

CVSan ACTIVITY BOOK



CASTRO VALLEY SANITARY DISTRICT

21040 Marshall Street, Castro Valley, CA 94546-6020

510-537-0757 | www.cvsan.org

“Leading to preserve the environment and promote waste reduction.”

CVSan





Dear Student,

Reducing waste, reusing things, recycling, and composting every day keeps materials out of the landfill and makes a big impact. CVSan has a goal to reach Zero Waste by the year 2029.

What does Zero Waste mean? Zero Waste means designing and managing products and processes to avoid and eliminate the volume and toxicity of waste and materials, conserve and recover all resources, and not burn or bury them.

Think about some goals you may have at school, such as being on time and present at school every day (zero days tardy or absent), or treating everyone with kindness (zero tolerance for hate).

We encourage you to Select Your Path to Zero Waste!

Sincerely,

Zero, Little Miss Reduce, Again!, Blue, and Green



ZERO WASTE

Definition: “**Zero Waste** is a goal to guide people in changing their lifestyles and practices to emulate sustainable natural cycles, where all discarded materials are designed to become resources for others to use...”
(Zero Waste International Alliance on August 12, 2009)

Zero says, “Saving natural resources and protecting the environment is really important. Making less waste can be fun!”

Before you buy something new, ask yourself these questions:

1. Do I need to buy this?
2. How long will it last?
3. How was this made?
4. Is this recyclable in my community?
5. Is it reusable/donatable?



ZERO WASTE ACTIVITY

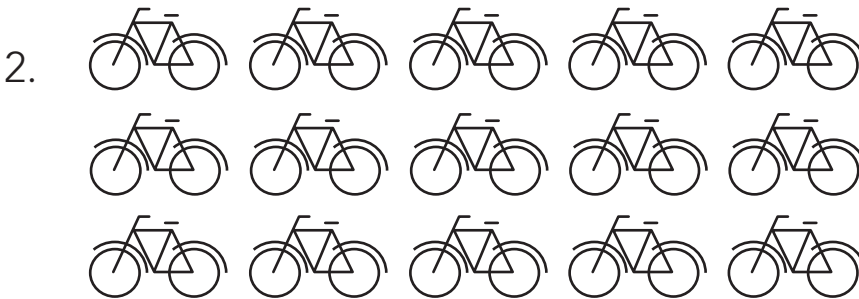
Foundations for Multiplication

Count the objects in each row.

Multiply or add the total from each row to find the total number of objects.



There are _____ planet earths.



There are _____ bicycles



There are _____ pears.



Check out how to pack a zero waste lunch for school on page 13!

REDUCE

Definition: **Reduce** means to make less waste, to use less, and buy less. Reduce is the first and most important "R" since we can reduce waste before it happens.



Little Miss Reduce says, "You can reduce waste by changing what you buy and where you buy it."



"When you buy, sell, or donate used clothing, toys or sports equipment, you are reusing so you are helping save natural resources, saving money, and having fun too."

Create an "Eat Me First" bin in your refrigerator and place foods in the bin that need to be eaten soon!
Print a sign from our website below or make your own.

REDUCE ACTIVITY

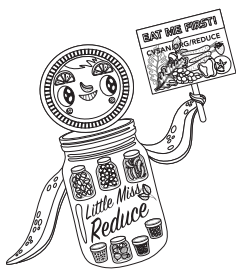
Writing to Inform

What is your favorite fruit or vegetable? _____

What do you think of bananas with brown spots on them?

