

This self intervention was interesting because it made me realize exactly how much trash I throw away in just one week. It was a little bit challenging in the beginning because I would forget to save my trash and throw it away without giving it a second thought. However, once I got into the habit of saving my trash, it made me more mindful of what I was throwing away and it made me realize that almost every aspect of our lives now involves some form of waste. I would like to limit the amount of trash I throw away however certain essential things, like food, come packaged in certain ways that I, as a consumer, cannot do anything about.



This intervention showed me that almost 90% of the trash I accumulate is food waste. I went grocery shopping the day before starting this intervention and bought many single serving food items that are easy to pack for long days on campus. I went to Costco, which has great deals for bulk items, but that means that I had many waste products from these bulk items. I had many plastic bottles, chip bags, and plastic trail mix bags that held a serving of food that I had almost every day. One solution would be to buy less processed food that come in these single serve containers. I also noticed that I would instinctively go to pack a sandwich or fruit in ziploc bags; however, I had a pack of beeswax paper in the back of my pantry that I can reuse that does not contribute to my trash. Now that I understand that much of my trash is generated through food, I will work on reducing the amount of plastic I buy my food in. The other trash that wasn't food waste were extra papers from schoolwork and sticky notes; however, I am trying to focus on using my laptop for notes in order to reduce the amount of paper I use.



In the picture attached the farthest right 2 black trash bags and the brown recycling is week of self intervention. I had to repeat it twice as my roommates threw it in with the regular trash and my intervention was completed today. This intervention 100% changed my perception on how much trash I use because usually i group it in with my roommates trash and I never know my personal consumption. I was subliminally not buying products that had trash because I would have to take it back to my house and i still had way more trash at the end of the week than I would ever had thought. Amplify this on a large scale to all the people that have no idea how much trash they consume and how much trash we produce as a country or world with no one ever knowing where this goes. Ive since watched videos on youtube on the trash situations in beautiful vacation spots like Bali Indonesia. A beautiful vacation beach can be right around the corner from a beach that is covered in trash and we just turn a blind eye and don't realize the problem. Each individual person needs to hold themselves accountable for us to fix this. This was very enlightening, I enjoyed seeing how much of a carbon footprint we make compared to my dog... We go through a lot of packaging and material in one week !!



I really enjoyed collecting compost and inspired me to create a worm bin but my girlfriend wasn't too fond of the idea due to apartment living but I will be persistent!

I may start collecting compost and take it to the experimental farm because I know the landfill won't have any use for the lost nutrients and wasted methane.

I already am very big on separation(recycling) but If I could incorporate compost that would help lower my carbon footprint



Compost



After the week of collecting trash I realized that I make a lot of trash. I also realized I do a fairly good job of organizing it and recycling what I can. Primarily the trash that I "created" was recyclable. I think the reason that I am good at this is because my family is really big on recycling and reusing things. My mom is always constantly repurposing food containers she gets from stores and my dad is fairly handy and creates stuff out of scraps of stuff he finds (wood, metal, spools, etc.). My mom also doesn't really throw anything away, and I think this is because she is from a third world country, Samoa. She knows how important resources are and she stockpiles them. This exercise showed me not only more about myself but about my family (since I live with them).



What I found out about the self intervention was that I use a lot of things that I assume are recycling when they actually are not. Mainly, I have always thought paper towels and plastic bags or plastic wraps were recycling, along with milk and juice cartons. Doing this activity was difficult. It was hard for me to consciously save my trash when I took my lunch to school and throw away my items in a separate bag instead of using the usual trash. I think this assignment was good and needed for me to get a better idea of the waste that I produce and how much of it is hurtful to our planet. How can I decrease my landfill pile (picture #2) and increase my recycling and compost (pictures #3 and #1)? One small thing I can do is use more Tupperware containers instead of plastic baggies.

Overall, I appreciate this project and the thoughts it stirred up in me.



The most challenging part of “Don’t throw anything away” is remembering not to throw anything away. I have realized that I have thrown away Starbucks cup, food wrapper, or a piece of paper away when I am on campus. A lot of times I forgot about this intervention because throwing away things are so easy and frequent. I was also suffering from allergy and had to sneeze a lot. Most of the time I just want to discard the tissues I used for sneezing. So I had a hard time collecting them in the past week.

