Waste Diary

Instructions

Fill in the diary by answering the following questions:

- **Which product?** You have to identify the product that was packaged (ex: 1L of juice)
- **What type of packaging?** Here you have to give details about the packaging itself, for example the material of the packaging, its shape or size or how it was used
- **How much?** This questions refers to the quantity and it would be ideal to give details about its weight in grams or the numbers of items
- **How could I have avoided it?** This is the most important question as it makes you reflect on the solutions for the packaging problems. Think about the nature of the packaging. Can it be avoided? Reduced? Reused? Recycled? Fill in the last page with your conclusions

Hints

- Use the Waste Diary in a digital form in order to avoid consuming paper
- If you need to print it, don't forget to do it on both side of the paper (in black and white)
- Or get creative and make your own one!

- Get inspired from the EWWR Tips to reduce packaging waste
- Waste reduction in different situations
- 12 good habits for reducing waste
- EWWR Guide of Good Practices

- **European Week for Waste Reduction: www.ewwr.eu contact@ewwr.eu Facebook Twitter**

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Monday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Tip of the day!

At the office, bring in your own mug for your tea or coffee!

You can also use tea bought in bulk and tea-balls instead of bags!

Drink tap water!

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Tuesday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Tip of the day!

Choose to buy products in bulk and lose items

It helps to minimise packaging waste and is often less expensive.

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Wednesday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Did you know?

Packaging represents 23% of the weight of our household waste, and a significant part of the volume of your bin.

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Thursday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Tip of the day!

Opt for reusable bags for your shopping

Disposable bags from shopping are used for an average of 20 minutes before being thrown away. They become waste very quickly and if not disposed of carefully they pollute our environment.

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Friday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Think about it!

In 2013, 156.9 kg of packaging waste were generated per inhabitant in the EU-28. This quantity varied between 46.7 kg per inhabitant in Croatia and 210.4 kg per inhabitant in Germany.

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Saturday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Tip of the day!

Reuse containers

Reuse jars to store food or take them with you when you're buying bulk foods. If you have plastic containers leftover from yogurt, butter or other food, don't throw them out. Simply wash them and use them to store food!

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Sunday: How much packaging have you used today?

Which product?	What type of packaging?	How much?	How could I have avoided it?

Tip of the day!

Choose products with less packaging and avoid disposable, single-serve products, double packaging, individually wrapped items

At the moment of purchase, you can choose a product which will generate less waste. You will save raw materials and help to cut down on the pollution generated through the production process. You can also save money!

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What can I do to use less packaging?

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