Write a complete sentence. _____

Do you think this carrot will taste good or bad? Why? _____

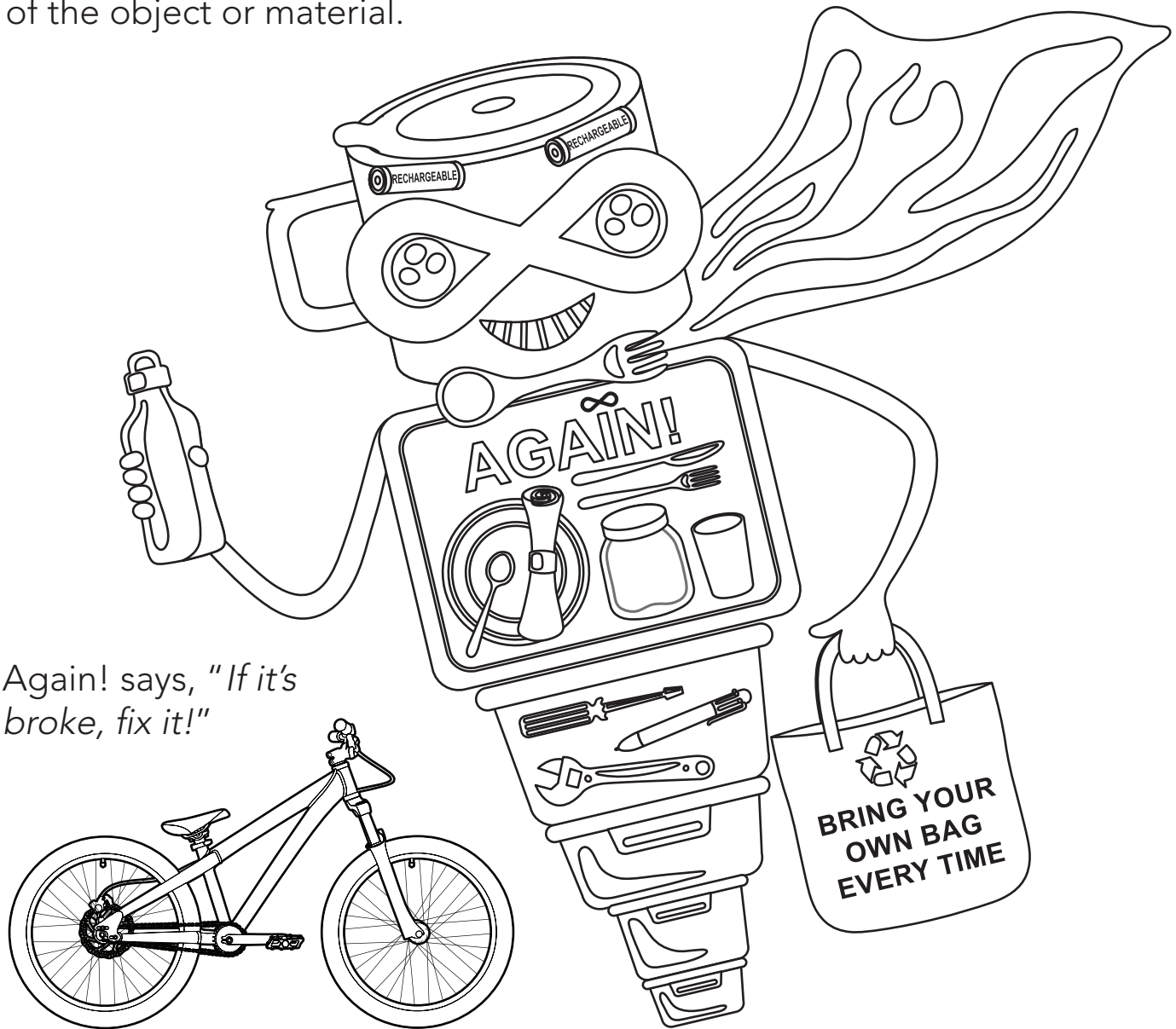


Did you know that brown spots on bananas means that they are sweeter than bananas without? It's true! Also, unusually shaped fruit and vegetables still taste delicious even though they are shaped differently!

.....

REUSE

Definition: **Reuse** means using an object or material again, either for its original purpose or for a similar purpose, without significantly altering the physical form of the object or material.



Again! says, "If it's broke, fix it!"

Do you reuse lunch bags, food storage or takeout containers, shopping bags, or water bottles? That's great reuse!

REUSE ACTIVITY

Solve each problem. You can draw pictures to help you. Show your work in the box.

1. Desmond found 3 shirts to donate. Ju-hee found 2 shirts to donate. Aahna found 8 shirts to donate. How many shirts did the students donate in all?

_____ shirts

2. At 9:00, 3 students arrived at the Bike Shop to fix their bikes. At 9:30, 5 students arrived at the Bike Shop. At 10:00, 4 students arrived at the Bike Shop. How many students arrived at the Bike Shop in all?

_____ students



3. At the Used Sports Gear Shop, Taylor found 3 basketballs. Chloe found 4 softballs. Malik found 6 soccer balls. How many basketballs and soccer balls did they find?

