

**THE FAIRFIELD
WASTE HERO
CHALLENGE!**

WHAT IS A FAIRFIELD WASTE HERO?

A Fairfield Waste Hero is someone that loves where they live in Fairfield, cares about the environment and their community and wants to learn everything they can to make it beautiful, healthy and safe for everyone around them right now and in the future!

In this activity book, we will share with you all our skills and secrets so you can join us as one of Fairfield's valuable Waste Heroes. Here, you will learn about:

- Litter and the environment
- Landfills and M.R.Fs (pronounced MURFs, which rhymes with Smurfs!)
- How are things made?
- The 3Rs—Reduce, Reuse, Recycle
- Recycling and what goes in your yellow bins
- How to create your own recycling station at home
- How you can teach others to join you to become Fairfield Waste Heroes too!



Let's create our very own Fairfield Waste Hero name!

To find our very Fairfield Waste Hero name, follow these steps:

1. Watch these videos to find out more about waste in our environment
 - War On Waste: Extended Sneak Peek - YouTube—This series on the ABC introduces you to the waste problem in Australia. Check out this extended sneak peak to find out more! (youtu.be/aCUdU6zRyZc)
 - What really happens to the plastic you throw away - Emma Bryce - YouTube—Do you know where plastic comes from and what happens to it when it's thrown away? Watch this video to follow the journey of our single-use plastic bottles that are just thrown away. (youtu.be/_6xlNyWPpB8)
 - #CleanSeas Break-Up PSA: "It's not me, it's you." - YouTube—Are you ready to break up with single use plastic? This YouTube video shows us how simple some of the solutions are, often things we already know and even have at home! (youtu.be/-DEc16dEMns)
 - The Majestic Plastic Bag on Vimeo—Ever wondered where a plastic bag ends up when it blows away? Watch this video to follow the journey of the adventurous plastic bag (a mockumentary) (vimeo.com/14221747)
 - Sea turtles return to nest on beach that was once a plastic trash wasteland - YouTube—Watch this video to find out what happened when just one person who decided to make a difference by cleaning up a beach in Mumbai, India created hope for the future... (youtu.be/5X5SFPUIFNQ)

2. Use these tips to come up with a name that you feel calls out to you:

Write down all the words you can think of to do with reducing waste at home (use a thesaurus to look for more words)

- Choose a name that rhymes eg. "Take 3 for the Sea"
- Use a name starting with similar sounds eg. "Wendy's War on Waste"
- Use your family and community as part of your name eg. "Wakeley Waste Warriors"
- Keep it positive! Eg. "Keep Australia Beautiful"

SHARE YOUR AWESOME FAIRFIELD WASTE HERO NAME AND SUPERPOWERS!

Now that you have created your special Fairfield Waste Warrior name, you should share it with everyone to tell them what you are doing!

On this page:

1. Draw yourself in your Fairfield Waste Hero costume
2. Tell us what your superpowers are
3. Share with your family and friends and ask them what their Fairfield Waste Warrior name and super powers are!
4. Bonus: Create your Fairfield Waste Hero costume at home using things around the house that others think are 'rubbish'. Send a picture to environment@fairfieldcity.nsw.gov.au and we might even share it with our other Fairfield Waste Warriors (with your permission of course!)

Congratulations on being the newest member of our Fairfield Waste Hero team!

My superpower is knowing the correct bin for EVERYTHING and sorting anything that doesn't belong. What's yours?



My Fairfield Waste Hero superpowers are...

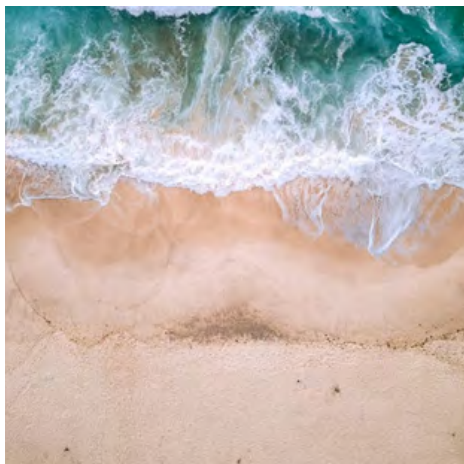
A large, empty white rectangular area with a blue border, intended for writing the answer to the question above.

