

# WASTE WISE KETE

RETHINKING WASTE IN OUR LIVES AND COMMUNITY



## A co designed educational activity book made by community for community!

In July 2015, Tāmaki WRAP took the opportunity to apply to the Waste Minimisation and Innovation Fund (WMIF) at Auckland Council. We wanted to help create more Waste Champions across Auckland.

We started our journey by listening and asking questions of all our 'rubbish friends'. They all thought that creating a simple whānua booklet would be a great way to support families to learn together and be able to achieve waste reduction ideas in their home.

The core vision for this work has been to have families create something that works for them.

- ★ During this project 25 children from the After School Enviro Kids Club in Tāmaki helped design games and activities.
- ★ Auckland Zero Waste Action Group gave feedback during the early design stage.
- ★ Over fifty prototype booklets have been tested across four communities.

# Thank You!



We would like to thank Auckland Council for the funding support to carry out this project as well as The Co Design team from Tāmaki Community Development Trust, Talking Trash, ME Family Service, Tāmaki WRAP, and everyone who helped with advice, tips and feedback. Finally; a big thanks to our designer Jacqui Imbroane, for your amazing talent in getting things out of our heads and onto paper.



tāmaki  
**wrap**  
Waste Reduction  
Action Project



BUILDING  
OUR LEGACY



ocularkraft  
DESIGN & PHOTOGRAPHY





# *Greetings Everyone!*

Want to learn how to make less rubbish in your family, household, workplace, school or community group? This booklet has been created for families like yours, to help you make our community and planet a better place, now and in the future.

Feel free to use this booklet in your family, school, church, community group, or any other place. Play the games together, find out new facts and have fun planning what you can do to make less rubbish.

Become a waste champion and join the growing movement of people around the world who are imagining a future without waste.

The booklet has been co-designed by community groups in Tāmaki, Mangere/Otahuhu and Manurewa, and with the special input of the Eco group at The Dunkirk Road Activity Centre and the children from the after school programme at The Tāmaki Community Development Trust.

Thanks to Auckland Council for your support and encouragement.

THIS BOOK BELONGS TO:

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ALL THE BEST ON YOUR  
EXCITING WASTE JOURNEY!



# Waste Pyramid

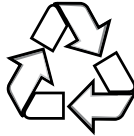
DON'T BUY IT  
USE IT LESS

USE it AGAIN

FIX IT

MAKE  
SOMETHING  
NEW

RECYCLE



Landfill

Colour in this  
Waste Hierarchy  
to help you remember  
ways of reducing waste.

Q: What could you use less  
of?

A: \_\_\_\_\_

Q: What is in your home that  
you could reuse?

A: \_\_\_\_\_

Q: Is there something broken that  
you could fix and reuse again?

A: \_\_\_\_\_

Q: Could you make something new  
from something used? What would you  
make?

A: \_\_\_\_\_

Q: Look around your home. What can be recycled?  
Has it been put in the recycling bin?

A: \_\_\_\_\_

What can you do to help reduce  
waste?

