



REDUCE, REUSE, RECYCLE

# Patch Program



FOR GIRL SCOUTS • BOY SCOUTS • SCHOOL CLASSES • YOUTH GROUPS

# REDUCE, REUSE, RECYCLE PATCH PROGRAM

The Reduce, Reuse, Recycle Patch Program is offered by the Cuyahoga County Solid Waste District. The program is designed to teach Scouts the meaning and potential actions behind the phrase reduce, reuse and recycle. The three R's are reminders to limit the amount of trash each person throws in a landfill. The patch program encourages Scouts to take action to take better care of their environment and neighborhood. A troop should continually strive toward sustainable or "green" activities and actions to have a positive influence on the environment.



## PATCH REQUIREMENTS

- Scouts should do one activity from each section of reduce, reuse and recycle.
- For third grade and older Scouts, choose one project to complete as a troop or with their families. For seventh grade and older Scouts complete two projects.
- When Scouts complete the patch requirements, record activities and comments on the patch requirement sheet.
- Send the completed sheet to the Cuyahoga County Solid Waste District, and the District will mail free patches to the Scout Leader.

Note: Publications and promotional items can be requested to support the patch activities.



### WAYS TO REDUCE TRASH

- Buy in bulk or loose items.
- Take only what you need for single-use items such as ketchup packets & napkins.
- Choose materials with little packaging.
- Recycle recyclable material & compost.
- Reuse containers & products.
- Decrease the amount of trash you produce.  
Use nontoxic cleaning products.
- Borrow, rent or share seldom-used items.
- Buy good quality products.
- Maintain and repair products you own.

### WAYS TO REUSE

- Reuse bags, bottles & boxes, etc.
- Buy reusable products & containers.
- Use cloth napkins and sponges.
- Install rechargeable computer printer cartridges.
- Wash plastic picnic utensils.
- Take a water bottle or designate a travel mug.
- Bring your lunch in reusable containers.
- Learn how to sew ripped clothing or repair broken items.





## REDUCE

Reducing waste or waste reduction requires people to think how to prevent trash and household hazardous waste from ending up in the garbage can. The garbage ultimately is buried in a landfill and never used again. To reduce, really means not to make trash in the first place. A simple habit to reduce waste is to avoid buying and using disposable items such as paper products, straws and single serving containers. Another waste reduction method is to use products that will not harm human health and the environment. Using natural nontoxic cleaning products will limit the amount of chemical products in a home, which will prevent health and environmental problems. Incorporating reduction habits is the best way to decrease trash disposed of in landfills. It keeps our homes and the environment healthier too.

## REUSE

Using something again is called reuse. Common materials are used again for the same purpose or for something different like washing dirty clothes or making a purse out of old jeans. It is expensive and impractical to buy new pencils and clothing every day. By taking care of the items and/or doing routine maintenance on goods, they can be reused longer. For example, apply grease on a bike chain or clean dust and crumbs from a computer keyboard. Reuse activities can take skills such as fixing a broken game or sewing a torn shirt. The two main benefits of repairing broken items are saving money by making a purchase last longer and creating less trash. Also, reuse needs a touch of creativity to craft a treasure box from a carton, a bracelet from a toothbrush, a greeting card from an old CD case or a new piece of furniture out of salvaged wood.

Do not forget to help others by reusing unwanted items through donations to churches or nonprofit organizations or free cycle them on [www.freecycle.org](http://www.freecycle.org). Refer to the Pass It On brochure found on [www.cuyahogaswd.org](http://www.cuyahogaswd.org) to find community organizations to donate unwanted items.

## RECYCLE

Recycling involves collecting, reprocessing and selling products made from old materials. For example, a recycled plastic soda bottle is chipped, melted and made into fiber, which becomes a jacket or sleeping bag stuffing. The old material in a new product is called recycled content. Some products are made with 100% recycled content such as a cereal box made only from recycled paper (look for the 100% RPA symbol). An aluminum can might only be made from 40% recycled content because the can must be made from some bauxite (its natural resource) to keep it strong.

Most cities in Cuyahoga County will pick up recycling at the curb, which is usually the same day as garbage day. If a city does not have a curbside program, drop-off bins may be available for residents. Recycling businesses may have recycling containers at their offices or in public locations. For example, Abitibi collects newspaper, magazines and office paper in their large green and yellow paper retriever bins. To find other recycling businesses, refer to the Solid Waste District's *Business and Industry Guide* online.

## ACTIVITY SECTION

# REDUCE

### Zero Waste Lunch

The Scouts will learn how to make less trash when packing a lunch or snack.