HOW ARE THINGS MADE?

Did you know that all things that are not made from recycled materials have to be made from 'raw materials' that come from our environment? Glass is made from sand, paper and cardboard made from trees, plastics from oil that is mined in the ocean and metals come from minerals that are also mined. These are all things that can be recycled in your yellow bin to be used to make new things .

Below are pictures of the environments where glass, paper and cardboard, plastics and metals come from before they are used to gather our raw materials to make stuff and afterwards. Which environment do you prefer?

On the next blank page, design a poster with a message about sustainability, the environment or a waste issue that you can share with friends, family and friends



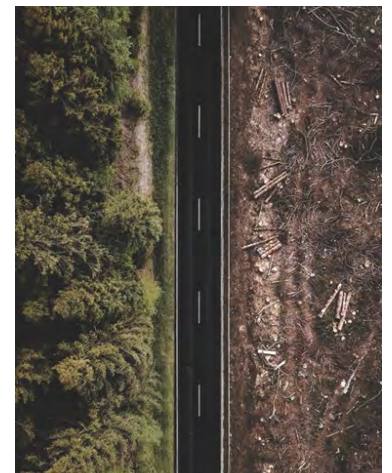
Beach (sand) for glass



Sand mine



Metals extracted from mountains



Deforestation



Forest (paper and cardboard)



