

## WASTE REDUCER CHALLENGE - 2011

Clean Nova Scotia ([www.clean.ns.ca](http://www.clean.ns.ca)) is once again offering *all Guiding levels* a chance to earn the coveted Waste Reducer Patch in celebration of **Waste Reduction Week (October 17-23, [www.wrwcanada.com](http://www.wrwcanada.com))**. This is an excellent opportunity for Girl Guides of all ages to discover the importance of our environment and the reasons why we need to protect and preserve our natural resources.

Clean Nova Scotia is a non-profit environmental organization located in Dartmouth with over 23 years of history in environmental programming. Clean Nova Scotia is excited to see this initiative grow each year with new participants working to recognize the importance of reducing wasteful practices on a daily basis.



To earn the Waste Reducer Challenge patch, Units must complete three of the Waste Reducer Challenges. Leaders are asked to be flexible when administering the challenges and to choose the challenges that best suit their Unit's interests and abilities. It is recommended that where possible, Units complete all three challenges in one night.

**Clean Nova Scotia is proud to offer this patch FREE of charge!**

Units must complete the challenge by November 12th, 2011. All leaders must notify Jillian Isenor (by November 19<sup>th</sup> at the latest) that their Unit has completed the patch and they must list the challenges completed. We recommend that you start early so that the holiday season does not interfere with completing your challenges.

**To order your patches please provide the following information:**

- Name of Unit (provincial location)
- List the three (or more!) completed challenges (comments welcome)
- Number of Guides/Leaders to receive patch
- Mailing address and phone number
- Photos are most welcome if you have permission from parents

*Note that photos may be included in a final report to funders and will only be placed on the CNS website or Clean and Green Newsletter with the full permission of the Unit.*

Contact Clean Nova Scotia by e-mail at [jisenor@clean.ns.ca](mailto:jisenor@clean.ns.ca), by phone at 420-7924, or toll-free at 1-888-380-5008. You can also mail your information to:  
Clean Nova Scotia, 126 Portland Street, Dartmouth, Nova Scotia, B2Y 1H8.

# Waste Reducer Challenges

**Complete at least 3 of these 10 Waste Reducer Challenges to earn this patch.**

- 1.) As a Unit, participate in Clean Nova Scotia's litter cleanup program, the Great Nova Scotia Pick-Me-Up! Clean Nova Scotia will provide your group with the garbage bags and recycling bags to clean up a location of your choice. You might want to clean up the area where you have your weekly Guide meeting. For free garbage bags please call Kari (three weekdays in advance of your cleanup) at 902-420-7927 or 1-800-665-5377.
- 2.) Hold a swap meet at your Guide meeting. Bring in items you no longer use such as toys, books or puzzles (with your parent's permission, of course!) and trade them for items other Guides no longer use. This encourages kids to re-use items while reducing the amount of garbage being sent to our landfills. Re-think what you consider garbage -- it may be someone else's treasure!
- 3.) Create a short skit about the importance of protecting the environment. Your skit should depict what would it be like if we were running out of clean water, or there was only a small amount of fuel left for heating our homes and running our vehicles.
- 4.) Learn about environmental careers. What types of jobs are there and what education or training do you need for a future in the environmental sector?
- 5.) Make something useful and fun out of items you would normally throw away. You could make a piece of art, jewellery, or a sculpture of your favourite endangered species.
- 6.) In groups, discuss why recycling is important. What would the world be like if we didn't reduce and recycle?
- 7.) Make a list of all activities you do that involve water and energy (power). How can you reduce your use of these natural resources to decrease waste? Remember, it is important to think of ways to reduce all types of waste; not just solid waste.
- 8.) In small groups, create a poster or draw a picture showing what happens to garbage when you throw it out or explaining your relationship to the environment. Explain your poster or picture to the rest of your Unit.
- 9.) Talk about environmentally friendly cleaning products as an alternative to cleaners that contain synthetic dyes, scents and phosphates. Why aren't more people using them and how do advertisements on television effect our decisions?
- 10.) Make a personal commitment to make one change in your daily activities, for at least one week, which will benefit the environment and reduce waste. For example; "I will make a personal commitment to make my entire Halloween costume out of second-hand items." At your next meeting, tell the rest of the group how you met your personal commitment. Was it hard to do? Did it make you feel good to know you were doing something positive for the environment? Will you continue to keep the commitment?