1. Copy the Zero Waste Lunch sheet as a handout (Appendix A).
2. Discuss how to pack a zero waste lunch for school, and have the troop make a list of zero waste snacks for troop meetings.
3. Have the Scouts draw posters about ways to reduce waste. Scouts can share poster with each other, another troop or display them for others to learn about reducing waste.



#### A Zero Waste Lunch

- Pack a sandwich in a reusable plastic food container.
- Bring snacks in natural wrap packages such as an apple, banana or hard boiled egg, or pack chips, jello or pie in a reusable plastic food container.
- Put drinks in a reusable thermos or water bottle or recyclable container such as a #1 and #2 plastic soda or juice bottle or aluminum can.
- Carry your lunch in a lunch box, insulated lunch bag or cloth lunch bag. Include utensils and a cloth napkin, which can be washed and reused.

### Reduction Function

The troop will learn how to organize a party where everything is either reused, recycled or composted.

1. Create a list of what would be needed for the party such as invitations, decorations, favors, food and even what would be needed to clean up.
2. Start a second list, but this list can be only items that will not be put in a trash bag. Only items that are reusable, recyclable or compostable can be used at the party (Appendix B).
3. Have each Scout take the list home to share with family for holiday and party planning.

Request **Don't Throw That Out** to learn about ways to reuse materials and apply ideas at Scout meetings and events.

### Reduction Function Party Examples

#### Reusable

punch bowl/cups  
plastic plates



#### Compostable

apple core  
pretzel crumbs



#### Recyclable

water bottles  
pop can



### Green Cleaning

Scouts will learn about household hazardous waste and what can be used to clean the house instead of harmful chemicals.

1. Show Scouts symbols found on hazardous products and examples of hazardous products (Appendix C).
2. Brainstorm a list of harmful products used at home or with the help of an adult have the Scouts write down hazardous products found in their home.
3. Review proper handling and storage of hazardous products.
4. Create recipe cards of natural or nontoxic "green" cleaning products that can be used instead of the chemical-based products (Appendix D & E).

Request **The Green Teen Survival Guide** to learn to be a green consumer and **Handle With Care** to learn how to properly dispose of common household hazardous waste.

**\*\*All appendixes can be found online at [www.cuyahogaswd.org](http://www.cuyahogaswd.org).**



## ACTIVITY SECTION

# REUSE

### Tool Time

Scouts will learn or experience how to repair an item.

1. Brainstorm ways to maintain goods that Scouts value, and discuss the benefits of proper care and repair of goods. For example, properly storing a bike, putting oil on the chain, and ways to protect and store games, toys and more.
2. Have the troop come up with what they would like to learn to maintain and/or repair.
3. Bring in a guest speaker such as a handy man, mechanic or specialists that can show them how to properly care or fix something like a bike.
4. Take the troop on a field trip to a wood or repair shop or garage to learn how to use tools safely and learn how to repair something.
5. Older Scouts could help with a repair project such as repairing or painting a structure like a cabin, bridge or bench.

*This section can be substituted through other badge work that matches the activity's goal.*



### Sew It Up

Scouts are encouraged to learn to mend torn clothing, attach missing buttons or hem pants or a skirt.

1. Discuss ways to maintain clothing to keep them looking new, so the purchases will last longer.
2. Do a sewing project either by learning to mend by hand or on a machine at a sewing class. Jo-Ann Fabric Stores offer learn to sew courses, or have a high school home economics class teach the troop.
3. Share ideas about how mending can prevent items being trash and what else people can do with clothing such as donate or hand down clothing or make rags from t-shirts.

*This section can be substituted through other badge work that matches the activity's goal.*

### Reuse Your Rubbish

Scouts will make a craft project using materials that would have been thrown in the trash.

1. Use the Internet to find reuse craft projects by searching for trash or recycled craft projects (See Web resources online).
2. Pick a project and have Scouts and their families collect the items needed.
3. Do the craft.
4. Have each Scout list five way their families reuse goods at home and share with the troop.

### Reuse crafts examples

Butterfly baggies  
Pop bottle bracelets  
Papermaking  
Paper beads or papier-mâché  
Brown bag masks/vests  
Milk carton pen pot

Juggle sticks  
Newspaper baskets  
Stained glass jars  
Macula game  
Kaleidoscope  
Luminary steel cans

Styrofoam jewelry  
Recycled barrette  
Solar oven pizza box  
Glass glitter globes  
Shrinking plastic pins  
Lid coasters



## ACTIVITY SECTION

# RECYCLE

### Get Out the Recycling Message

Scouts will be spreading the recycling message through passing out door hangers in their neighborhoods.