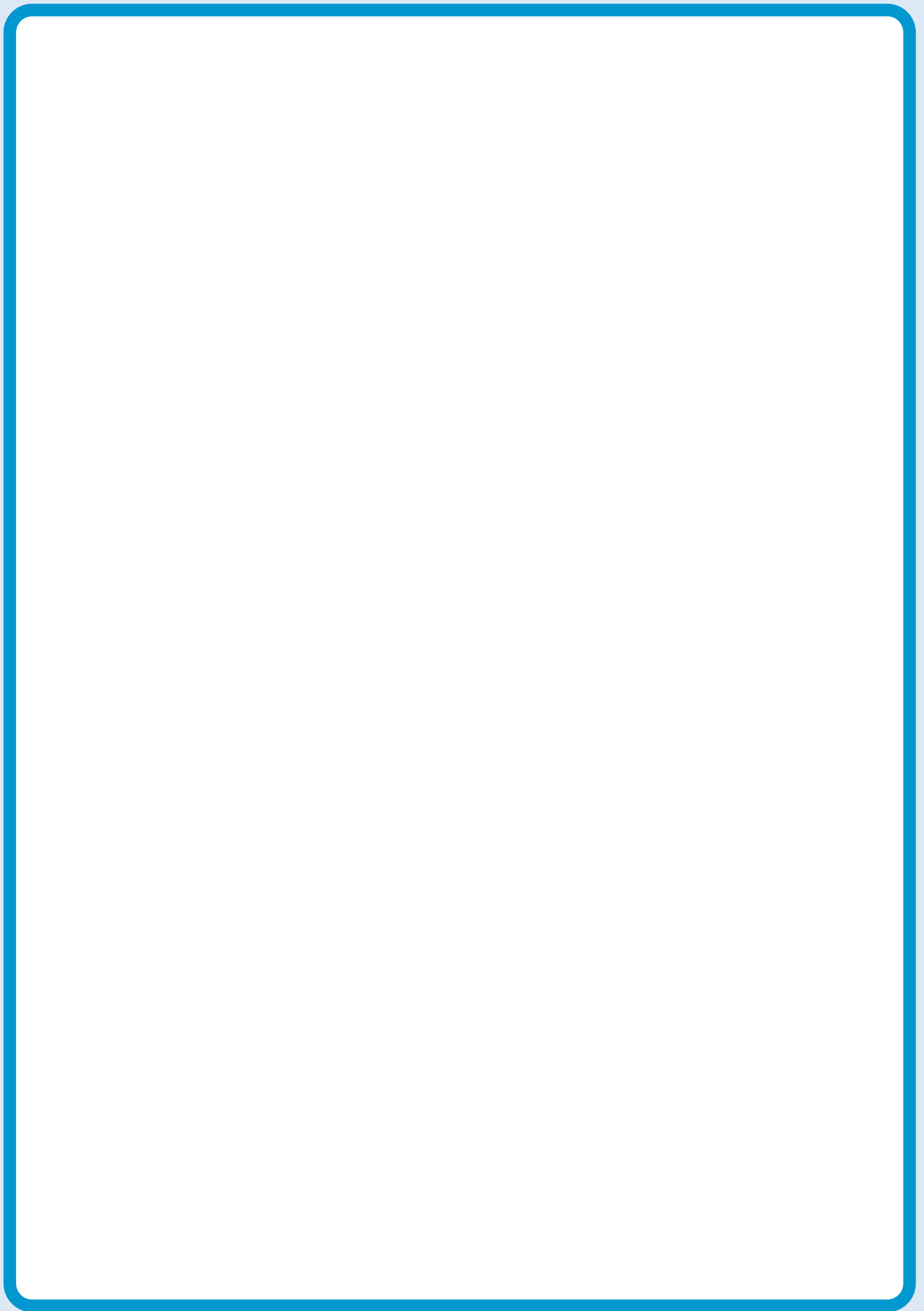
Ocean



off shore oil rig to extract oil to make petroleum based plastic



How are things made?
What is Waste Management and why is it important?



PLASTIC LITTER AND OUR ENVIRONMENT

Litter is rubbish that has been left lying around and not in the correct bin.

Plastic litter is a huge problem affecting all of the world's oceans and it's animals. When plastic is thrown away without care, it can injure and maybe even kill marine animals and birds as they mistake it for food and eat it, or get entangled in it.