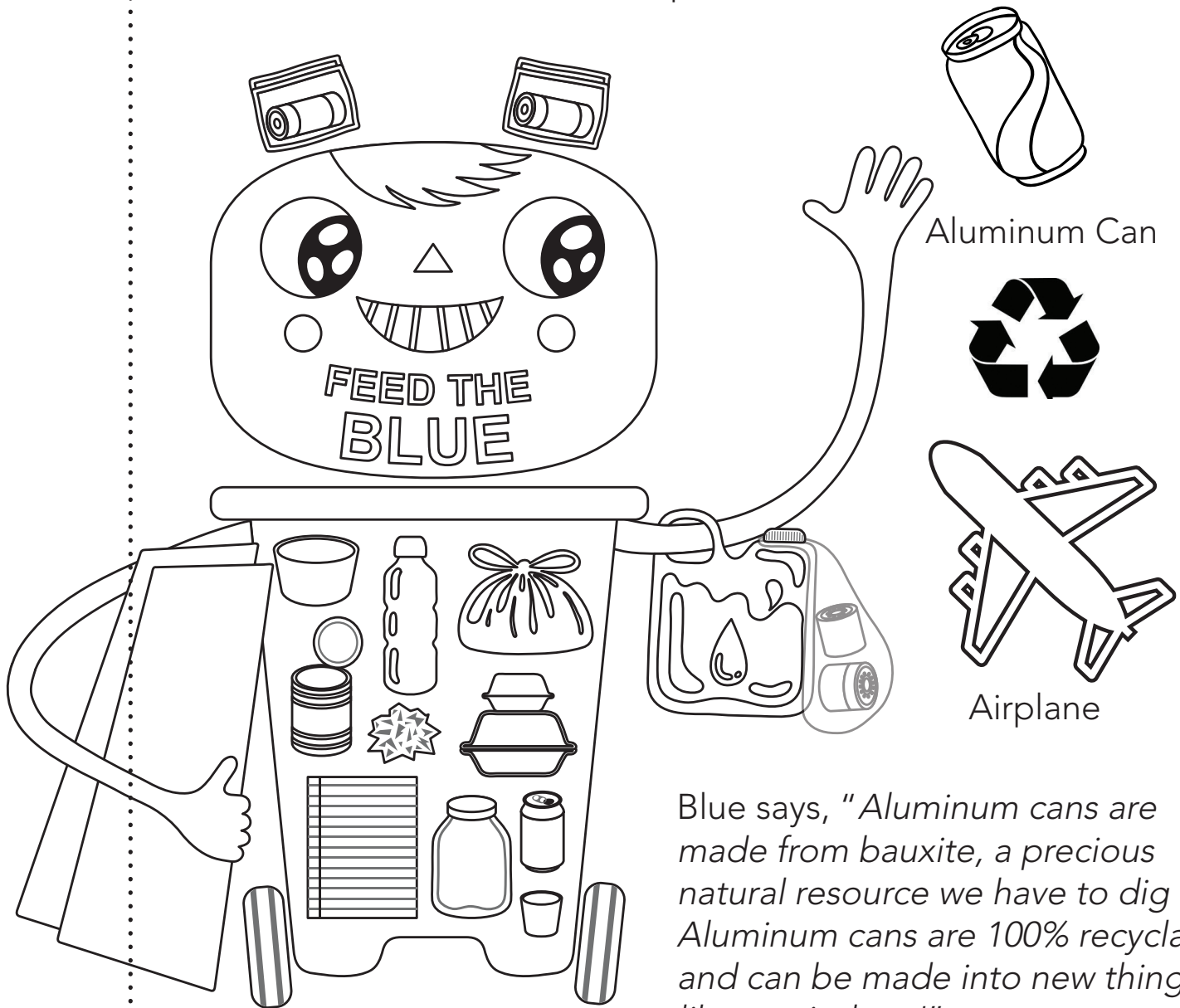
_____ balls

4. Riley went to the Used Sports Gear Shop. Riley paid \$5 for a used pair of soccer cleats. She paid \$3 for a used pair of soccer shin guards. How much did Riley spend altogether on soccer gear from the Used Sports Gear Shop?

\$ _____

RECYCLE

Definition: **Recycling** is the manufacturing process in which old materials are made into new products.



Blue says, "Aluminum cans are made from bauxite, a precious natural resource we have to dig up. Aluminum cans are 100% recyclable and can be made into new things, like an airplane!"

"When we recycle things, they can be made into new things, and then used over and over."

RECYCLE ACTIVITY

Vowels: There are five vowels: a, e, i, o, and u. Complete each word below that relates to recycling with the correct vowel:

C__n

B__ttl__

P__p__r

Gl__ss

M__t__l

Pl__st__c



Recycling Tr__ck

Activity for Home:

What have you or your family bought recently that was made from recycled materials? _____

Why is it important to recycle and buy recycled? _____

Do you think all schools should recycle? Why? _____

.....

ROT

Definition: **Rot** means to decompose and break down.



Food scraps, food-soiled paper, and plant debris turn into finished compost!



Green says, "Adding compost to soil improves soil health. Healthy soil helps grow healthy plants. It really is a cycle!"

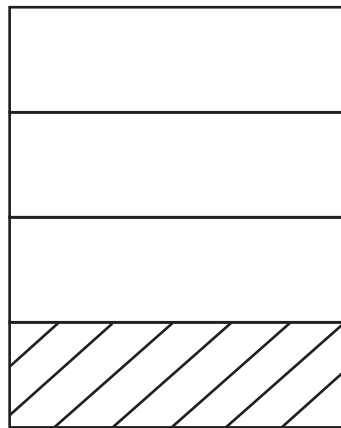


Have you ever seen a piece of moldy bread or a moldy lemon? Those are natural examples of rot and how nutrients return to the earth.