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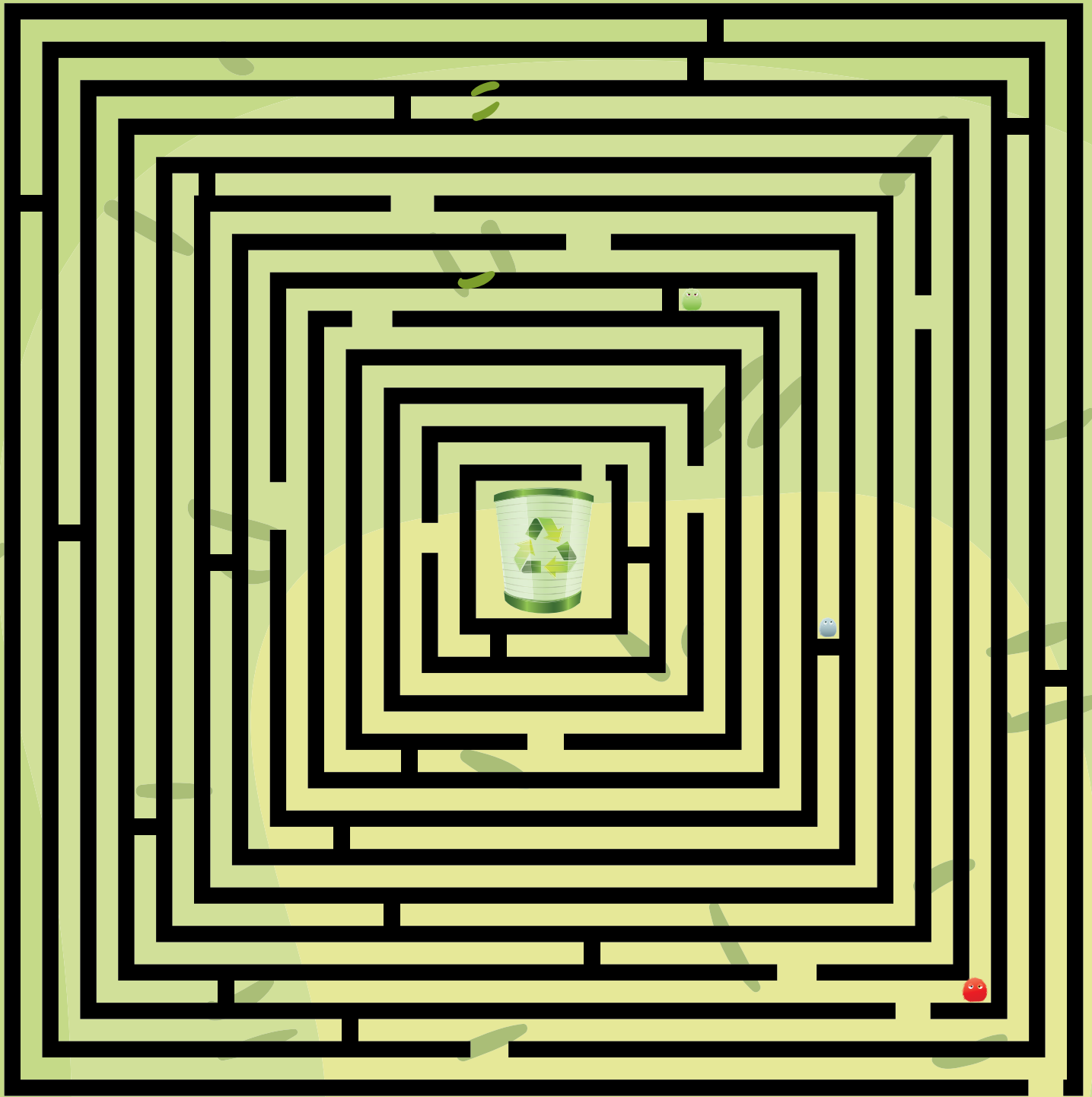
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# WHICH BIN DOES IT GO IN?

Do you know what bin gets what products put into it? Help your friends and family by drawing a line from each bin to the contents that belong in that bin.



# THE RECYCLING MAZE



## Start Here

Help our planet protectors recycle these goods! Get them safely through the maze to the recycling bin. Watch out for Trash Monsters along the way!

# Waste Unscramble!

Just as we put our waste items into their proper bins, we need to put these waste words in proper order!

Let's see how many words you can unscramble!

When you complete the puzzle, place the first 11 circled letters in order below, to reveal a bonus word!



1. D E R G A N

2. C C R E Y L G N I

3. E A V S

4. L L N D L A F I

5. E R A P P

6. O O M P C S T

7. N T I

8. S R O M W

9. R U E E S

10. E E R G N

11. S T W A E

12. I F X

13. I D R T

14. T H R A E

15. F O D O

16. E A L C N

17. S H I R U B B

18. E R U T A N

19. L N S A P T

20. I F E L

21. E E R S T

22. I R A

Bonus Word:

\_\_\_\_\_

# BE A TIDY KIWI

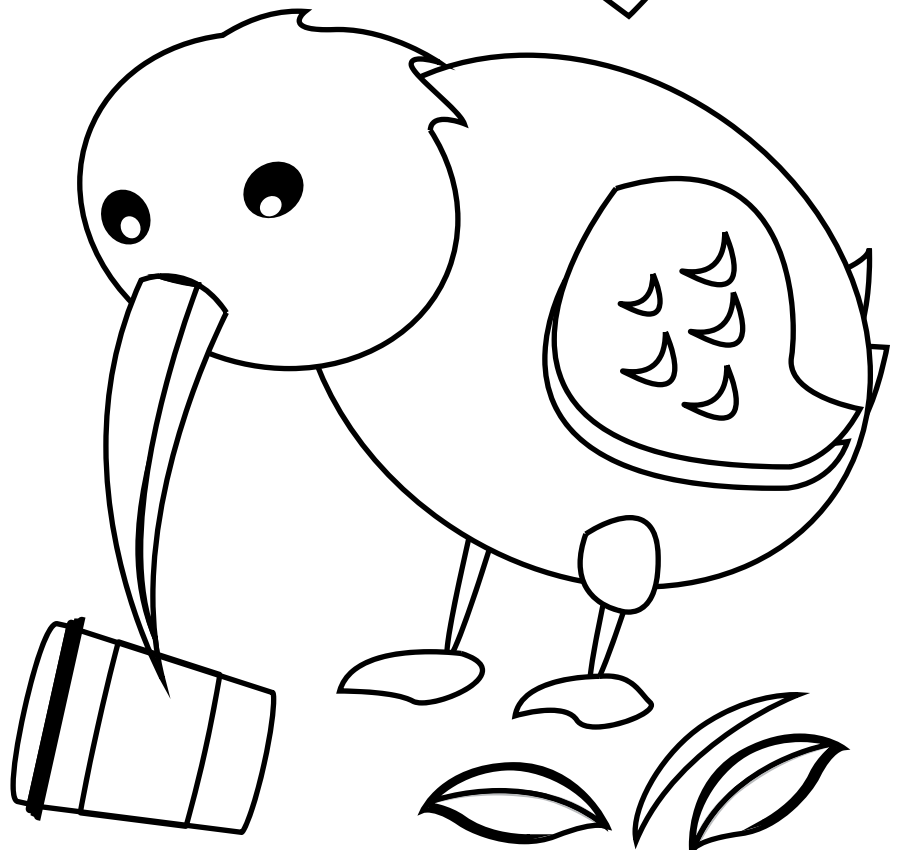
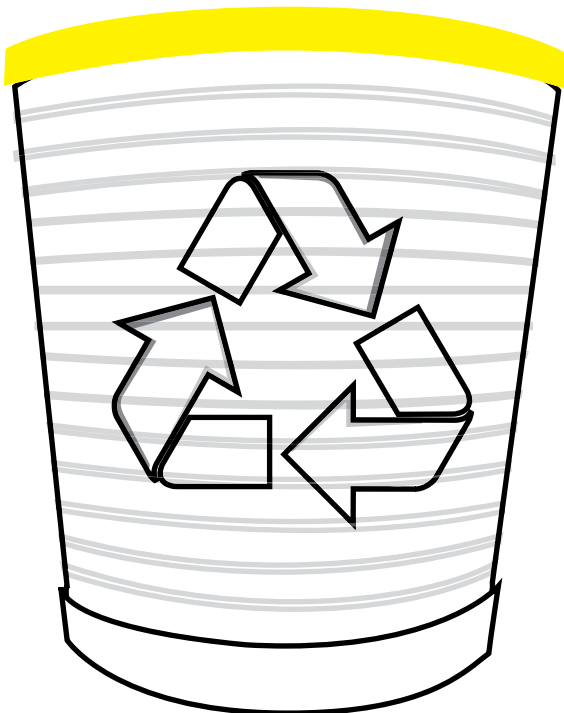
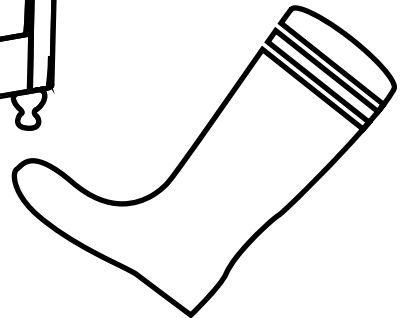
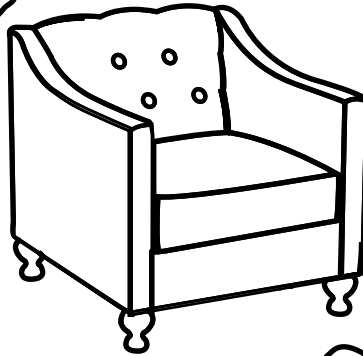
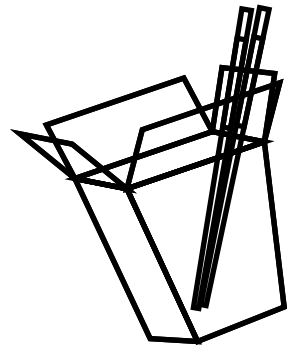
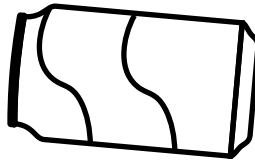
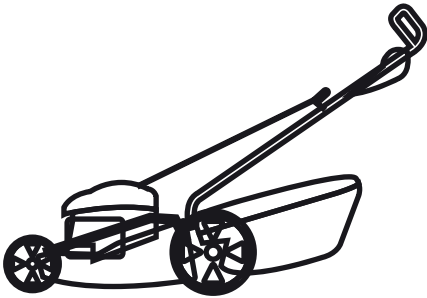
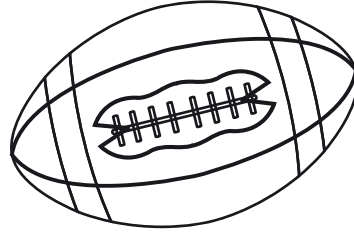
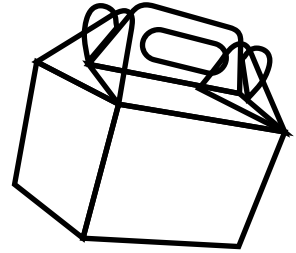
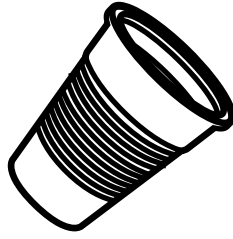
## Help the Kiwi sort its Recycling

