

Packaging Waste Diary



It is difficult to be aware of the amount of packaging waste that we produce every day. In this respect, a waste diary can help! This action is based on keeping a record of the waste produced in a week, for which the Waste Diary is provided. The data collected should be discussed so that you can have a clear idea about the waste you produce and come up with solutions to avoid and reduce it. Then continue and fill in another Waste Diary to see if there are improvements.

The objective of this action is giving participants a chance to reflect upon **how to avoid the packaging waste produced**: What can be changed in planning, shopping, storing, and cooking habits to prevent packaging waste?

Objectives

- ▶ Raise awareness about the amount of packaging waste produced every day
- ▶ Raise awareness among participants about good habits for waste reduction

What you need

- ▶ A **packaging waste diary**. Find here the EWWR [Waste Diary](#)
- ▶ A **location** where you can hold the two meetings: Hold the meeting at the home of one of the participants or find a room in a community centre, at your work place, in a school or elsewhere.
- ▶ **Information and communication material**: Don't forget to advertise your action among friends, family and neighbours. Prepare information material on how to [avoid waste](#) to be handed out to participants during the first meeting. *Have a look at the More information section below!*

Preparing the action

Before the EWWR (at least one month beforehand)

- ▶ Decide on your target audience: Who do you want to reach with this waste diary action? Families, single households, couples, young professionals, your colleagues?
- ▶ Set a date for the two meetings and thereby determine the time frame for the action
- ▶ Send the Waste Diary and information on how to fill it in per mail to your target group or print it (use as less paper/resources as possible) and give it out to them, together with the EWWR [Tips to reduce packaging waste](#).

Pre-EWWR (two weeks beforehand)

- ▶ Enhance advertisement of your event
- ▶ Remind participants of the **steps of this action**:
 - One week before the day of the first meeting, participants start filling in their Waste Diary:
 - All packaging waste thrown away during the week needs to be recorded
 - On the day of the meeting the diaries will be analysed and participants will receive tips on how to reduce their waste
 - In the second week, participants fill in a second Waste Diary for a whole week
 - At the final meeting, taking place after the filling in of the second diary, the findings will be considered and discussed, the waste prevention suggestions could be evaluated, and additional tips suggested and given out to participants



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- ▶ Spread information about waste prevention during the action using the most environmentally friendly means you have

Implementing the action = days of the action!

First meeting

- ▶ Hold the first meeting of your Waste Diary action after the first week of filling in the diary
- ▶ Use the event to inform about packaging waste and to give out Tips to reduce packaging waste
- ▶ Ask the participants to fill in their Waste Diary for another week implementing the tips received
- ▶ Take pictures and videos

Second meeting

- ▶ Hold the second meeting of your Waste Diary action after the second week of filling in the Waste Diary
- ▶ Analyse the differences in the amount of packaging wasted between the first and the second week
- ▶ Reconsider the tips and suggestions given out during the first meeting
- ▶ Give additional advice to your participants on specific issues/problems they came across
- ▶ Communicate the results of your analysis to the participants and to your EWWR Coordinator
- ▶ Take pictures and videos

Hint: If you want to make it fun this can be organized as a competition! The one who reduces the most is the winner!

Evaluation and feedback

After the EWWR

- ▶ **Give feedback to your Coordinator:** number of participants, amount of waste avoided, etc.
- ▶ **Send back pictures and videos** of your action to your Coordinator
- ▶ Don't forget about the participants and send them your feedback but also pictures and videos of the action

More information

- ▶ [Waste Diary for packaging waste](#) (to fill in) – [Waste Diary for packaging waste](#) (to print)
- ▶ Share your new commitments to waste reduction on our online tool: www.ewwrcommitment.eu
- ▶ **Information material**
 - [Reduce waste everyday](#)
 - [Waste reduction in different situations](#)
- ▶ [Tips to reduce packaging waste](#)
- ▶ **Case studies**
 - [Less waste, thanks to me/Minder afval, dankzij mij](#)(NL)
 - [I play sports without my canned drink](#)(BE)
 - [The Cilfrew Resident's Association reusable shoppingbag giveaway](#)(UK)
 - [Réduisons les emballages de nos goûters \(Let us reduce the packagings of our snacks\)](#)(FR)
- ▶ **European Week for Waste Reduction:** www.ewwr.eu contact@ewwr.eu [Facebook](#) [Twitter](#)



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