ROT ACTIVITY

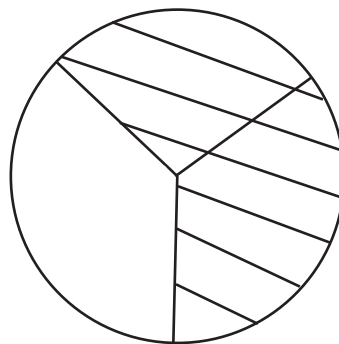
Understanding Fractions: A fraction represents parts of a whole. The top number tells how many parts are shaded. The bottom number tells how many parts in all.

Write in the number in each fraction that tells how much is shaded:



Worm Bin

$$\frac{\quad}{4}$$



Composter

$$\frac{\quad}{3}$$

ZERO WASTE ACTIVITY:

HARD-TO-RECYCLE

Did you know? CVSsan collects a few hard-to-recycle items for free at our office located at 21040 Marshall Street, Castro Valley, CA 94546 for proper recycling!



Used & Broken Crayons

Drop-off your unwanted crayons for recycling through a local non-profit, The Crayon Initiative. Visit www.thecrayoninitiative.org for more information.

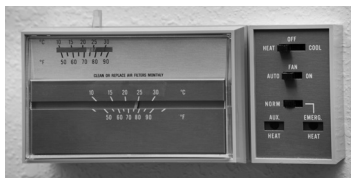
Used Printer Cartridges

Cartridges are made of plastic, metal, and ink that can all be recycled. CVSsan properly recycles these from home printers.



Old Thermostats

CVSsan is a registered Thermostat Recycling Drop-Off location. Old thermostats contain mercury, a hazardous material, and are not to be placed in carts curbside.



ZERO WASTE ACTIVITY: PACK A ZERO WASTE LUNCH

USE THIS
Waste-Free Lunch

NOT THAT
Disposable Lunch



Reusable
Food & Drink
Containers

vs.

Juice &
Food/Sauce
Pouches



Sandwich &
Snack Wraps

vs.

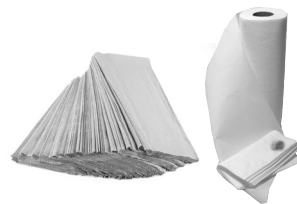
Plastic
Baggies



Cloth
Napkins

vs.

Paper
Napkins



Reusable
Utensils &
No Straws

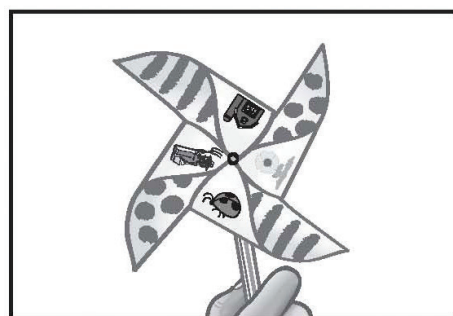
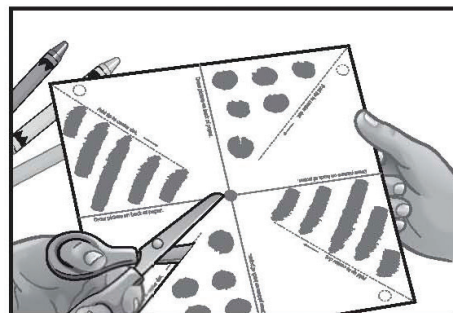
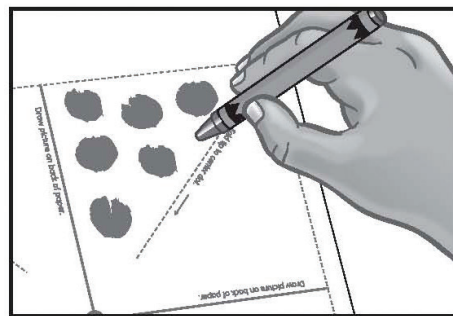
vs.