So then I tried to carry food with less wrap or packaging. For example, I would peel oranges or cut apples up, pack them in a ziplock bag or Tupperware, and leave the skin and cores at home. I still keep the food scraps in a common trash bin with my roommate, which made it difficult at the end to tell how much food scrap belonged to me.

The trash in my room is filled with mostly paper tissues, and maybe a few papers. I kept the recyclables in 2 cardboard boxes which were the boxes for strawberries. I realize a lot of things must be carried by containers such as the strawberries and the basket it came with. Although I avoided using plastic bags when I buy vegetables, things like yogurt, bread, and drinks must come with a container. My shopping style also produces less trash because I usually buy things in bulk at a cheaper price. It also means that there is less packing. I do concern about sustainability when I shop, but I do realize it is hard to minimize the amount of trash.

I wish I can do be more cautious about producing trash, and categorize trash more specifically. My biggest excuse was that I was really busy and sometimes it is more convenient to simply throw away things that keep them organized. For example, I don’t want to carry my empty Starbucks cup all day long since I will spend most of my day outside with no bag or no containers. Convenience is really important and frequently it overrules my will to save my trash.



My recycle papers

Food Scraps



Recycle packaing

Tissues in my room

For this self intervention assignment, I was responsible for keeping and separating my trash and compost for the entire week. In the beginning, it seemed like a task that I was just doing to complete an assignment, but it really made me aware of the impact that one person had on the environment. Keeping my trash for the entire week made me realize the impact that I alone had on the environment and made me realize that I need to be taking actions to reduce my waste. I realized that a lot of things that I normally throw away, such as plastic wrappers, containers, and bags will end up in landfills if not properly disposed of. This assignment made me more aware of the impact I have on the landfills and how much waste I produce. Towards the end of the week, I tried to decrease the amount of waste I was responsible for, and I will definitely continue to be more mindful about it. After this assignment, I realized that it is important for each person to become more mindful about the impact they have on the environment and the amount of waste they are responsible for.

No picture

Collecting my trash for one week was not as easy as I expected because I definitely take for granted the accessibility and convenience of trash cans. Making sure to keep my napkins and gum wrappers was a little challenging. I had to dig some things out of my home trash when I realized I had thrown the items away. I was challenged to use less disposable items, such as plastic forks and paper plates/napkins and I was less wasteful with my food because I didn't want to carry it home. I even went to the extent of eating the leaves of a couple strawberries to avoid carrying the remains home. My friends were supportive and helpful in reminding me to save my trash. All my trash fit in a large paper grocery bag. I was a little shocked that it wasn't more. Going forward I will continue to use less paper goods and more tupperware. I plan to buy less food so I don't waste it and be more intentional with rinsing cans and other items so that they can be recycled. This experience made me think about my trash consumption when I am home in Orange County versus here, in SLO. I love that SLO has small residential trashcans, because back home they are way bigger and my family goes through about three trash bags of food per week because that is the norm and acceptable. Here in SLO, with half the amount of people we usually use about one trash bag.



This project was more difficult and eye opening than I had expected it to be. In this assignment my results are a little inflated considering I included all the waste from cleaning my room. Through this process though, I saw just how much waste I went through in a week. The biggest contributor for waste was the food packaging from all the fast food I had been eating. Seeing as I'm on campus from 8am-9pm nearly every day, I've been eating campus dining consistently which incurs a lot of waste. To counteract this, I think I'm going to start packing my own meals in reusable containers.



Starting at the bottom left, we see that I have landfill items consisting of dirty plastic bags, a rotisserie chicken from Costco container, some junk mail ads, and a pizza box from Domino's. At the top right, my recyclables can be found to be cans and glass containers that I have gone through as well as some Gatorade bottles. At the bottom right, scrap pieces of chicken from earlier this week, and some onion peels. These are compostables. There isn't much because I tend to eat all my food, or have leftover melted cheese on my plates that I wash away. I use reusable water bottles, or glasses to drink from. This trash was mostly accumulated through the week at my home, because I didn't eat out this week, and I only go to school for class, therefore I didn't really garner much trash there that I had to bring home.