When people throw plastic and other litter items on the ground, even if it is done accidentally, the rain and wind wash it into our drains and rivers which eventually end up in our oceans.

Thinking back to the 'Majestic Plastic Bag' and 'Sea turtles return to nest' videos, and looking at the chart below, can you fill in the blanks? (ask for help from someone at home if you are not sure!):

In one week, my family and I use _____ bottles and cans. We put _____ number in the red garbage bin and _____ number in the yellow recycling bin at home.

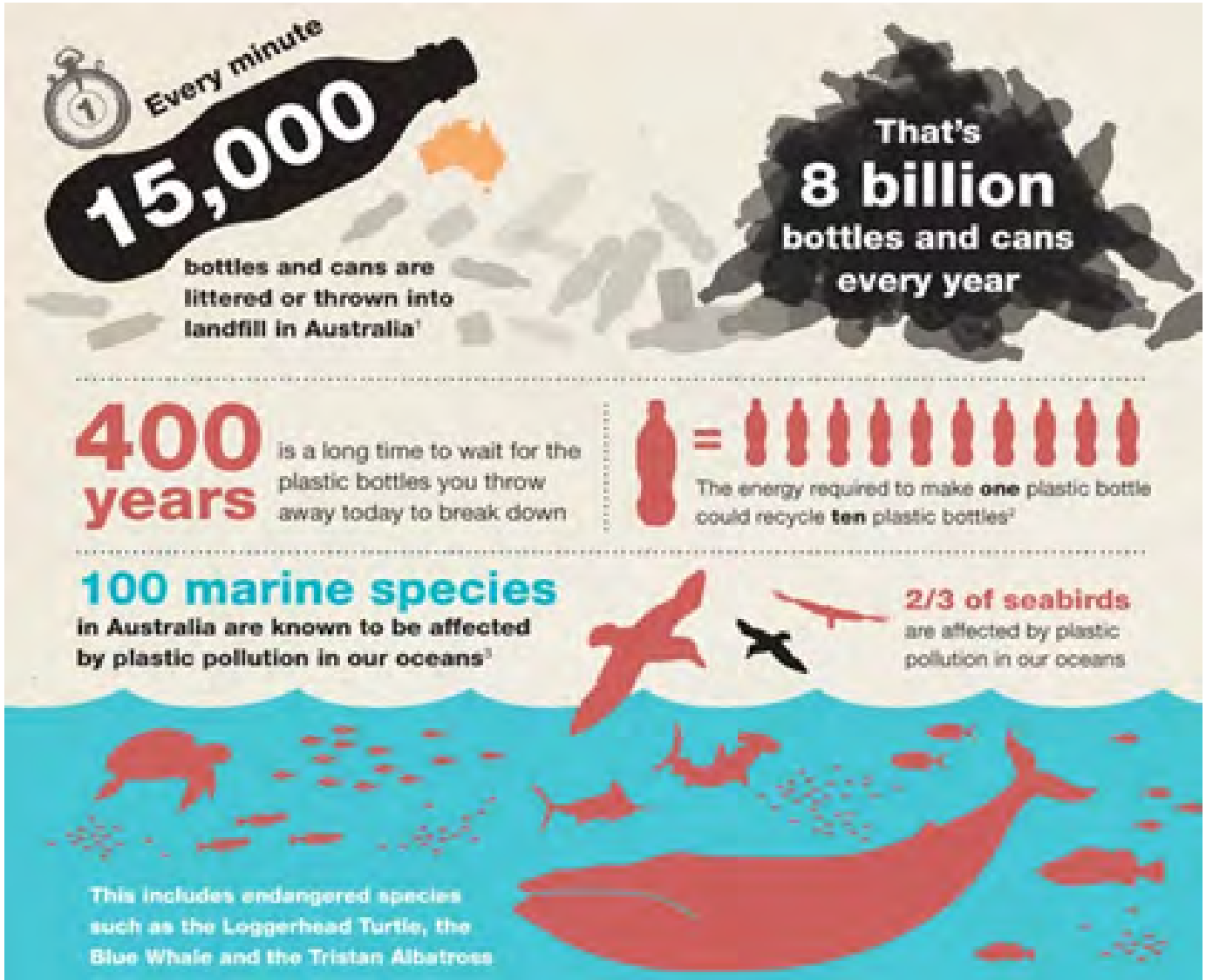
How many can be put in the yellow recycling bin? _____