Disposable
Straws &
Utensils

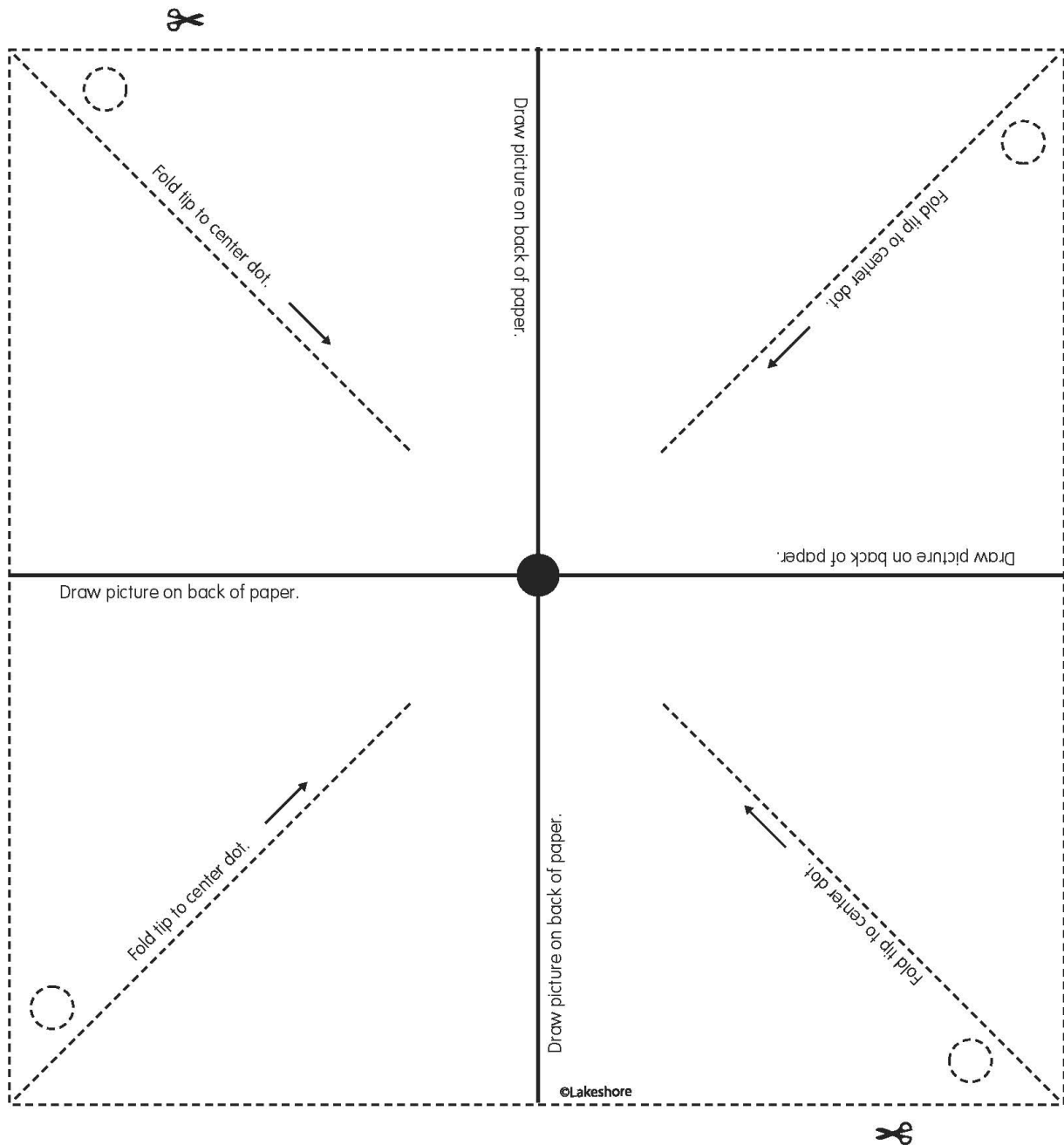


ACTIVITY AT HOME

1. Color both sides of the pinwheel.
2. Cut out the pinwheel along the dashed lines.
3. Carefully punch out the 4 holes. Gently bend each hole to line up with the center dot.
4. Put a craft brad/fastener through the holes, the center dot, and a reused straw. Spin your pinwheel!