I think that there would be a lot more trash if long-term items such as toilet paper rolls, contact lens containers, and large chip bags were finished during this week. Or if I had ordered a lot of supplies on Amazon, I would have large boxes here as well. Thankfully, when I went to Costco this week, they use large boxes to carry your groceries out, and my roommates and I use those boxes to take trash to the dumpster. We also drink from large containers of liquor, and did not finish them this week.

One way I can reduce the trash produced by me is to stop getting junk mail (somehow), stop drinking canned soda (which would be difficult for our household), and stop ordering pizza (which is something I know I already need to do). The compost I produce is much lower this week because I didn't eat eggs like I usually do. Also, this week we shopped at Costco so most of the food I had we still have all the containers, such as bread, hot dogs, and frozen chicken breast. To be honest, I usually produce a lot more trash than this, and that makes me realize that I really need to cut down or just shop at Costco more so that I can keep this trash to a minimum.



For this self-intervention it took me a while to consciously stop myself from throwing things away so I could properly start it. Once I began, I found that I tried to limit the amount of trash I created whenever possible just so I would have an easier time keeping it on me whenever I wasn't able to store it away. This led to me minimalizing my use of things like napkins and tissues (although allergies made that difficult). It also made me feel far more conscious about all the trash that I can end up producing in just one week. As for the reaction of others, they just accepted that I had to accumulate my trash for a week and never bothered me about it. No one ever pointed out the Starbucks' plastic cups I'd occasionally carry around on my backpack either, which was a surprise to me. It was still quite the challenge nonetheless just cause carrying trash can get difficult when you don't want it to get other things dirty, such as my backpack or room. I managed to store the trash in a taco bell bag and by a small table used for larger recyclables near the trash can in the kitchen. I did find it interesting that most of my trash was from when I ate food, either wrappers or just napkins, and when I had to blow my nose cause of allergies. Outside of that, I had some plastic packaging from a package I ordered. It was certainly quite the experience and sort of compels me to try and reduce the amount of trash I create.



I started with dumping a few papers inside a brown paper bag ,forgot to include it in the photo, and left it in my workspace. I figured it would be filled with a bunch of paper materials and Starbucks cups as I had models and drawings due, thus the clump of papers in the photo. I didn't have much composting stuff, I ate berries and tomatoes this week. I am more of oatmeal in the morning than eggs person, so no eggshells either for composting. Maybe I got to include more fruit and vegetables in my diet. The one thing I did threw out accidentally a lot were the Pop-tart wraps and Starbucks cups. I would estimate three to five cups. With an upcoming month of long-nights for senior thesis I decided to invest in a reusable Starbucks cups for my mid-day/late night coffee runs. It only took this assignment to finally make me consider my impact on waste with my coffee cravings.

BUT then I started thinking about how I hardly ever seen people use or buy a reusable cup at Starbucks on campus. Should we all be investing in reusable Starbucks cups or something similar of that sort? I am much more curious what would happen if you started counting all the cups for a week at the two Starbucks locations on campus, and at the end of the week place the same number of cups in a giant bag or glass container for the students to see. What would their reaction be? As well as how much would it be?



Attached is my photo for the first self intervention. On the left is the subway that I ate for once a day for a few days. The munchies I ate when I needed more in a day. And the drink cups I got from Subway on the right. And two water bottles that I couldn't stand up. Since this is the fifth time I've been asked to participate in a "don't throw any waste away thing" it was boring. I had also realized that I hadn't throw any of the trash in my room away in the past month. So I could have submitted this earlier. But being my fifth time at this I learned nothing new. I understand that there are a lot of waste made by certain actions I take. However, as a college student I don't have the money or sometimes time to choose better alternatives. When this invention was put forth I wanted to through everything away because I realized I hadn't. I'm already ok and complacent with living in garbage because it affects only me. However, I wanted to show that I would put in effort for this class. So after a few days of subway I finished the week of waste by going to splash cafe and buying a bread bowl everyday as my one meal (because \$13 would be double my food budget for any day). Any this way I could produce zero waste for the remaining days. I drink water out of the two bottles pictured and reused them if I was hungry which was more often since a subway sandwich would fill me for a day and that bowl was close. Anyway, I'm proud to say that a majority of my trash is subway but less proud to realize that the cup and straw are plastic and I shouldn't get it even though I get them free since I take the feedback survey on the receipt.