1. Collect some common trash items that are clean and dry, and discuss what can be recycled.
2. Copy door hanger sheet onto sturdy paper or reuse box board from cereal and soda pop cartons (Appendix F).
3. Have Scouts draw a recycling message or recycling instructions on the door hangers.
4. Hang door hangers on screen doors.

Request **Teaching the Loop and Start Student Recycling** to learn more about recycling.

Any project promoting recycling can be substituted for this activity. For example, see the Earth Day coffee jacket project found on Solid Waste District website.

### Compost Pie

Scouts will learn how to make a healthy compost pile through food that represents ingredients of a compost pile.

1. Discuss what compost is and how it helps reduce trash and helps plants grow.
2. Review compost recipe card and the ingredients needed for a healthy compost pile (Appendix G).
3. Build compost pies and eat (Appendix G).

To find a non-food compost activities for younger Scouts, request the **Compost Science Investigation Activity Book**.

### Compost Pie Instructions

1. Describe the different foods and what they represent in the compost pie.
2. In a pie tin, add graham cracker crust to represent the ground where the pile will be built.
3. Layer carbon, nitrogen and compost activator, so pie will have 3 carbon layers, 2 nitrogen layers with one compost activator layer in middle (Appendix G). Add a compost creature for every serving.
4. Serve and eat.

### Recycling Quest

Scouts will learn recycling basics through playing a game using the recycling quest fundanda.

1. Collect clean and dry materials needed for the game and gather information to help Scouts answer the questions.
2. Let Scouts play.

To learn more about trash and recycling, order the current issue of **Trash Talk** and **Tracking Trash**.



### WHAT CAN BE RECYCLED

- aluminum cans
- steel cans
- glass jars and bottles
- plastic bottles no.1 and 2
- newspaper
- mixed paper
- cardboard

# PATCH REQUIREMENT SHEET

1. List the activity conducted for the reduce section, and add any comments about teaching the activity or comments from the Scouts.
2. List the activity conducted for the reuse section, and add any comments about teaching the activity or comments from the Scouts.
3. List the activity conducted for the recycle section, and add any comments about teaching the activity or comments from the Scouts.
4. What project(s) did the troop do? Please add any comments.
5. What was the troop's favorite part of the Patch Program?
6. Has the troop or any of the Scouts changed habits to produce less trash? How?

## PROJECT SECTION

1. Recycling – Scouts can sponsor an Abitibi paper retriever bin at school or other location or start a can, blue bag, cell phone or print cartridge collection program.
2. Donation – Scouts can organize a collection to give games, toys, clothing or other to Goodwill, church or another charity.
3. Swap Day – Organize clothing, toy or game swap.
4. Litter Pick Up – Scouts can participate in the Plant Pride Not Litter program or participate in other clean ups such as Riversweep or city-sponsored clean ups.
5. Cuyahoga County Solid Waste District Collections – Scouts can adopt a phone book bin during the annual phone book collection or promote Solid Waste District collections in their neighborhood or at school. Older Scouts can volunteer at a Solid Waste District collection.
6. Recycling Patch Workshop – Older Scouts can organize, promote and implement hands-on recycling activities for several younger troops that will receive a patch at the end of the workshop.
7. Contests – The troop can participate in a Solid Waste District contest.
8. Field trip – Scouts can visit their city service center, recycling or composting facility or waste transfer station.
9. Scouts can teach others using a reduce, reuse and recycle activity.

## GREEN SCOUTS SHOULD STRIVE TO:

- bring zero waste snacks for troop meeting and pack a zero waste lunch for school.
- throw a party without throwing away garbage.
- help parents plan reduction functions during the holidays too.
- recognize hazardous items in their home, only use them with adult supervision and follow safety directions for proper use and disposal.
- use green cleaning alternatives while doing chores at home.
- repair goods and clothing when they can.
- buy durable goods and clothing or well-made items that will last longer.
- donate or give away items.
- buy items that can be reused or recycled.
- set up a home recycling center.
- start, maintain or improve recycling at school or sponsoring location of troop meetings.
- show others how to recycle.
- set up a compost pile, compost organic and food waste and use finished compost instead of fertilizer.
- buy recycled content products along with other green type products.



323 Lakeside Avenue West, Suite 400,  
Cleveland, OH 44113  
Phone: (216) 443-3749 Fax: (216) 443-3733  
[www.cuyahogaswd.org](http://www.cuyahogaswd.org)

**Jimmy Dimora**  
Commissioner

**Timothy F. Hagan**  
Commissioner

**Peter Lawson Jones**  
Commissioner