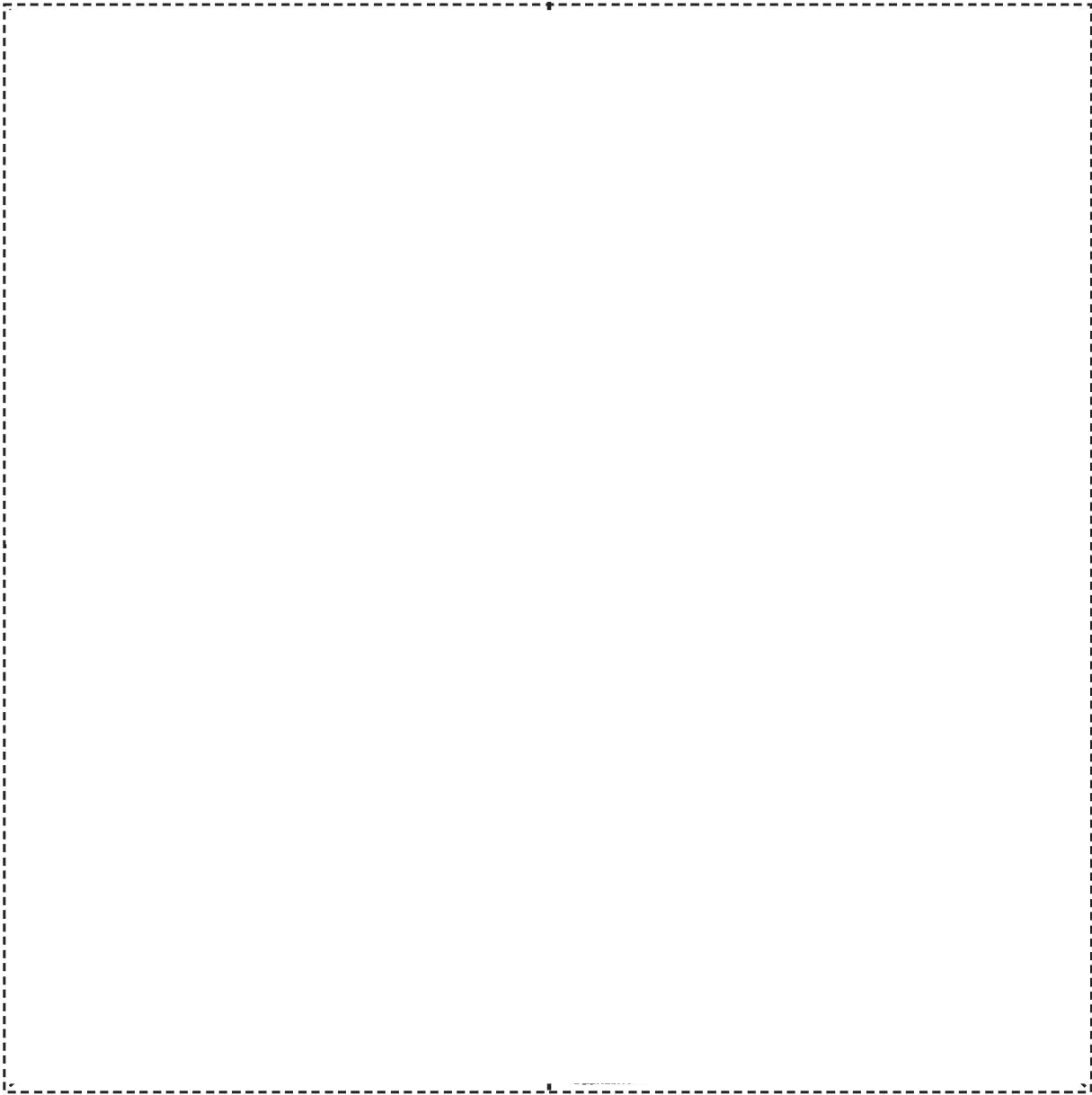


ACTIVITY AT HOME: PINWHEEL



ACTIVITY AT HOME: BACK OF PINWHEEL

(DRAW A PICTURE OR MAKE A DESIGN)



REDUCE & REUSE ACTIVITY

REUSE A T-SHIRT.

Step 1: Cut sleeves off of shirt.



Step 2: Cut neck out of shirt.



MAKE A REUSABLE BAG!

Step 3: Turn shirt inside-out.



