

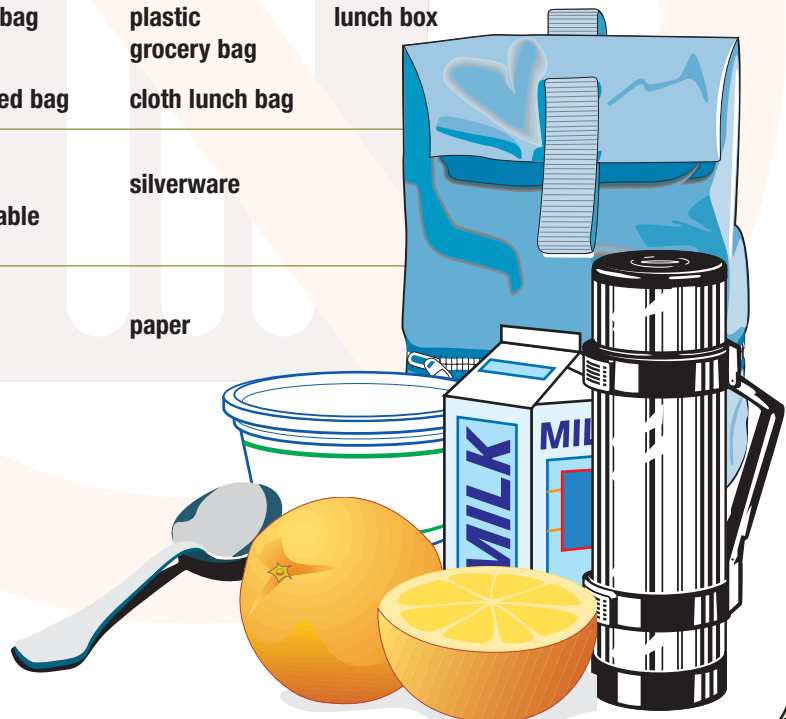
# APPENDIX A

## ZERO WASTE LUNCH PLANNING



\*Circle best Zero Waste choice and be ready to answer why you made your choice.

| ITEM             | PACKAGING CHOICES        |   |  |                   |
|------------------|--------------------------|---|--|-------------------|
| <b>Sandwich</b>  | foil                     | plastic wrap  | plastic baggie   | plastic container |
| <b>Soup</b>      | thermos                  | soup to go container  |  |                   |
| <b>Snack</b>     | orange                   | pretzels in foil or plastic bag   | pudding cup  |                   |
|                  | pie in plastic container | brownie in plastic wrap   | fruit in steel pull-top can  |                   |
| <b>Drink</b>     | milk carton              | milk chug  | juice bottle  | soda can          |
|                  | thermos                  | sports water bottle   | juice box  |                   |
| <b>Lunch Bag</b> | brown bag                | plastic grocery bag   | lunch box  |                   |
|                  | insulated bag            | cloth lunch bag   |  |                   |
| <b>Utensils</b>  | plastic disposable       | silverware  |  |                   |
| <b>Napkin</b>    | cloth                    | paper   |  |                   |





APPENDIX B



EXAMPLE:

| REUSABLE  | COMPOSTABLE   | RECYCLABLE  |
|---|---|---|
| PARTY SUPPLIES  |   |   |
| <ul style="list-style-type: none"><li>• silverware</li><li>• </li><li>• </li><li>• </li></ul> | <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>           | <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>             |
| FOOD/DRINK  |   |   |
| <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>           | <ul style="list-style-type: none"><li>• apple core</li><li>• </li><li>• </li><li>• </li></ul> | <ul style="list-style-type: none"><li>• water bottle</li><li>• </li><li>• </li><li>• </li></ul> |
| CLEAN-UP  |   |   |
| <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>           | <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>           | <ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li><li>• </li></ul>             |



# APPENDIX C

## CAUTION



## EXPLOSIVE



## FLAMMABLE



## POISON



## RADIOACTIVE



## COMMON HOUSEHOLD PRODUCTS

### CLEANING PRODUCTS

Oven cleaners  
Drain cleaners  
Wood and metal cleaners and polishes  
Toilet cleaners  
Tub, tile, shower cleaners  
Bleach (laundry)  
Pool chemicals  
Spot remover