During this one week of saving all of my trash, I tried to keep my eating habits the same as they always are to truly be able to see how much of an impact I am contributing to the landfill on Earth. As part of my normal routine for eating is meal prep at the beginning of each week, every two weeks so I unfortunately was in the middle of my two weeks when I began saving my trash. Consequently, a lot of my food was already prepared and in Tupperwares in my fridge. I was fairly proud that the majority of my trash did seem to be compostables. I did have plastic bags from a bag of carrots that I had which made me think about buying whole carrots to avoid having to use a bag for those at all.

Initially, my roommates were very confused as to why I was saving my trash. Beyond that, however, they did not think much of it other than the fact that there was not much trash at all. I assured them that I was indeed eating, and that I had a good amount of my food already prepared. The most challenging part of this was remembering that I had to save everything. When I was cutting up my bell pepper, I forgot that I was supposed to be saving everything and had to fish the core with all of the seeds out of my trash.

During this week, there were times that I tried to imagine how better I could have shopped or purchased my groceries to use less plastics. I know that I can buy lettuce and the only landfill item that comes with that is the tie that binds all of the leaves together. The biggest thing that stumped me was finding a way to purchase my protein in a way that did not incorporate plastic or other landfill items.

my week, my roommates did decide to start engaging in personal check-ins with themselves each time that they discarded trash, which I found empowering. The most challenging part of this exercise was the fact that I work in a restaurant, an industry in which food waste is extremely prevalent. I am a server, but I bus my own tables frequently. Each time that I bus a table I bring plates to the “dish pit” and must scrape excess food into a trash bin. I wanted to save this waste (for my project and to help those with less resources), but in restaurants there are seldom avenues for doing so. This really made me think about the amount of food waste we produce in America, as I work in one restaurant that is in one town, in one county, in one state, in this country. The most interesting aspect of this intervention was the realization that I feel helpless. I feel as though it would be so difficult to sustain myself without contributing to waste because everything is packaged. Going forward, I plan to continue shopping at the farmers market and bring my own bags for produce.

So after a week of collecting my trash I was able to realize how bad this must be for someone in a less developed area who isn't able to just throw their trash out whenever they need to. The smell for one gets bad, and aesthetically it's unpleasing to look at and it takes up an inconvenient amount of room. I will take my food to the compost bucket we use at my job, and recycle the boxes, bottles, and paper that was leftover. By the end of my intervention I learned how to throw out only what I needed to get rid of and tried to save food I didn't eat, reuse boxes and plastic so that it wasn't piling up, and be more sustainable in the way I throw things away. There was for sure a lot of tissues collected from this bad allergy season.



As much as I try to live a low waste lifestyle, the “don’t throw anything away” self intervention was really challenging. Somebody once told me, the easiest way to reduce waste is to consume less. I consider myself a minimalist, I set up my household a couple of months ago and got everything I needed from old stuff I found at my parent’s house, so there is no reason I should be purchasing stuff now, and on top of that I started a self intervention for the 2019 year to not buy any clothing item at all throughout the entire year. Sadly, I am still a consumer, more specifically I am a once-a-week consumer. I go to the grocery store every Sunday, and even though I try to buy as much unpackaged produce as possible, plastic is inevitable. For this one week intervention, I decided to avoid purchasing the packaged stuff, like cheese and carrots. Usually, for the stuff that comes in a container, like yogurt, or tomato sauce, I recycle the plastic and wash the glass jar to reuse it as storage for my leftovers and overnight oats that I make for breakfast. Since my apartment complex does not take compost, for the organic waste that had an end cycle, like onion shell, avocado nut, etc, I took it to my boyfriend’s house where he does have a yard waste green bin, but I could have also taken it to the student experimental farm, hopefully I’ll do that once I join polyponics and can go up there weekly. For the basic hygiene products, like soap, shampoo, and toothpaste I buy in bulk and recycle the containers. I still have plenty left so I didn’t have to throw any away this week. I don’t wear makeup so I don’t have a need for extra products like makeup remover wipes or the makeup container itself. However, I haven’t gotten around yet to get compostable floss, so that had to go into the landfill. I was also sick this week, and my cold medicine came prepackaged in plastic and aluminum film, that also had to go to the landfill. However, instead of using tissues I carried with me a handkerchief, and washed it every night, worked perfectly, I did not run out of tissues and I generated zero waste due to my runny nose. I was able to do this for my trash, but my housemates did not want to participate, mainly because they find it inconvenient to have three separate bins for trash. At the beginning of the year, I convinced them to keep a paper bag behind the fridge for our recyclables, however, the compost is a little tricky since they prefer to take out the trash every other day due to the smell... they produce a lot more landfill trash than I do, and it is hard to see that every day. For example, they use ziplock bags which I convinced them to wash and reuse, but they throw them away every once in a while, or they go through a roll of Costco sized paper towels a week because they use it to wipe down the counters every day, instead of using a piece of cotton cloth. I still have some convincing to do, and sometimes I have to remove myself from the situation when I see things I cannot tolerate and I have tried to talk them through (like not recycling aluminum cans... what?!). Anyway, I hope I can get there with my housemates and with anybody reading this, as well as I hope to reduce my waste generation too, and become more efficient. Here are pictures of the trash I generated in a week: it goes in order, compost, landfill, recycles, and my leftover pasta in the mason jar just because it looks so cute.