Can you colour tin or aluminum **BLUE**

Can you colour paper **GREEN**

Can you colour cardboard **RED**

Put an "X" on anything that  
is not recycling and a circle  
around anything you can reuse.



# EARTH DAY WORD SEARCH

See how many words you can find! Remember that words can be backwards, diagonal, and upside down.

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

EARTH  
ENVIRONMENT  
RECYCLE  
REUSE  
REDUCE  
RESOURCES  
WATER  
WAI

LAND  
AIR  
GLOBAL  
ENERGY  
CLIMATE  
POLLUTION  
COMPOST  
PARAKORE

PAPATUANUKU  
PAPER  
BINS  
GARDEN  
DIRT  
WASTE  
LANDFILL  
SAVE

RUBBISH  
GREEN  
WORMS  
KAITIAKI  
TREES  
PLANTS  
CLEAN  
PLANET



## “How Long Things Take to Break Down in Landfill”

### Instructions:

1. Cut out the time line slips and the images.
2. Make a timeline on the floor (see the example below for ideas) and place the images in a heap on the floor so everyone can see them.
3. Explain to your friends that they are going to guess how long ordinary items in the rubbish may take to break down in the landfill.
4. Ask your friends to pick up an image and guess where it would go on the timeline. If possible, get all your friends to stand with their image on the timeline so everyone can see the ‘guess’.
5. Next, help people move into the right time scale with their image.
6. Ask your friends if anything surprised them and why it did. What did they learn? Would they do something different with this new information?



Article	Time to Breakdown
Apple Core	2 Months
Orange and Banana Peel	Up to 2 Years
Aluminium Cans	200-500 Years
Plastic Bags	Between 20-1,000 Years
Cardboard Box	2 Months
Plastic Bottles	Forever
Cigarette Butts	1-5 Years
Plastic Coated Paper	5 Years
Disposable Nappy	450 Years
Plastic Film Containers	20-30 Years
Fishing Line	600 Years
Plastic Six Pack Holders	100 Years
Glass Bottles	Forever
Styrofoam	Forever
Leather	Up to 50 Years
Tin Cans	50 Years
Nylon Fabric	30-40 Years
Wool Socks	1-5 Years

**2 WEEKS**



**1-2 YEARS**

**5 YEARS**

**50 YEARS**



**200-500 YEARS**

**NEVER**

**2 WEEKS**



**1-2 YEARS**

**5 YEARS**

**50 YEARS**



**200-500 YEARS**

**NEVER**

Did You Know? Cut these cards out and use them as fun fact cards to share with your family! I bet you and your family will discover things you never knew, but now you do!

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

Did You Know?

It takes over **500 years** for a disposable nappy to decompose. The same amount of time as a sanitary pad...

Plastic products like drink bottles and plastic toys take from **400 to 1,000 years** *to start* breaking down...

907 kgs of recycled paper can actually help save 17 trees, over 1,325 litres of oil, and alot of landfill space. This also means, less air pollution!

**Twenty four** trees are cut down to make 1 ton of newspaper...

**Over 1 million** marine animals die every year from consuming plastic in the ocean...

One drip one second from a leaky tap wastes **2,044 litres** of water a year...