### INDOOR PESTICIDES

Ant sprays and baits  
Cockroach sprays and baits  
Flea repellents and shampoos  
Bug sprays  
Houseplant insecticides  
Moth repellents  
Mouse and rat poisons and baits

### AUTOMOTIVE PRODUCTS

Motor oil  
Fuel additives

Carburetor and fuel injection cleaners  
Air conditioning refrigerants  
Starter fluids  
Automotive batteries  
Transmission and brake fluid  
Antifreeze  
Gasoline

### MISCELLANEOUS

Batteries  
Mercury thermostats or thermometers  
Fluorescent light bulbs  
Driveway sealer  
Medications  
Hair color

### LAWN AND GARDEN PRODUCTS

Herbicides  
Insecticides  
Fungicides/wood preservatives

### WORKSHOP/PAINTING SUPPLIES

Adhesives and glues  
Furniture strippers  
Oil or enamel-based paint  
Stains and finishes  
Paint thinners and turpentine  
Paint strippers and removers  
Photographic chemicals  
Fixatives and other solvents  
Driveway sealers

### OTHER FLAMMABLE PRODUCTS

Propane tanks and other compressed gas cylinders  
Kerosene  
Home heating oil  
Diesel fuel  
Gas/oil mix  
Lighter fluid





# APPENDIX D GREEN CLEANING RECIPES

## THREE MAJOR GREEN CLEANING ALTERNATIVES:

Baking Soda • White Vinegar • Lemon

### Tub and Sink Cleaner

Sprinkle baking soda on the porcelain fixtures and rub with wet cloth.

Add a little liquid soap to the cloth for more cleaning power.

Rinse well.



### Window and Mirror Cleaner

Mix ½ cup ammonia, pint of rubbing alcohol, 1 teaspoon laundry detergent and 2 quarts water.

Transfer to spray bottle.

Spray on the surface, and rub with a lint-free cloth.

For outdoor windows, use a sponge and wash with warm water with a few drops of liquid Murphy's or

Castile soap.

Rinse well and squeegee dry.



### Linoleum Floor Cleaner

Mop with a mixture of ½ cup vinegar in a bucket (pail) of warm water.

The vinegar odor will go away shortly after the floor dries.



### Toilet Bowl Cleaner

Sprinkle baking soda inside the bowl as you would any scouring powder.

Add a couple drops of soap also.

Scrub with a toilet bowl brush and finish outside surfaces with a cloth sprinkled with baking soda.



### Furniture Cleaner

#### For dusting:

Mix together 1 quart mineral oil and 10 drops of lemon extract.

Spray on furniture and wipe dry.



### Carpet Freshener

Mix 2 cups baking soda, ½ cup cornstarch, 4 bay leaves and 1 teaspoon of cloves in a container.

Sprinkle evenly across carpet and let stand for 2 hours.

Vacuum.

