to increase

appreciation and gives extra motivation to take actions to preserve and protect it.

## RecyCool Tips

- Pick up litter.
- Bring your lunch in a reusable lunch bag.
- Use both sides of paper before you recycle it.
- Recycle your cardboard boxes and junk mail.
- Recycle glass, aluminum and plastic beverage containers (and all other recyclable containers).
- Start a compost bin for leftover food, grass and tree clippings.
- Reuse things around your home.
- Buy products made from recycled materials.



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# Creating Less Trash at School



There are a lot of ways that we can reduce waste at school. By thinking ahead and being creative, you can reduce your impact on the environment and save money at the same time.

## What's the Problem?

Garbage follows us everywhere we go. We generate waste at home, at work and school. In fact in one week, the average person throws away more than 40 pounds of garbage. Even with our best efforts to recycle and compost, the amount of garbage keeps increasing every year.

Packaging makes up a big part of Hesperia's garbage. Typically, the more packaging there is, the more expensive it is. You can save up to 50 percent of the cost of a product by buying the least packaged products.

The good news is that everyone can do something to reduce the amount of trash they throw away. Even while at school each of us can have a major impact on the amount of garbage produced in our City by becoming aware of how much we throw out and changing some of our habits when buying and using things.

## What can you do?

### Pack a waste-free lunch

A waste-free lunch is a meal that does not end up in the trash. Your parents can

buy food items in bulk then put them in reusable containers to carry to school.

**Example:** Use a reusable lunch box or bag and fill it with your lunch in reusable containers. You could also include a cloth napkin – don't forget to



bring it home so you can wash it and use it again. Another idea is to ask your school cafeteria to use items such as reusable trays, napkins and silverware.

**Benefits:** You create less waste by using washable containers to pack your lunch. Packing your food in reusable containers is typically less expensive than buying food that comes in disposable containers.

### Take only as much food as you will eat

More than 20 percent of the food we buy gets thrown away. One way to figure out how much food you waste is to measure and track all the food you throw away from your lunch over a fixed period of time. Then you could try to reduce that amount.

**Example:** If you are bringing lunch from home, you can use an icepack so that it stays fresh until it is eaten. If you buy from the school cafeteria, only take a small portion of food; if you're still hungry, go back for seconds!

**Benefits:** About 48 million tons of food are thrown away in the United States each year. By taking only what you can eat, or sharing your extras with a friend, you are taking steps to waste less and save money.

### Use less paper

Even though we recycle much of the paper we use, it is still a significant part of what we throw in the trash. Think about all of the paper you've thrown away that only had writing on one side. Those pieces of paper could have been used a second time, potentially cutting your paper use in half. Also, by buying paper and notebooks that contain recycled paper, you complete the recycling loop.

**Example:** Make room in your classroom or at home for paper that has only been used on one side. Use that paper for notes, or feed the blank side into your printer for draft documents. You can also make scratch pads out of that single-sided paper by binding one side. Can you "go paperless?" Ask your teacher if you can hand in assignments on a computer disk or via e-mail instead.

**Benefits:** Because paper and packaging make up such a large part of our garbage, by using less paper you can reduce up to 40 percent of trash.

### Carry reusable items

At the beginning of each school year, it seems like we need to buy a lot of supplies. When you go to the store, look for durable, long-lasting supplies and reuse them.

**Example:** Refillable pens and pencils, a durable backpack and a lunchbox are all great examples of products that can be used over again.

**Benefits:** Items that can be used more than