**Five trillion** plastic bags are produced every year. Side by side, they can encircle the earth 7 times...

**160,000** plastic bags are used globally every second...

Recycling paper produces around **70%** less air pollution than making it from raw materials...

**Recycling one glass bottle saves enough energy to power a 100-watt bulb for four hours...**

Rainforests are being cut down by about **100 acres** a minute to produce more paper products...

# Test Your Knowledge

How many methods of composting are there?

- A. 1
- B. 2
- C. 3
- D. 4

Dumping is ILLEGAL. How much is the infringement fine if someone is caught dumping?

- A. \$200-\$400
- B. \$400-\$800
- C. \$900
- D. \$1,000

What is the percentage of an Auckland rubbish bin that can be diverted from landfill?

- A. 20%
- B. 40%
- C. 55%
- D. 65%

What is the item most thrown in the rubbish bin?

- A. Food
- B. Recycling
- C. Nappies
- D. Green Waste

How much food does a kiwi household throw away each year?

- A. 10 kg
- B. 29 kg
- C. 79 kg
- D. 110 kg

One of these items cannot go into the recycling bin. Which one?

- A. Glass
- B. Plastic Bags
- C. Cardboard
- D. Tins

# Test Your Knowledge Answers

How many methods of composting are there?

- A. 1
- B. 2
- C. 3**
- D. 4

Bokashi, Worm Farm & Compost or digging food waste into the ground as some cultures do.

Dumping is **ILLEGAL**. How much is the infringement fine if someone is caught dumping?

- A. \$200-\$400**
- B. \$400-\$800
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[www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz)

What is the item most thrown in the rubbish bin?

- A. Food/Green Waste**
- B. Recycling
- C. Nappies

Search 'Nappy choices' on the Auckland Council website

How much food does a kiwi household throw away each year?

- A. 10 kg
- B. 29 kg
- C. 79 kg**
- D. 110 kg

This is the equivalent to 8 sacks of potatoes; Find more interesting facts at the Love Food Hate Waste website.

[www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz)

One of these items cannot go into the recycling bin. Which one?

- A. Glass
- B. Plastic Bags**
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- D. Tins

[www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz)

# Victoria's ORANGE soup



## THE INGREDIENTS

500g chopped Pumpkin (I like butternut, but any pumpkin will do)  
 250g chopped Carrots  
 250g chopped Kumera (I like the orange the best as it is generally the smoothest and sweetest)  
 1 Onion / Leak, chopped finely  
 4 to 5 Garlic cloves, sliced finely (use less if you don't like garlic)  
 1 small knob of Ginger, sliced finely  
 Olive oil  
 Good quality vegetable stock (optional)

Sauté the pumpkin, garlic, onion, and ginger in a splash of olive oil in a large pan till soft. Add the vegetable stock and some hot water until the veggies are covered. Turn the heat down and simmer on low until the pumpkin and carrots start to get squishy. When the soup is cooked mash ingredients together by hand with a potato masher, or use a stab mixer or blender for a smoother consistency.

Season with a little salt and pepper and serve in your favourite bowl or mug with a dollop of coconut cream or unsweetened yoghurt and finely chopped fresh herbs from the garden (chives, parsley, coriander), a squeeze of lemon or lime and some chilli flakes. Deeeeeeelishious.

These ingredients are approximations, if you make too much this soup freezes really well. It will also keep in the fridge in an airtight container (old jars are great) for 2 to 3 days.

## waste tips for PUMPKIN



Grow a pumpkin! Dry the seeds on a piece of newspaper, plant them in November.



Roast the pumpkin seed. Boil for ten minutes in water, drain and pat dry. Put in baking tray and toss with olive oil. Bake at 125° for an hour or until golden, stirring occasionally. Leave to cool and to go crispy before eating.

Save the skin of ginger for homemade ginger tea.



# Unwanted Stuff?

Helpful information about what to do with your unwanted items in Tamaki



## Local Op Shops

**Eastern Bays Hospice (Dove Shop):**  
181 Apirana Avenue / 19 Mayfair Place  
Ph: (09) 578 0836  
[www.ebhospice.org.nz](http://www.ebhospice.org.nz)

**SPCA Op Shop:**  
231 Taniwha Street, Glen Innes  
Ph: (09) 528 3693  
[www.sPCA.org.nz](http://www.sPCA.org.nz)

**The Salvation Army Family Store:**  
49 Mayfair Place, Glen Innes  
Ph: (09) 578 3921  
[www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