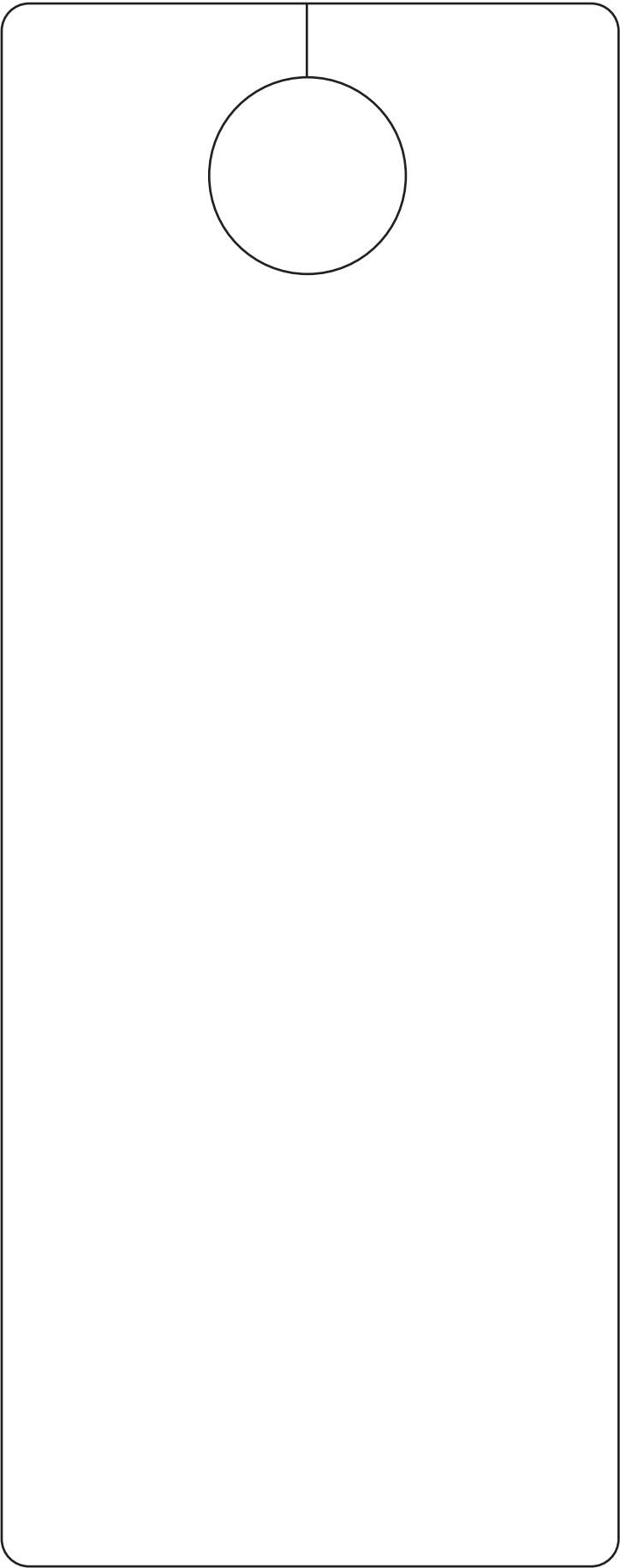
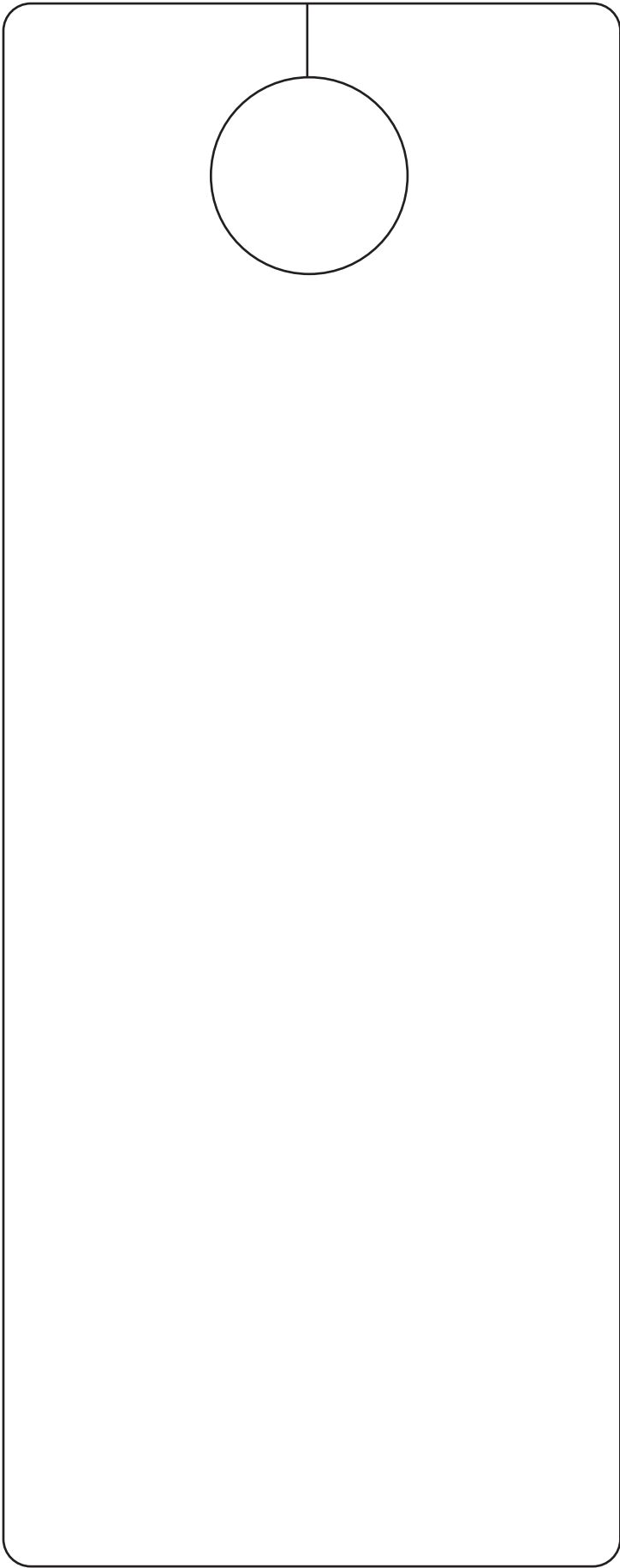




