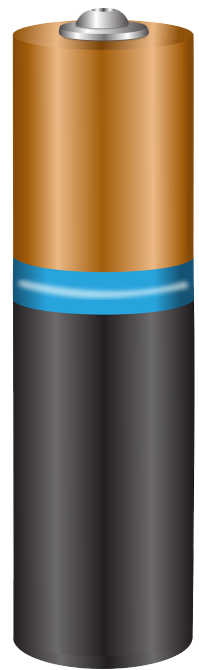
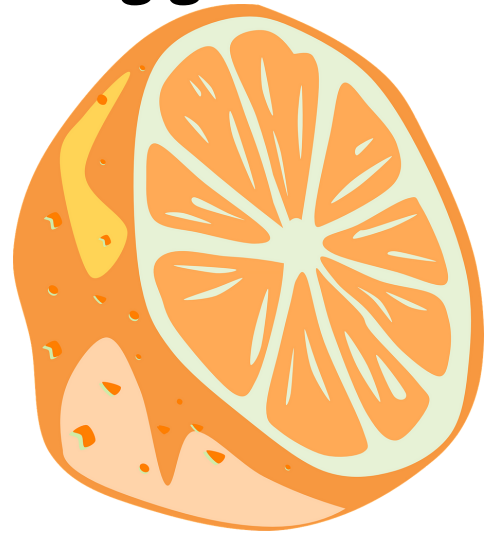
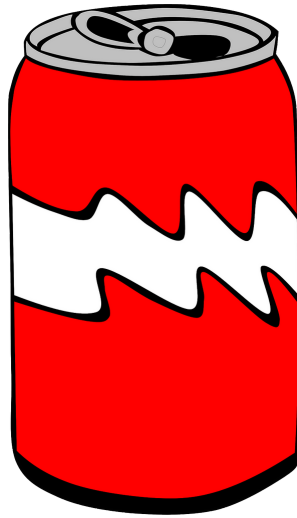


Print and cut items out for a guessing game



WASTE MANAGEMENT AT HOME!

The volume of waste being produced and how that waste can negatively interact with our natural environment is a current issue being addressed by scientists word wide. This at home Waste Management program is intended to help us think about sources of waste and how we can reduce the amount of waste in our daily lives.

Activity - Grab 5 items from your pantry and answer as many of the following questions as you can!

- Where was this item made?
- What is this item packaged in?
- Is the packaging recyclable, garbage or compost-able?
- Thinking like engineers, how could we make the packaging compost-able or reusable?



WASTE MANAGEMENT AT HOME!

EARLY CANADIAN SETTLER DINNER ROLLS!

Early Canadian Settlers made much of their food at home and got many of their ingredients locally, which eliminated the need for packaging to transport these goods.

ACTIVITY

FOR THE RECIPE YOU'LL NEED:

- 1 CUP OF WARM WATER
- 1/4 CUP OF SUGAR
- 1/3 CUP OF OIL
- 2 TABLESPOONS OF YEAST
- 1/2 TEASPOON OF SALT
- 1 EGG BEATEN
- 1 TABLESPOON OF SOFTENED BUTTER
- 3-4 CUPS OF ALL PURPOSE FLOUR



WASTE MANAGEMENT AT HOME!



Instructions:

Preheat oven to 400 degrees. In a large bowl, combine 1 cup water, oil, sugar, and yeast. Let sit until yeast is bubbly (about 8 minutes). Stir in beaten egg softened butter and salt. With a stand mixer or by hand, add flour, one cup at a time until you have a soft dough that isn't sticky. Knead by hand 10 minutes or 5 minutes with a stand mixer. Divide dough into 18 even pieces, and form into balls. Place in a greased 9 x 13 pan and cover with parchment paper and a kitchen towel. Let rise 10 minutes in a warm place. (You can allow them to rise up to an additional 30 minutes if time allows). Lightly brush with milk and bake on the middle rack for 10-12 minutes or just until browned.

This recipe can be found at <https://www.spendwithpennies.com/30-minute-dinner-rolls/#wprm-recipe-container-136278>

WASTE MANAGEMENT AT HOME!



EAT LUNCH LIKE AN EARLY CANADIAN SETTLER

Early Canadian Settlers would have eaten items like hard boiled eggs, cured meats, homemade breads (like the dinner rolls suggested previous), homemade preserves like jams and pickles AND homemade BUTTER!

ACTIVITY

To make your own butter you will need:

A mason jar, heavy cream (35%) and strong arms!
Fill the mason jar up half way with the heavy cream, screw the lid on tight and don't stop shaking until it becomes butter!



Now spread on your homemade dinner rolls with jam and enjoy!

Question? Considering the lunch described above, why do you think the early settlers of Canada produced such little waste?

WASTE MANAGEMENT AT HOME!

WASTE MANAGEMENT GUESSING GAME!

Hold up cut outs of items and ask someone how long you think that items takes to break down in the landfill?

CHEAT SHEET:

Diaper - 550 years

Aluminum Can - 80 to 200 years

Glass Bottle - 1 million years to never

Orange Peel - 6 months

Plastic Bottle - 450 years

Batteries - 100 years

Waxed Milk Carton - 3 months

Paper - 2 to 6 weeks

To Go Coffee Cup - 30 years

The length of time that these common items take to break down in landfills remind us of the importance of using our recycling and green bins whenever possible.