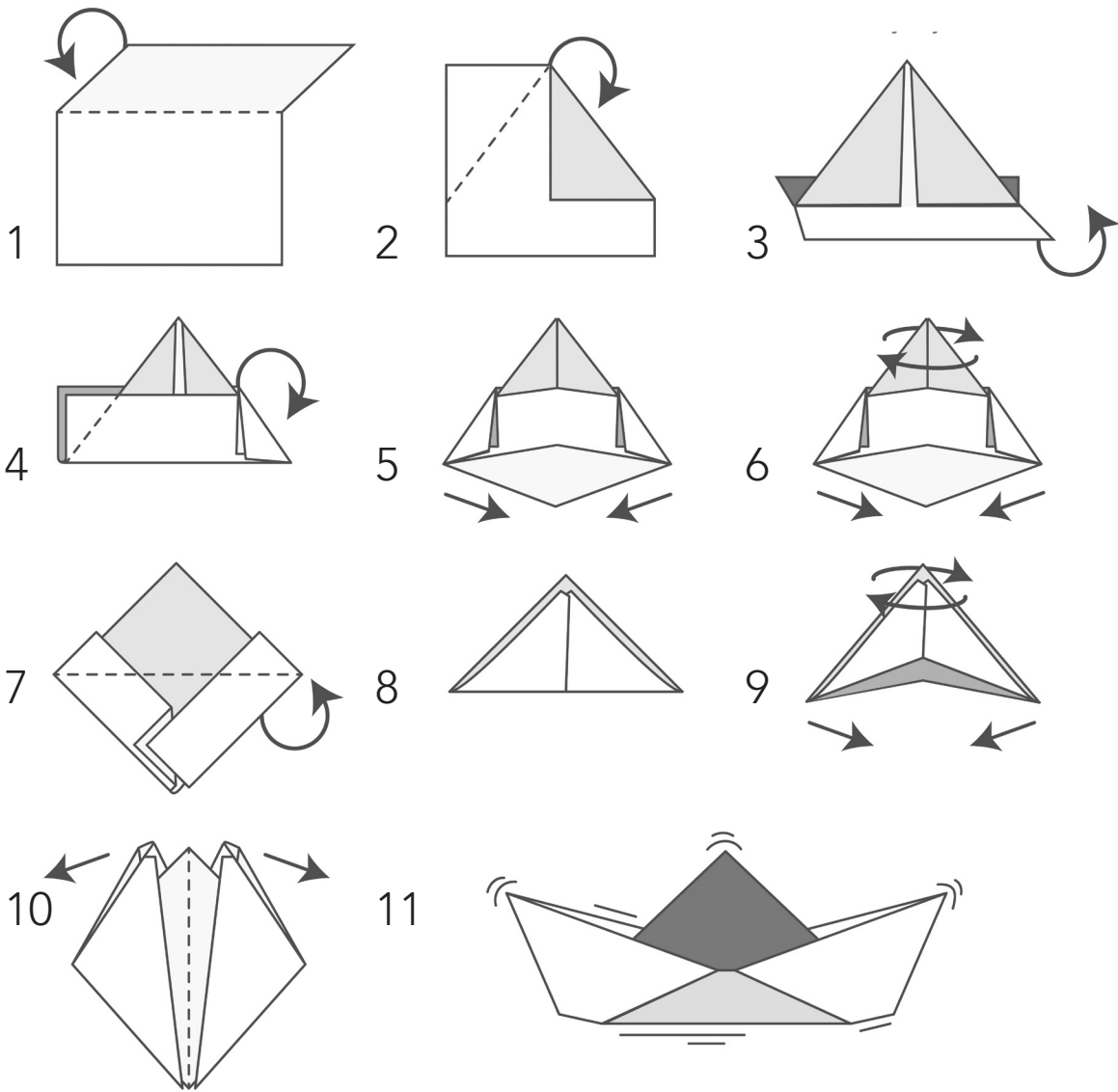
Step 4: Sew bottom edge together!



REUSE ACTIVITY:

ORIGAMI BOAT FOLDING

Before recycling a piece of paper, reuse it for origami!

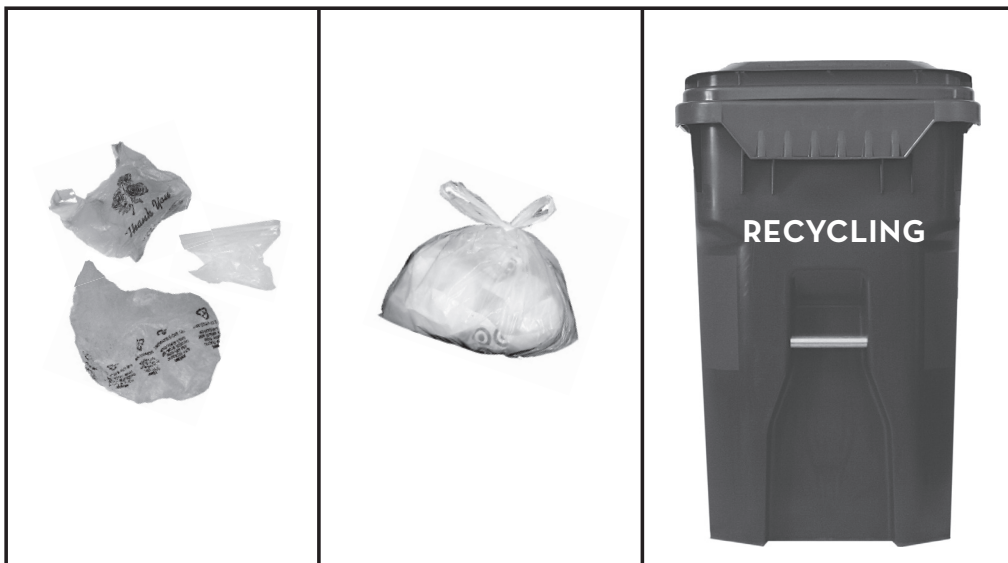


RECYCLE ACTIVITY:

BAG-A-BAG AT HOME

Collect film plastics in one plastic bag at home, tie a knot, and place the whole bag in your recycling cart at home. Do you know what kinds of clean film plastics can go in your bag-a-bag?