**The Salvation Army Family Store:**  
18 Allright Place, Mt Wellington  
Ph: (09) 379 7615  
[www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

**New Beginnings:**  
14 Mayfair Place, Glen Innes  
Ph: (09) 528 0260  
[www.aucklandcitymission.org.nz](http://www.aucklandcitymission.org.nz)

**The Salvation Army:**  
159 Queens Road, Panmure  
Ph: (09) 527 7143  
[www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

**Dove Shop:**  
141 Queens Road, Panmure  
Ph: (09) 527 7863  
[www.dovehospice.org.nz](http://www.dovehospice.org.nz)

## Mobile Phones

**Abilities Incorporated:**  
91 Hillside Rd, Glenfield  
Ph: (09) 444-0611

**Starship Mobile Phone Appeal:- NZ's only accredited e mobile phone recycling scheme**  
6 / 30 Fleet Street, Eden Terrace

**Telecom New Zealand Ltd**

**Vodafone Handset Recycling Programme**  
Freepost Private Bag 92222

## Clothing and Rags

**Auckland Cleaning Rag Supplies:**  
41 Onehunga Mall Road, Onehunga

**Habitat for Humanity Restore:**  
8 Ormiston Road, East Tamaki

**Hi Tech Environmental:**  
P.O. Box 97467, Manukau

**Kiwi Cleaning Rags:**  
52 Tidal Road, Mangere

**Southside Recycling Centre- Onehunga:**  
41 Onehunga Mall Road, Onehunga

**Southside Recycling Centre- Otahuhu:**  
35 Salesyard Road, Otahuhu

## Oil Drop Off

**Supercheap Auto- Mt Wellington:**  
Shop 7, 295 Penrose Road, Mt. Wellington

**Repco- Mt. Wellington:**  
510 Mt. Wellington Highway, Mt. Wellington

## Soft Plastic Drop Off

[www.recycling.kiwi.nz/soft-plastics](http://www.recycling.kiwi.nz/soft-plastics)

For further information about recycling sites, please view the Auckland Council webpage  
[www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz)

This amazing website will give you all the information you need about rubbish, recycling, inorganics and more. Everything you need to *"Make the Most of Waste!"*

*Special Thanks to Auckland Council for supporting TWRAP to make this leaflet.*

## Other Options:

[www.nz.freecycle.org](http://www.nz.freecycle.org)

[www.recycler.org.nz](http://www.recycler.org.nz)

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

[www.asksharegive.org.nz](http://www.asksharegive.org.nz)

[www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz)

[www.neighbourly.co.nz](http://www.neighbourly.co.nz)

[www.trademe.co.nz](http://www.trademe.co.nz)

[www.facebook.com/freestuffnz](https://www.facebook.com/freestuffnz)

## Garage/Carboot Sales

## Online Auctions

### Tamaki Trade & Barter Facebook Page

In future, we hope to have a resource recover centre in Tamaki where you can take all of your unwanted stuff for reuse, recycling, upcycling or deconstruction.

For more information about recycling waste, or to let us know about other places to take your unwanted stuff in our community, please contact us at:

### Tamaki WRAP

### Waste Reduction Action Project

 [www.tamakiwrap.org.nz](http://www.tamakiwrap.org.nz)

 [www.facebook.com/tamakiWRAP](https://www.facebook.com/tamakiWRAP)

# Rubbish Free Lunches

**Rubbish free lunches are packed lunches that contain NO rubbish!**

**No more pesky packaging that can fly away into drains and get into our oceans, or add to landfills.**

**Not only are rubbish free lunches better for the environment, they are healthy and usually cost less than most packaged items.**

## **What You Will Need:**

- **A lunchbox, or small chiller bag or reuse an icecream container.**
- **Small containers. Resuable containers are good for snacks such as chips, raisins and popcorn.**
- **Drink bottle. A reusable drink bottle can be refilled throughout the day with water.**
- **Utensils- fork & spoon. A set handy for your lunchbox kit can be handy for those dinner leftovers or a container of yoghurt.**
- **Cloth napkin. A damp cloth napkin will keep your sandwiches fresh. Or keep in your luncbox for a handy wipe.**

**Check Out Some of These Great Lunch Ideas!  
Use these lunch ideas to inspire your own Rubbish Free Lunch!**



Compartment style lunchbox with healthy food and no packaging! Great work!



Reuse an Ice Cream container for a lunchbox! Think beyond the sandwich and enjoy a vegetable fritata, taro chips, and fruit cake! YUM!



