

# Easy ways to teach kids about waste!

## Environmental Services

Capital Regional District | March 2022

What children see, children often do – so home is the best place to start when it comes to teaching kids about reducing waste. Here's a list of tips—plus a few fun waste reduction activities just in time for spring break!



### Reduce solid waste:

We all have a role to play in reducing and diverting waste from the landfill.

**Reduce food waste:** Over 20% of the material that ends up in the landfill is food waste, which produces methane gas, a potent greenhouse gas. Help teach your kids to [reduce food waste](#) by right-sizing portions, eating up leftovers and composting food scraps instead of throwing them in the garbage.

**Pack a litterless lunch:** Let the kids help plan and pack their lunch using a thermos, reusable containers or beeswax wraps and a reusable water bottle. Bake muffins or banana bread together for a package-free snack.

**Activities:** [Make your own beeswax wraps](#). Beeswax wraps can replace many common single-use plastics such as cling wrap or zipper lock bags and can be used to package food, cover leftovers or turned into pouches to carry snacks. Making your own is a fun and engaging activity for the whole family!

**Ready Set Sort:** Test your family's recycling knowledge with a friendly game of [Ready, Set, Sort!](#)

### Reduce water waste:

Awareness of how and where we are using water allows us to better protect and conserve water resources.

**Turn the tap off:** Teach kids to turn the tap off while brushing their teeth and soaping their hands.

**Activity: Be a leak detective!** A leaky toilet can waste up to 40 litres per hour—or 350,000 litres per year, enough water to fill a swimming pool! Grab free toilet dye tablets and a leak detection kit at locations across the region for some water saving family fun. Visit [www.crd.bc.ca/leaks](http://www.crd.bc.ca/leaks) to find out where you can pick up your kit!

### Reduce energy waste:

We can't see most energy but we can still waste it! It takes a lot of energy to power our electronics, heat our homes and drive our cars. By reducing our energy waste, we are also reducing carbon pollution.

**Turn electronics off:** Remind everyone to turn off lights, TVs, computers and other electronics when not in use.

**Walk, bike or take the bus:** Cars use a huge amount of energy. Reduce how much energy your family uses to get around by choosing active travel like walking or biking—start with just once a week!

**Activity: Take out a Climate Action To-Go Kit from your local library.** These free kits contain fun tools and activities, like the thermal leak detector or Kill-A-Watt electricity meter, to help your family take action on climate change and reduce energy waste at home. Peek inside and take a tour of the kits with [this unboxing video](#) from the Greater Victoria Public Library.