## APPENDIX E GREEN CLEANING RECIPES

[illegible][illegible]A blue bucket with a handle and a broom with a wooden head and straw bristles are positioned in the bottom right corner of the page.







# APPENDIX G

## Compost

- Sunlight
- Water
- Air
- Soil
- **Compost Critters:** bacteria, fungus, insects, arthropods
- **Carbon – brown material:** dead leaves, twigs, dead flowers, straw, sawdust, pine needles, paper, wood chips, shredded newspaper, cotton rags, nut shells, etc...
- **Nitrogen – green material:** food waste, flowers, plant clippings, weeds, grass clippings, cow manure, coffee grounds, etc...

## Compost Pie

- **1 crushed cookie pie crust**
- **2 Cups – Brown Stuff (Carbon):**  
Twigs: Frosted Flakes; Sawdust: Pretzels
- **1 Cup – Soil/Compost – pudding**
- **1 Cup – Green Stuff (Nitrogen):**  
Grass Clippings: Coconut;  
Food Waste: Trail Mix;  
Yard Trimmings/Weeds: Green Sugar;  
Cow Manure: Pie topping
- Layer all ingredients in order. Decorate top of pie with **Compost Critters:** Gummy Worms

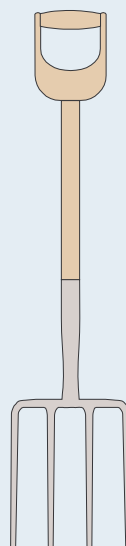
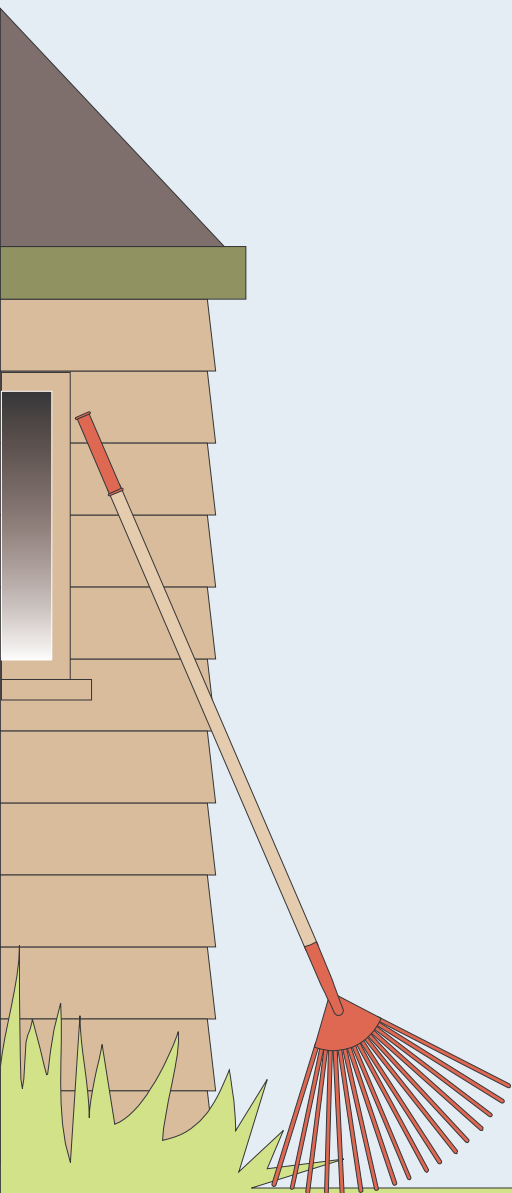
## COMPOST DO'S AND DON'TS