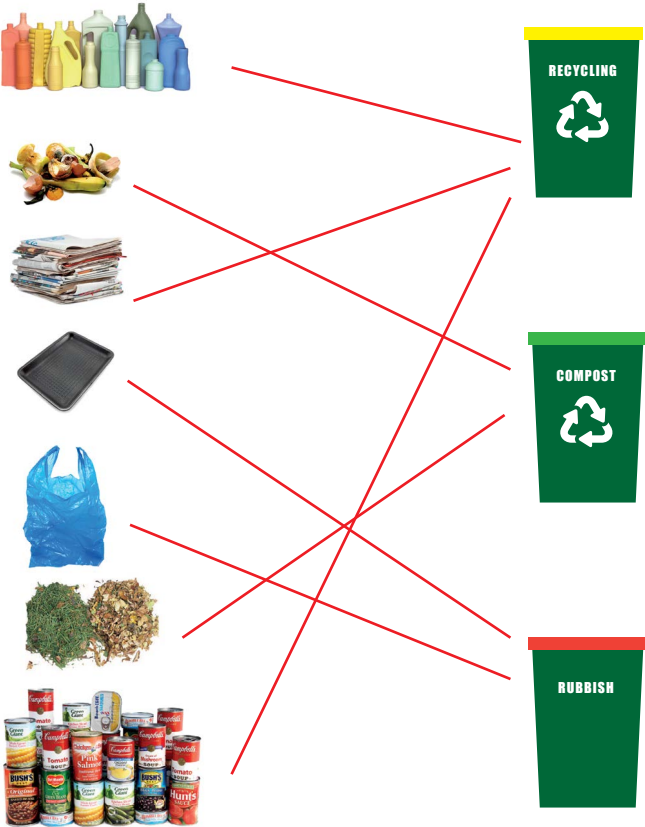
Love your leftovers! Yummy vegetable rice from last night's dinner is awesome for lunch!



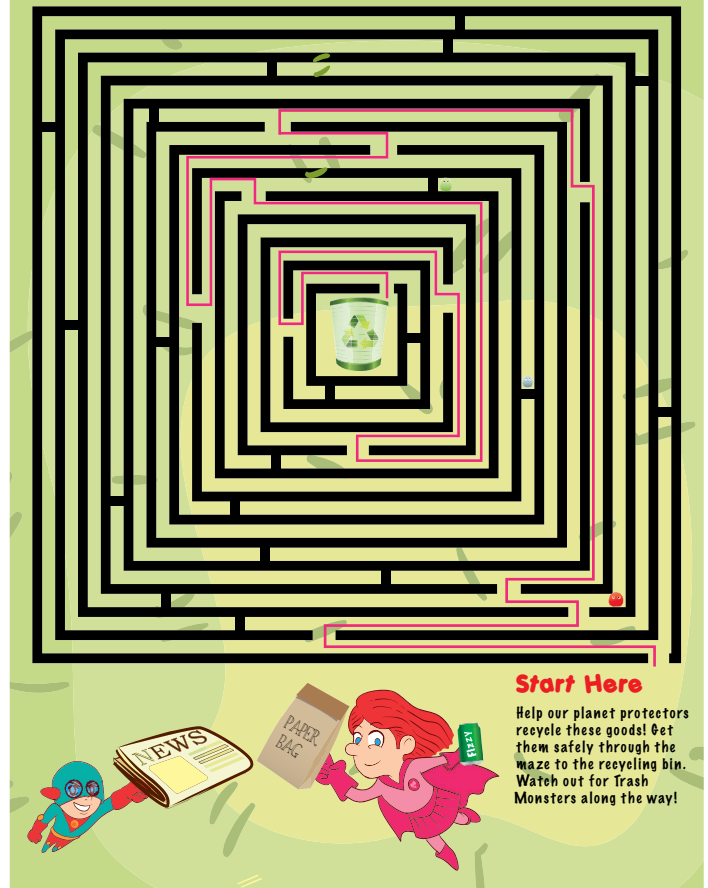
Draw your idea of a Rubbish Free Lunch for reference here. Enjoy!

## WHICH BIN DOES IT GO IN?

Do you know what bin gets what products put into it? Help your friends and family by drawing a line from each bin to the contents that belong in that bin.



