

TRASH AUDIT CHALLENGE

A Step-by-step process

Step:1 Listing out Your *values* and *whys*?

**What are your
values?**

What do you believe in?

**Why do you want to
do this?**

List out your reasons

Example

Giving back to earth by keeping it clean

**I am a trekker and i hate to see plastic
trash destroying our beautiful mountains.**

Step:2 Gathering The Materials

- ☐ Protective Equipment- Gloves, toed shoes, mask, etc.
- ☐ Area Setup for Segregating & Collecting Waste.
- ☐ Sorting bins/ Big re-usable cloth bags (3-4)
- ☐ Data Collection Tools- Pencil, eraser, Printable guide.
- ☐ Scale for weighing
- ☐ Phone/ camera for pictures or documentation
- ☐ Composting Pit/ Compost bin
- ☐ _____
- ☐ _____
- ☐ _____

Step: 3 Choosing duration for Your Trash Collection

- ☐ Weekly _____
- ☐ Monthly _____

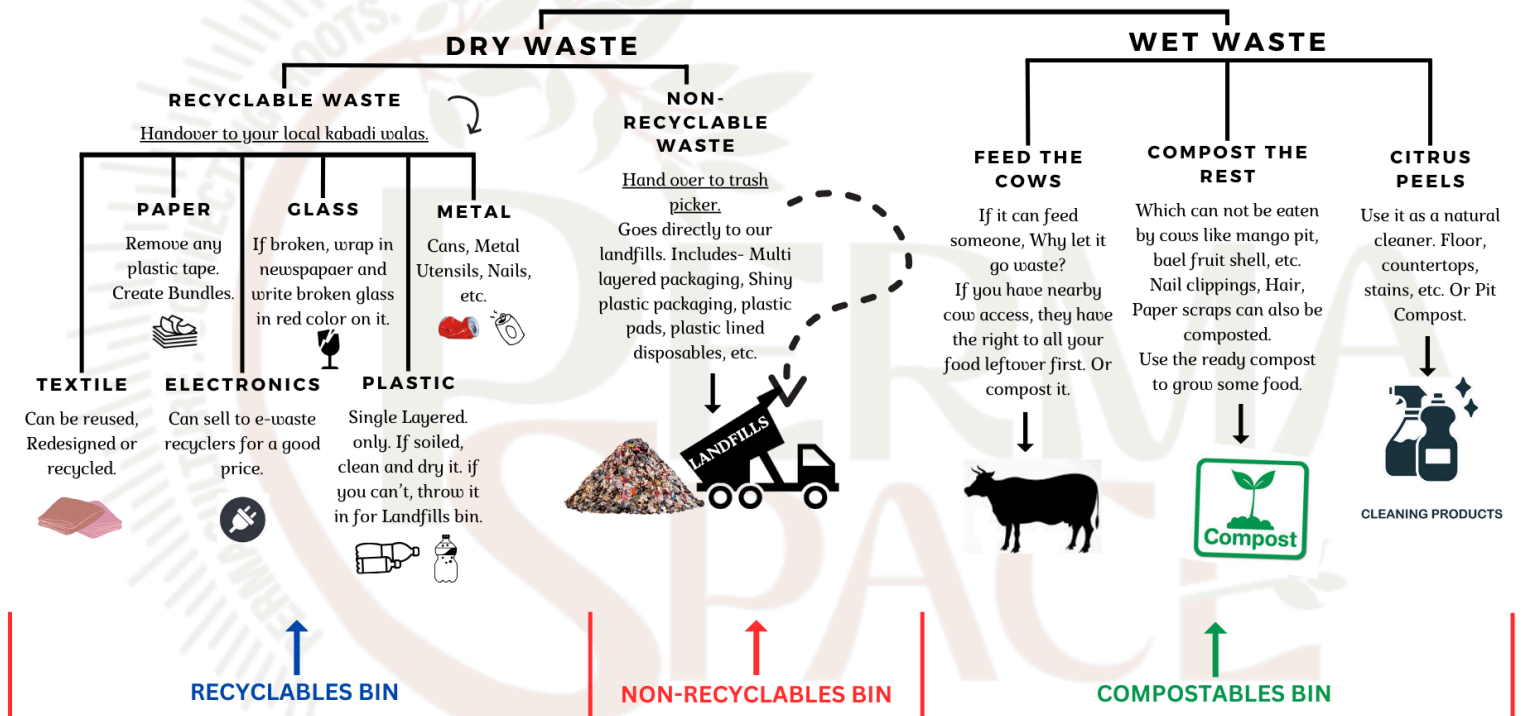
Step: 4 Choose The Right Method For You

- ☐ Record In One Sitting _____
- ☐ Tally as you go _____

- ☐ By weight _____
- ☐ By number _____

Step: 5 Segregating/ Collecting your waste

WASTE MANAGEMENT AT SOURCE



YOU NEED 3 BINS AT HOME

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WRITE IN NUMBERS OR WEIGHT (Recommended by weight)

WEEK/ MONTH (Date)	RECYCLABLES Cardboard, glass, etc.	LANDFILLS Multilayer packaging, etc.	COMPOSTABLES (Non-veggie waste only)
1			
2			
3			
4			

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WEEK/ MONTH (Date)	RECYCLABLES Cardboard, glass, etc.	LANDFILLS Multilayer packaging, etc.	COMPOSTABLES (Non-veggie waste only)
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

NOTE

For compostables, do record waste like dirty tissue papers which you can reduce and create impact. But, You don't need to record compostable waste like veggie peels, etc. Just feed it to the cows or compost it. The more, the better.

SAMPLE SHEET PRE-FILLED

Step 6: Final Trash Audit / Observations/ Questions

Record the number of items, by category, from most to least

SR. NO.	Item Name & Category (Recycle/ Landfill/ Compost, etc.)	Quantity (numbers)	Do I really need this?	Are there any other re-usable options available?	How can I avoid this next time?