_____ (number) of cans and bottles are worth 10c if we take them back to a Return and Earn collection station. In one year, this equals to \$_____ (Number of bottles and cans x 52 weeks).

Can you calculate figure out how many times you fit into 400 years? $400 \div \text{your age} = \underline{\hspace{2cm}}$

How many Fairfield Showgrounds will you need to fit 8 Billion bottles and cans? _____

How many marine species and birds can you name and which ones are your favourite? _____



Source: <https://www.greenpeace.org.au/blog/plastic-pollution-recycling/>

THE 3RS—REDUCE, REUSE AND RECYCLE!

What can we do to help?

Sometimes the hardest part is just to get started and taking that first step. When you feel it is too hard, remember, every action helps and the you may already be doing some of these things!

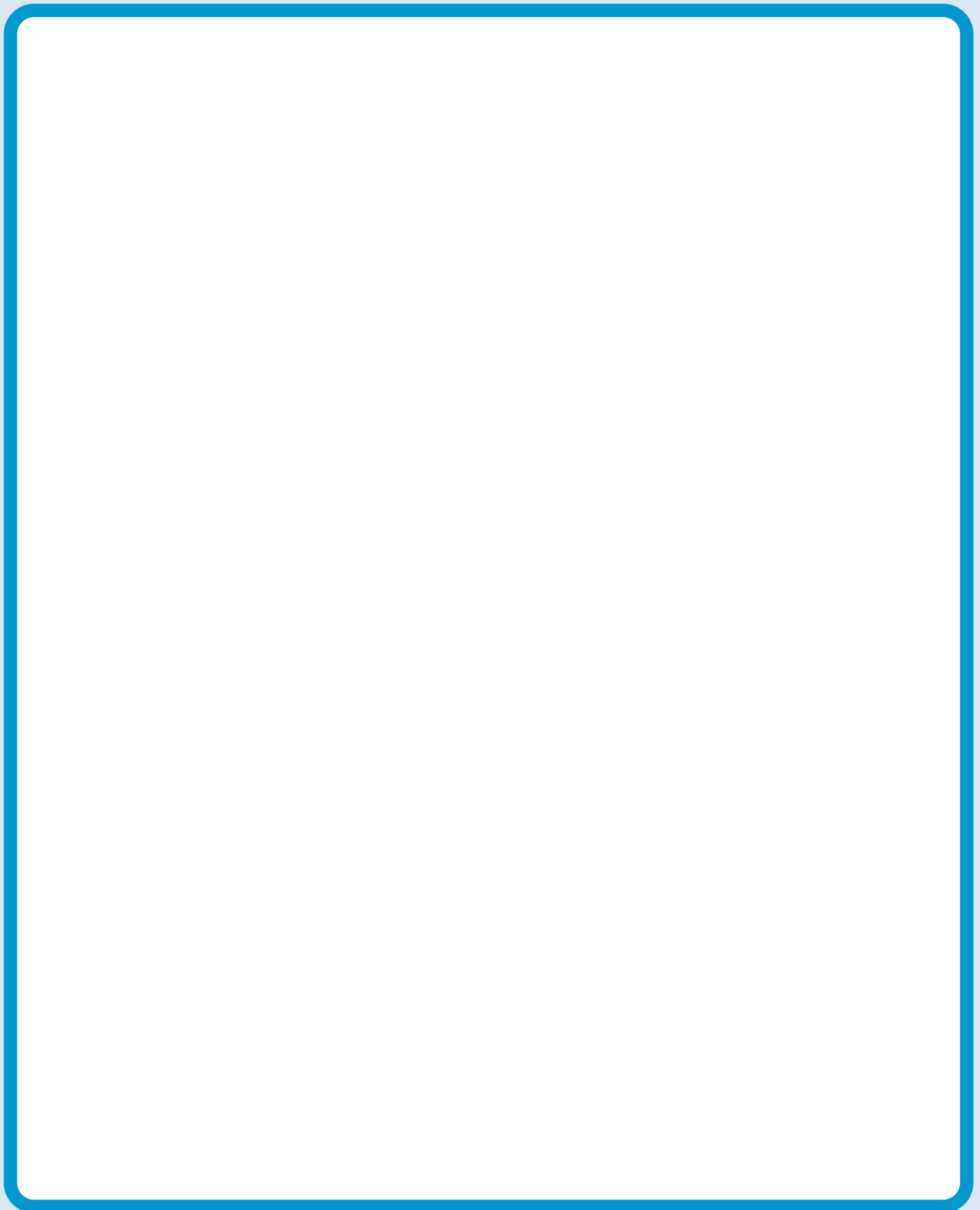
A good place to start to help the environment is to follow the 3Rs – **reduce, reuse and recycle** (and I'm sure you are already doing some of these!). Look at the image below with your family and circle the things that you and your family are doing now and what you can do starting from today:

Can you think of some other ways to REDUCE, REUSE AND RECYCLE?

Source: Reduce, Reuse, Recycle - WWF-Australia - WWF-Australia

EVERY LITTLE BIT COUNTS, TOGETHER WE CAN MAKE A DIFFERENCE!!

Create your own sign with a picture and a message about sustainability, waste and recycling for your family and friends or to put on your wall. Watch the 'What is waste management video?' for some inspiration.



WHAT HAPPENS TO THE THINGS IN OUR BINS?

When you put things in your yellow lidded recycling bin or your red (or black) lidded garbage bin, they go to different places.

Things in our red lidded garbage bin go to landfill. Think about landfill as basically a big place where we bury all the garbage mixed together without being able to go back to use them again! There are many different kinds of landfills, some are open like the one in the picture, and some are closed (capped) like the one in the video. However, the main problem with landfills is that once things are buried there, we cannot use them again. With a limited amount of space for landfill and materials to make glass, paper, plastic and metal cans, we need to keep destroying our environment if we want to keep using these materials if we do not Reduce, Reuse and Recycle them.

Things in our yellow lidded recycling bin go to a recycling sorting factory, called a 'Material Recovery Facility' (MRF, pronounced 'murf' for short). Here, your glass, metal, paper and cardboard and hard plastic get sorted by people, machines and robots into different piles and baled into giant cubes to be broken down and recycled into new things.

Watch the videos and answer some of the questions below, you may need to look further in the book if you need help, watch them with your family and talk about it together:

1. What is a landfill and what happens to the things that get sent to landfill?
2. How long do things take to break down at landfill?
3. What is a Material Recovery Facility?
4. What are some things you shouldn't put in your yellow recycling bin and why?
5. How many times can glass be recycled?



What happens
at a landfill?



Where do my
recyclables go? How
does a MRF work?

RECYCLING

What is recycling?

Recycling happens is the process in which things are sorted into different material types and broken down and used to make new things. For example, the plastic bottles and containers that we put in our yellow bins can be broken down to make clothes or park tables and chairs.

It is important to recycle because...