I think I fairly estimated the amount of trash I thought I would consume throughout the week. I guessed I would produce 10 pieces of trash; however, I produced 13. About half of the trash

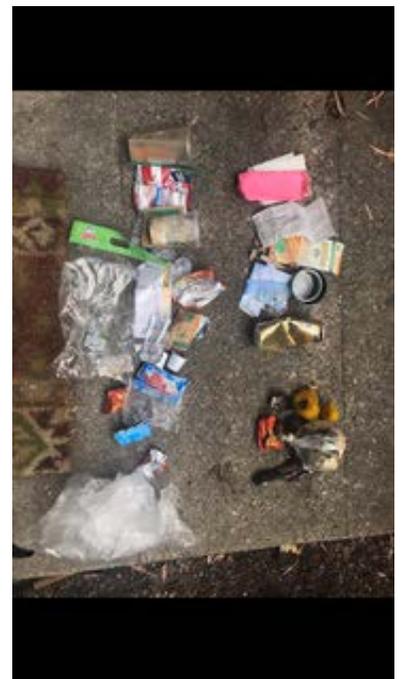
Not throwing away anything for these past few weeks has been interesting. I live on campus and in the dorms, therefore most of my meals are eaten at dining halls. It really became clear that if I am not eating at 805, I will end up with something to throw away since that is the only zero waste dining. I usually eat three times a day which means I gather pounds of waste from every place. The true amount was not apparent to me until this activity. Each restaurant gives you a decent amount of trash for everything they serve, not to mention silverware and napkins. Soon after I began, I found myself taking less and less napkins when I initially grab some. Before, I definitely ended up wasting more napkins than I actually used. Also, I have begun to use metal utensils, and I will carry them around with me. Honestly, this is an incredibly simple and practical solution. Plus, metal forks and knives functionally work so much better and are tremendously easier to use than plastic utensils. One of the other main observations I noticed while participating in this activity, is there are very limited places that provide both recycling and composting areas. Half of the items I throw away could be composted and also the majority of waste items that the dining hall provides say they are compostable. However, I am not normally able to compost them because there are so few limited places to compost on campus. Overall, I fully did not imagine or truly see how much I am throwing away each day. It is definitely not an amount that I am proud of and I have become more conscientious of how much I am using and what exactly I can do to limit the amount of waste I contribute to the world. All of my food waste goes into my normal trash can at home and not into a separate compost bin. I should definitely look into composting and getting all my roommates to compost as well because collectively we produce a lot of food waste.

I just completed my Self Intervention of not throwing trash away! In the picture, recyclable is top right, compostable bottom right, and landfill on the left.