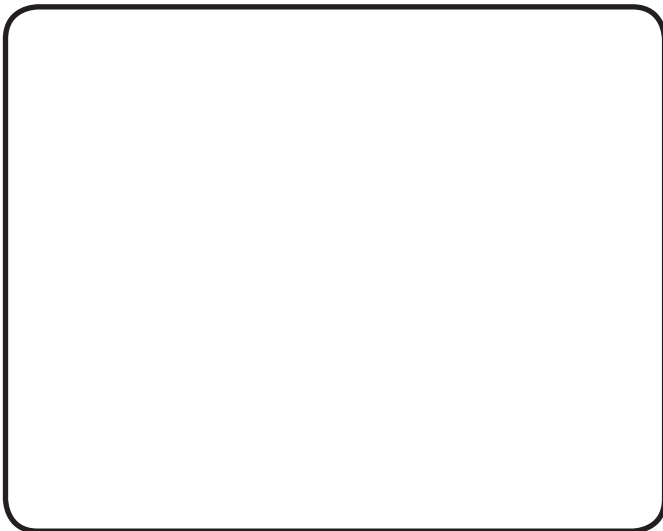
1. Plastic Bags
2. Plastic Baggies
3. Cling Wrap
4. Plastic Film Packaging (bubble wrap, poly wrap, air pillows with air released)
5. Lamination

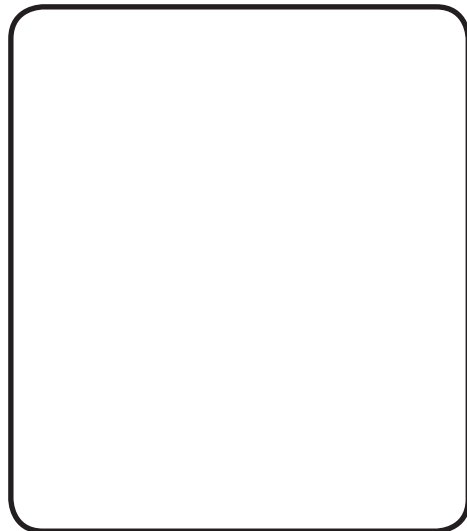


ROT ACTIVITY: LEAF RUBBING



How many veins do you see? _____



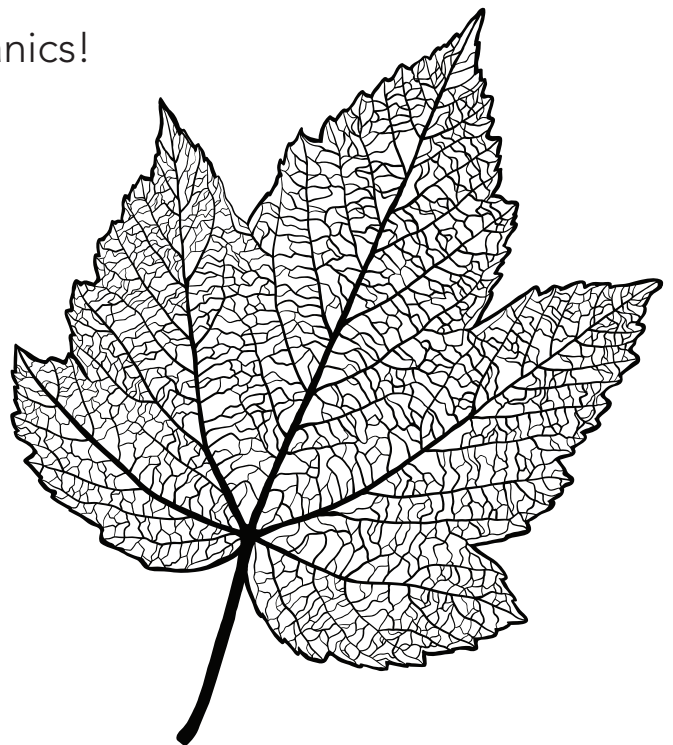


ROT ACTIVITY:

LEAF RUBBING

1. Collect fresh leaves of different sizes.
2. Place a leaf on a clipboard or desk.
3. Place the last page of this Activity Book on top so that the leaf is inside one of the three rectangles.
4. Carefully peel the paper wrapper off of a crayon or use a crayon already without its wrapper.
5. Gently rub the side of the crayon over the rectangle until you see the image of a leaf. Then answer the question.
6. Compost the leaves in the organics!

When we make compost and add it to our soil it helps the earth! Compost helps: filter pollution, soil retain water, and plants grow.





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This award-winning activity book was funded by Measure D and printed on 100% post-consumer recycled paper by a Bay Area Green Business.
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