Recycling helps us keep things that would otherwise go to landfill. The more items that are correctly recycled, the less space is needed for landfill and the smaller your carbon footprint.

What can be recycled in your yellow lid bin?

Did you know that one of the most common items that go into the yellow bin that can't go in there are soft plastics? If you want to recycle soft plastics, they have to be clean and taken to Coles or Woolworths to be recycled at 'Redcycle'. Scan the QR code to find out more about how that works!

BONUS TIP: You can use the 'scrunch test' to see if something is a soft or hard plastic. It is a hard plastic and can go in your yellow recycling bin if it bounces back when you scrunch it. Eg a drink bottle.

Did you know that the top 5 things that can't be recycled that is put into our recycling bins are:

1. Soft plastics (plastic bags)
2. Recycling in plastic bags
3. Food scraps and garden clippings
4. Water
5. Clothes and shoes



What happens to our plastic bags if you take them back to Coles and Woolworths



How to recycle soft plastics

WHAT CAN BE RECYCLED?

RECYCLING

Only these items can be placed in the Recycling Bin:



Plastic bottles & containers | paper, cardboard, junk mail, newspapers & cartons | glass bottles & jars
| steel & aluminium cans



NO Plastic Bags



Not sure which bin?

Scan to view an A to Z
guide on recycling or call
9725 0222.



**Recycling is easy and
helps our planet!**

ARE THERE ANY ITEMS THAT DON'T BELONG?

When you are recycling at home, what you put inside your Yellow Recycling bin is very important because even just one bin of the wrong things can undo everyone else's hard work in the truck. When wrong things or dirty recycling is put in the yellow recycling bin, it is called 'contamination' (con-ta-min-a-tion; clap each syllable to help you sound it out!). Some examples of contamination are:

- Water or food still in bottles, jars and containers
- Recycling is in plastic bags
- Clothes or shoes in the recycling bin

Some of the most common contamination things are: clothes and shoes, food, grass, plastic bags and dirty recycling.

To make sure there is no contamination in your recycling bin, follow these 4 simple steps:

- CHECK it can be recycled using Council's Is it Garbage or Recycling on Council's website
- EMPTY bottles, jars to make sure there is no food or liquid
- RINSE your recycling if it is still dirty
- REPEAT!

Activity

Do you have a separate bin inside the house for recycling? If you do, have a look inside and draw what you and your family put in it. Are there any that don't belong?

TIP: If you don't have a recycling bin inside your home, check your yellow bin outside and set up a recycling bin inside the home to make it easier to recycle!

What you need:

- A big container or cardboard box that you can reuse
- Sign that says 'RECYCLING' to let everyone know what it is
- Sign to show people what can and can't go (pictures and words are helpful)
- Decide who will take it out to the yellow lidded recycling bin once it is full!

Bonus activity: Look at what is in your garbage bin, is there anything there that can be recycled instead? Count how many items and consider what they are and think about why they are there. What can you do about them?



By learning about what is in your bin, you are doing a 'Waste Audit'. Learn more about it here

RECYCLING WORD SEARCH

Can you help us find all the recycling words in this puzzle? There are 15 words for you to find!

Z X V A N R E D U C E B G C Q
E H U H B L X R V D Z L S L J
X D M T C G Z R E Y A M R E C
W U F Y U G F L S S J N E A Y
O M C J Q B H N S Z T W E N G
B E L B N O A B H L E L R R R
R R H P E C O G V K F Z H E E
S I O R L T W M V I X R T C P
U N B A T K F R R P A Z M Y A
R S T L C A R D B O A R D C P
V E E S R A J S S A L G V L T
M S U Y E L L O W B I N H I T
L B T S E T H C N U R C S N R
B G Y R E D E W M G A C Z G U
E B N O I T A N I M A T N O C

cardboard
glass bottles
MRF
reduce
scrunch test

clean recycling
glass jars
paper
reuse
three Rs

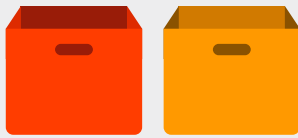
contamination
metal cans
recycle
rinse
yellow bin

WHAT GOES IN THAT BIN?

For this activity, you need to sort out what goes in each of the different bins.

TIP: If you are not sure what goes in each bin, visit Fairfield City Council's website A-Z guide—a link is provided on the last page!