I have always considered myself to be a somewhat sustainable person, and what I lack in practice I hold in ethics. However, this intervention gave me a true glimpse at how greatly lacking I actually am in this sphere. Throughout the course of a single week I contributed far more to a landfill than to recycling or composting. During my day, as I would think about this intervention, I would contemplate and sometimes even congratulate myself for the various recyclable things I was using. I was so focused on the waste that was able to be recycled that I did not notice the greater accumulation of pure waste. Even during this intervention, when I would put some small thought into the waste I produced, I have realized small thought is not enough to change your lifestyle. In order to create a practice in tandem with my values, I need to dedicate real meditation to the types of materials I use everyday. Admittedly, it was even somewhat difficult at times to remember to not throw things away! I would instinctively reach for a trashcan before realizing what I was doing. The most difficult part, however, has been the end result and coming to terms with my lack of sustainable practices.

Despite my surprise, there is still a great message that has been conveyed to me. Even if the Intervention for this class is over, I plan on continuing and strengthening my personal intervention - for myself and for the planet.

I started this don't throw away intervention last Sunday, it is quite interesting to see all my trashes at the end of the week. I have a bunch of recyclable trash such as plastic bottles and beer bottles. I kept all the recyclable trash in a box for almost 6 months, I dumped the trashes into recycle bin every month. I started doing that since the last time I was doing the do not throw away intervention. I discovered that I threw away so many recyclable trashes into the regular trash can. After collecting them in a separate box, now I can easily know what to dump in the recyclable bin and regular trash bin. As the recyclable trashes started to accumulate, I think it is a time to try to avoid using all the plastic bottles since the majority of my trash comes from the plastic bottles. During the week, I think the only trash I missed to collect was that one time I was having a burger in campus market and I easily threw the wrap of the burger away in one of the trash cans outside of the agriculture building. It is very challenging to keep ALL the trash. And it also raised the awareness of how much trash I created throughout the week. I am going to keep



doing the recyclable box and start to try to make less regular trash as well as recyclable trash. My girlfriend also supports me doing this and she is not very surprised about my trash collecting. However, I had some friends come over on Tuesday; they were surprised about the recyclable trash I was collecting. They said they have never thought about how many trashes they create ever, since they just dump their trash out whenever the trash can is full, and they hardly ever divide all the trashes into different categories. I think this is a very meaningful intervention.



I already live a life where I wanted to be zero-waste and conscious of the items I buy, but the day the self-intervention started, I realized how easy it is to forget about the waste from everyday items!

The one thing that made me restart the “Don’t Throw Anything Away” challenge were napkins! Napkins in the restroom specifically.

Once I restarted, I made sure to carry a bag with me. I already meal prep and pack my lunch, so carrying items were no big deal. What I did NOT want to carry was the peels and cores of fruits that I eat during school. To not have to carry the rotting food around, I ate the fruits when I was at home. I got a compostable bag and placed my compostable items into the bag and placed it in the freezer, so it does not smell. I am surprised my roommates did not notice a bag of rotting food was in the freezer!



During the week, I researched quite a bit! I became a lowkey recycling and compost guru. Here are the images that I used to help me determine what items to use and how to sort my items in the end.

I use daily contacts, cotton pads, and Q-tips. I was worried those items would add to the trash pile, but it does not! If the Q-tip does not have the shiny sheen on it, it can be composted. The cotton pads are compostable, and my daily contact containers are recyclable.

The trash been just had my worn contacts and the dryer sheets. Now I am seriously considering on getting Lasik and using wool dryer balls.

At the end of my week, I became a lot more conscious of the items I use, and actually started advocating to my friends and roommates how to not just throw things away because they can. The biggest take away is to actually be AWARE. Be aware of your use, purchases, and where it will end up. Can this be composted or recycled?



What did you change about your life?

I ended up actually separating my trash into landfill, recyclables, and compost for the first time in my home. My community is not very environmentally friendly in terms of properly throwing out trash so it was cool to take my recyclables to an actual recycling center.

What was the response of other people?

I didn't get many responses from other people because I spend most of my time off campus since I only have class twice a week.

What was challenging?

The biggest challenge was keeping all of my trash. I kept having the tendency to throw it away when I was on campus but when I was off campus, I kept my trash in a bag in my car. I kept having to restart my 7 days because I kept forgetting to actually keep the trash.

Interesting?