1.	Multi- Layered Packaging (chips packet, etc.)- <i>Landfill</i>	20	No	Local Fresh bakeries/ Zero-waste loose bulk buy, Homemade snacks.	Try to eat more fresh food than packed food.
2.	Aluminium foil - <i>Recycle</i>	15	No	Glass containers with airtight lid/ Cloth food Wraps	Shift to alternatives
3.	Plastic Water Bottles- <i>Recycle</i>	12	No	Reusable Water Bottles/ Filtered Water	carrying my water bottle.
4.	Tissue Papers- <i>Compost</i>	10	Maybe	Wash hands with water and Reusable handkerchief	I will say no to Bleached single use paper
5.	Junk Mail- <i>Recycle/ compost</i>	7	No	E-mail	unsubscribe from junk mails
6.	Cleaning Product Bottles- <i>Recycle</i>	4	No/ Maybe	DIY Cleaners, Buying from Eco brands	Shift to other alternatives
7.	Plastic straw- <i>Landfill</i>	2	No	Steel Straw	Refuse- I will Learn to say "No Straw Please"!
8.	Synthetic Old clothing- <i>Donate/ Upcycle/ Landfill</i>	2	Maybe	Natural Fabrics	Stick with basics & remove all shopping apps. Buy what you need, not want.

Record the number of items, by category, from most to least

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Step 7: Set Goals For Next Time

TO DO

<input type="checkbox"/>	_____
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PRIORITIES

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NOTES

REMINDER

Weekly Planner

SUNDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MONDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TUESDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WEDNESDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THURSDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRIDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SATURDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRIORITIES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMINDER

NEXT WEEK

Remember “We don’t need a few people doing Zero-Waste, Permaculture or Natural Building perfectly. We need billions of people doing it imperfectly!”

JYOTSNA JAIN

Permaculture Designer | Sustainable Blogger



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