What you need:



Boxes—at least two, one yellow for recycling, one red for garbage.



Cards with different things on each card

Optional: if you want to be a SUPER Waste Hero, you can set up more bins, such as one for charity, soft plastics, electronics, batteries etc. You can even draw more cards that are relevant to your family at home!

Instructions:

1. Set up your containers and label them so that you know which one is recycling and which is for garbage. If you want, you can make your own box using origami by following this video—www.youtube.com/watch?v=caDwbe02l6g
2. Choose the cards that you want to include in your activity. Find out which bin they belong to, if you need, write out an answer sheet (but make sure no body else sees it!)
3. Try to sort out all the cards into the bins and check the answers. How many did you get right? How many did you get wrong? Which ones did you get wrong and why?
4. Now you know which one goes where, try the game again. How fast can you sort everything out? Who was the fastest in your family?



In the boxes below, draw your cards of different things you commonly put in the bin at home. Cut out the cards to use in your 'What goes in that bin?' game at home!

Banana peel	Tin can	Cereal box	Plastic Bag	Soft toy
Light globe	Battery	Broken glass	Tree leaves	Empty plastic drink bottle
Plastic drink bottle with water still inside	Clothes	Shoes	Coffee cup	Paper bag
Paper	Newspaper	Spray can	Glass bottle	Plastic Ice cream container
Polystyrene box	Mobile phone	Glass jar	Tuna can	Recycling in a plastic bag

DIY RECYCLING STATIONS AT HOME

Do you or your family have an area at home for recycling that is separate to the garbage bin? If not, you can use any cardboard box or container to start collecting things to take out to the big yellow lidded recycling bin once it's full.

Once you have decided on a box, you can design your own sign to put above the box to teach anyone that uses it what can and cannot go inside your new recycling bin!



TIP: The container can be anything as long as you do 3 things:

1. Label it 'recycling'
2. Include pictures of the correct items that can go in the recycling bin and make it look attractive
3. Spread the word and get others to join you!

Plan your design for your poster here. If you are not sure what can and cannot be recycled, go to Council's website here:



A large, empty rectangular area with a thick blue border and rounded corners, intended for planning the design of a poster.

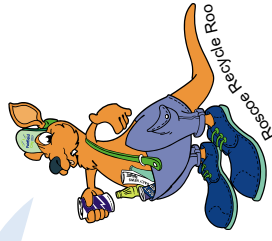
DESIGN YOUR FAIRFIELD GARBAGE AND RECYCLING TRUCK!

If you could put a message on a Fairfield Council Garbage and Recycling truck, what would it be? What would you tell the community and how can you show them to Reduce, Reuse and Recycle and be more sustainable?

When you have finished your design, give it a name!

You can catch people's attention by keeping it simple and using bright colours!

You can also use some of the tips that you used to create your Fairfield Waste Hero name!



6 STEPS TO HELP OTHERS FIND THEIR FAIRFIELD WASTE HERO NAME AND SUPER POWERS!

1. Watch these four videos with your family and friends about 'waste management', your garbage bin and your recycling bin and how to do a waste audit.



What is Waste Management and why is it important?



Where do my garbage go?
- What is a landfill?



Where do my recyclables go?
How does a MRF work?



War on Waste—
Waste Audit

2. Test their knowledge of what can and can't go in the recycling bin and show them where they can find the answers!
3. Find out if they have a separate recycling bin inside the house to separate their recycling and garbage
4. Tell them why you want to Reduce, Reuse and Recycle and share your Waste Hero name and super power with them. Now help them discover their Waste Hero name and superpower!
5. Help them set up a separate bin inside the house and design a sign!
6. Tell them to spread the message!

VIDEO AND ONLINE RESOURCES



War on Waste:
Sneak Preview



What really
happens to
the plastic you
throw away



Breaking up
with single use
plastics



Majestic Plastic
Bag—Parody



Sea turtles return
on a beach that
was once full of
plastic



What is Waste
Management
and why is it
important?



Where do my
garbage go?
- What is a
landfill?



Recycling soft
plastics and the
scrunch test



War on Waste—
Waste Audit



What is
the Circular
Economy?



Where do my
recyclables go?
How does a
MRF work?



Not sure which
bin? Here's an
A to Z guide on
recycling