The biggest thing I found interesting is how much paper we use in the academic system on an everyday basis. I did a lot of decluttering at home and tossed out SO MANY PAPERS. I tried to reuse as much as I could but there's only so much I can do with a written double sided paper. It just makes me more excited that our society is digitizing the way we take notes and is trying to change the norms into a more eco-friendly lifestyle.

Also, I don't know if you saw this yet but I found it very amusing and the money made from the song is going to funds that help the Earth!

https://m.youtube.com/watch?v=pvuN_WvF1to

I didn't produce as much trash as I thought I would, but I think that's because I was aware of the intervention and subconsciously trying not to produce so much trash throughout the week. Majority of my items were either recyclable or compostable, except for the cookie wrapper and my toothpaste. The challenging part of this assignment was remembering to keep the trash that I produced at school. In addition to the items in my picture, I consumed three yerba mate drinks on campus. The drinks come in glass containers and although I forgot to bring them home with me, I did put them in the recycling trash bins on campus. This assignment made me realize how much food I don't actually compost. All of my food waste goes into my normal trash can at home and not into a separate compost bin. I should definitely look into composting and getting all my roommates to compost as well because collectively we produce a lot of food waste.

No Picture Provided

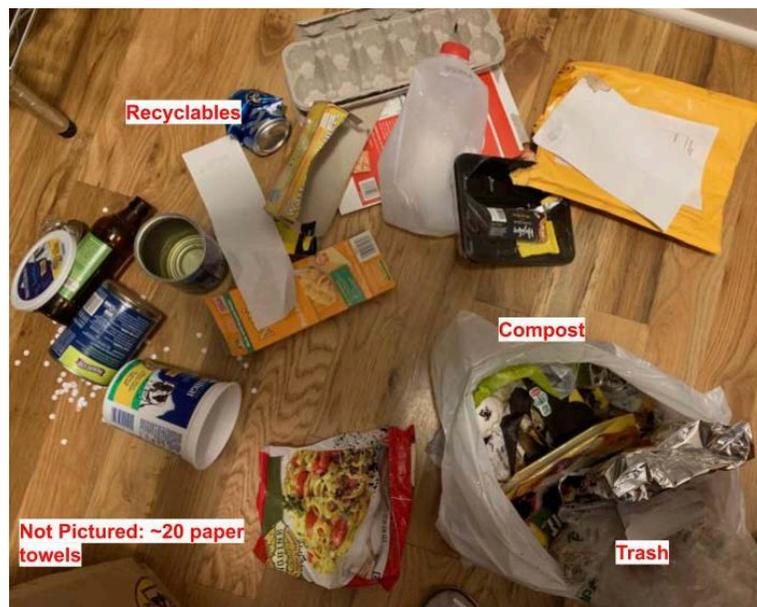
Here's the picture of the trash that I kept for a week. This assignment was very enlightening for me - I had never really realized how much waste I went through every week. Part of this has to do with my

eating tendencies - I cook a lot of prepared frozen microwave food and individual yogurt cups which leaves a lot of waste. I think in the future I will look to find more sustainable ways to eat conveniently. (If you have any ideas on how to accomplish this I'd love to hear them.) Most of my compost consisted of my coffee grounds, which



would be good to put in plants. Unfortunately, some of my vegetables went bad after I didn't eat them, but I hope I can find ways to better use uneaten food in the future. (Perhaps as fertilizer?) My roommates definitely thought that it was a bit strange that I was keeping all my trash but it was definitely worth the experience.

This self-intervention made me realize just how much waste I produce and the fact that I have no idea what happens with it after I dispose of things. I know that it goes to a landfill, but I don't know where or for how long it will take to decompose. I also realized how many paper towels I use when I am on campus after washing my hands in the bathroom. The people that I told about the assignment thought that it was cool! What was challenging was trying to keep hold of my trash that I created while on campus and bring it back home to collect it. For the most part I remembered to collect my trash. I think we should use air dryers in all bathrooms on campus.



For this self-intervention, I was tasked with collecting and keeping the trash I produced for the duration of a week. By the time we were assigned this project, my trash bin was already about half way full, so I continued from this point and my collection resulted from waste produced for about a week and a half. For this reason, I had an absurd amount of trash and sorting through it was definitely an interesting task to say the least. I was actually extremely disgusted with how gross my trash was and if I could redo this project I would have sorted the trash as I went along instead of all at the end. I also ended up having to throw away a lot of food that I had not eaten because I was leaving town for the weekend. That made me realize how much food I waste per week and I am going to more conscious about the number of products I buy from the store.