## THE RECYCLING MAZE

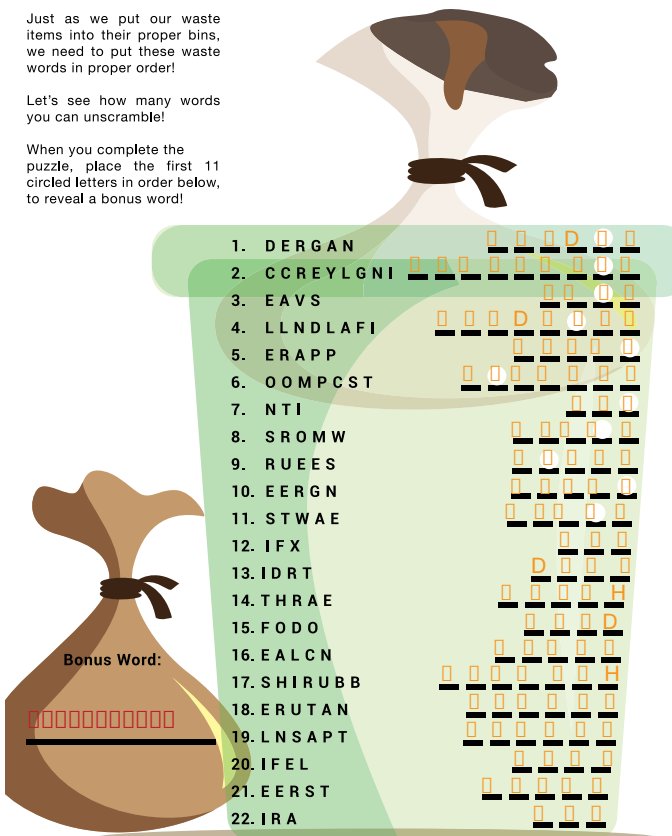


## Waste Unscramble!

Just as we put our waste items into their proper bins, we need to put these waste words in proper order!

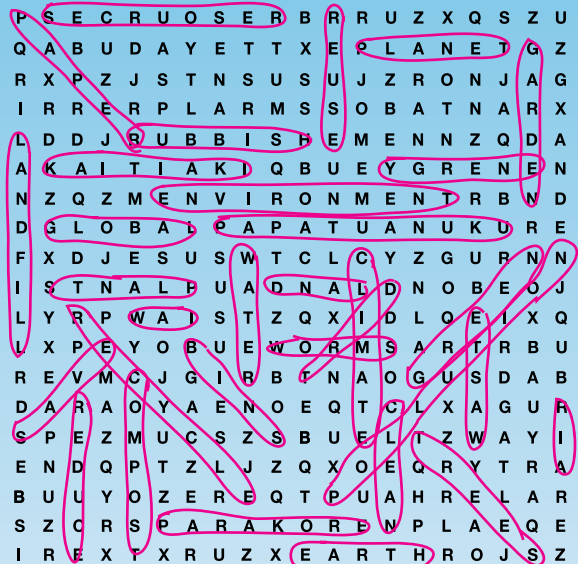
Let's see how many words you can unscramble!

When you complete the puzzle, place the first 11 circled letters in order below, to reveal a bonus word!



## EARTH DAY WORD SEARCH

See how many words you can find! Remember that words can be backwards, diagonal, and upside down.



EARTH  
ENVIRONMENT  
RECYCLE  
REUSE  
REDUCE  
RESOURCES  
WATER  
WASTE  
LAND  
AIR  
GLOBAL  
ENERGY  
CLIMATE  
POLLUTION  
COMPOST  
PARAKORE  
PAPER  
BINS  
GARDEN  
DIRT  
WASTE  
LANDFILL  
SAVE  
RUBBISH  
GREEN  
WORMS  
KAITIAKI  
TREES  
PLANTS  
CLEAN  
PLANET

Congratulations on becoming a Waste Warrior! Now print out your certificate and frame this proudly in your home!

# CERTIFICATE

## WASTE WARRIOR TRAINING COMPLETE

\_\_\_\_\_  
WASTE WARRIOR

Well Done! You have successfully completed your training  
this \_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Now go out and teach other people about the ways of  
Waste Management!

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Witness

# CERTIFICATE

## WASTE WARRIOR TRAINING COMPLETE

\_\_\_\_\_  
WASTE WARRIOR

Well Done! You have successfully completed your training  
this \_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Now go out and teach other people about the ways of  
Waste Management!

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Witness



THIS PAGE IS LEFT BLANK SO THAT YOU CAN CREATE YOUR OWN WASTE FREE VISION!  
WHAT DOES YOUR WORLD LOOK LIKE WHEN IT IS WASTE FREE?