### DO INCLUDE

- leaves
- grass clippings
- plants
- nuts
- straw
- hay
- fruits, vegetables and grains
- egg shells
- coffee or tea grounds
- sawdust
- lint shredded paper

### DON'T INCLUDE

- meats
- dairy products
- oil
- bones
- cat and dog droppings
- cat litter
- diseased plants
- ashes from coal or charcoal
- branches or limbs
- fibrous leaves





## WEB RESOURCES

U.S. Environmental Protection Agency

[www.epa.gov/epaoswer/non-hw/muncpl/reduce.htm](http://www.epa.gov/epaoswer/non-hw/muncpl/reduce.htm)

[www.epa.gov/epaoswer/education/index.htm](http://www.epa.gov/epaoswer/education/index.htm)

[www.epa.gov/superfund/kids/index.htm](http://www.epa.gov/superfund/kids/index.htm)

[www.epa.gov/students/](http://www.epa.gov/students/)

National Institute of Environmental Health Sciences

[www.niehs.nih.gov/kids/recycle.htm](http://www.niehs.nih.gov/kids/recycle.htm)

Department of Natural Resources

[www.dnr.state.oh.us/recycling/awareness/facts/reduce.htm](http://www.dnr.state.oh.us/recycling/awareness/facts/reduce.htm)

Rotten Truth About Garbage

[www.astc.org/exhibitions/rotten/rthome.htm](http://www.astc.org/exhibitions/rotten/rthome.htm)

The Aluminum Association

[www.recycleyourcans.org](http://www.recycleyourcans.org)

Trash-Free Lunch

[www.fergusonfoundation.org/maintrashframe.html](http://www.fergusonfoundation.org/maintrashframe.html)

Ollies World

[www.olliesworld.com/index.html](http://www.olliesworld.com/index.html)

Recycle City

[www.epa.gov/recyclecity/mainmap.htm](http://www.epa.gov/recyclecity/mainmap.htm)

Nature's Recyclers Coloring Book

[www.dnr.state.wi.us/org/caer/ce/eeek/cool/natrec.htm](http://www.dnr.state.wi.us/org/caer/ce/eeek/cool/natrec.htm)

Compost Kids

[www.civicgardencenter.org/NG\\_compostkids.html](http://www.civicgardencenter.org/NG_compostkids.html)

Tox Town

<http://toxtown.nlm.nih.gov/>

Shrinking Plastic Craft

[www.thinkingfountain.org/r/reducereuserecycle/reducereuserecycle.html](http://www.thinkingfountain.org/r/reducereuserecycle/reducereuserecycle.html)

Recycled Paper Crafts

[www.recycledpapercraft.com](http://www.recycledpapercraft.com)

The Imagination Factory

[www.daniellesplace.com/html/trash2.html](http://www.daniellesplace.com/html/trash2.html)

Kinder Art

[www.kid-at-art.com/htdoc/matchtmp.html](http://www.kid-at-art.com/htdoc/matchtmp.html)

Makingfriends.com crafts

<http://kinderart.com/recycle/>

[www.makingfriends.com/recycle\\_containers.htm](http://www.makingfriends.com/recycle_containers.htm)