This project was extremely eye-opening for me about how much waste I alone produce and imagining the magnitude of waste compiled that each person produces. From now on, I am going to be more conscious on how I can reduce my trash load.



Recycling



Landfill

This experience really showed me how much trash one can produce in a short amount of time!! I use a lot of plastic products that aren't reusable (some that are—i.e. plastic bags). I had to throw out all of my food scraps throughout the week (we don't have a garbage disposal system in my house and we already have a huge mold issue), but other than that, I tried to save anything I would have thrown in a trash bag. My roommate thought I was weird for saving all of my trash in a pile in our kitchen, but at the end, I showed her how quickly it adds up. By seeing how much trash I produce, it got me thinking that this was just ONE person's trash over the course of about 6 days. I could only imagine what our landfills look like. At least we do recycle here and there are places where you can go to recycle specific types of trash.



Living on campus in the dorms is perhaps one of the most unsustainable living situations imaginable; your neighbors are always loud, the bathroom is never clean, and you're lucky if you get to sleep before 10pm. Aside from marginally fulfilling Maslow's first and second tiers, the traditional dorm experience is inextricably tied to waste. Eating just two meals a day requires two take-out containers, two forks, countless napkins, and more that is often times not recyclable or biodegradable, and reports have even suggested that even if Campus Dining started using more environmentally sustainable single-use dining products, the local waste management company cannot process these materials. What is pictured here is the waste that I have generated in a normal week. Through this experience, I have realized that I generate less waste than I thought, but still more than I would like. I have stopped purchasing single use dinner ware like plates and forks for myself, but I still use them while eating on campus. However, fruits and vegetables are often packed in plastic containers.

When others would come to my room, they saw how much trash was everywhere. It was embarrassing for them to see my space in such a state, but it highlighted for me that I need to find better ways of managing my waste. When I live off campus next year, I hope that my trash output decreases significantly as my ability to avoid microwaveable food and Campus Dining will skyrocket.



-What did you change about your life?

I made more of a conscious effort to put waste in the correct pile and to be more mindful about how much waste I create.

-What was the response of other people?

I told my roommates about the self intervention and not to throw away all of our trash for the week. They seemed to think it was odd but understood what it was for. When people came over during the week, they would notice the large trash pile but I would just explain what it was for and they thought it was cool.

-What was challenging?

Our apartment is usually clean so it was difficult to not want to throw away the waste. We do a pretty good job of separating recyclables so this wasn't too hard of an intervention.



This assignment was honestly very difficult for me. The fact of having to keep all my trash was very difficult to follow. In order to make sure my roommates did not throw any of my trash away, I had to keep all of my trash in a paper bag in my own room. Personally, I found that to be pretty gross. When my roommates found out about my assignment, they were a little disgusted. They thought the assignment was very strange and were a little judgey about it. It was weird for me to have to always remember to keep my trash. That is something I would never think about, where my trash went. It has always been so easy just to throw my trash away and think nothing else about it ever again. At the end of the week, I was shocked by how much trash I had accumulated. It really was an eye opening experience by seeing how much trash occurs in just one week for one person. I cannot imagine the amount of trash my whole house of five girls acquires even within one day. I will begin to become very cautious about the amount of trash I am using from now on.

Throughout the week that I kept all my personal waste, I accumulated the most landfill, followed by recyclables, and lastly compost. I do not use plastic bags, so I had only 3 groups of waste. It is upsetting to see that most of my waste will go to the landfill. In the past year, I have already begun trying to limit my waste that goes to the landfill. As of now, I use cloth reusable bags for grocery shopping, wax covered cloth to keep perishables in the fridge fresh instead of plastic bags and reusable water bottles. I also try to buy organic materials and compostable or minimally plastic packaging. However, after saving a weeks worth of my waste, I want to continue to make better decisions when it comes to packaging and decreasing my plastic consumption. I want to also try to volunteer or donate to organizations that are working on minimizing plastic consumption and cleaning up plastic already in the environment.



I picture without a statement because I couldn't open the statement attachment.

