

Transition Streets
Facilitators guide for session 5
Waste



What do we want to achieve and why?

Key aim: To allow the group to give themselves permission to share their habits and explore issues deeply honestly and openly.

Facilitator Tips:

- Send a reminder to the group 1 week in before the meeting.
- Take 2 mins just before you start to ask yourself ‘what do I want to achieve in this session and why?’
- Spending time warming the group up first makes brainstorming objectives more productive and running through the workbook less dry.
- Some groups already know each other well and may need less time warming up.
- The confines of a living room often mean breaking rules about good workshop practice. For example, breaking into sub groups and moving around doesn’t work so much. If people feel they are back at work or school, they may resist engaging.
- We suggest that you have the group agreements from the previous meeting written up and posted on the wall during the meeting. You may want to review them as a group at the beginning of each meeting.
- Try to draw everyone into the conversation. Give everyone a chance to speak.

To bring:

- Your own TS workbook
- Flip chart & pen – at least 3 sheets:
- 1 titled ‘actions & progress from last session’;
- 1 ‘chapter highlights’;
- 1 ‘bigger picture’

Please note: All timings are suggested. Feel free to adjust timings to best suit your group.

<p>Gather, welcome, warm-up</p> <p><i>One idea for a warm-up activity: A waste-guessing game. Have enough index cards or post-it notes for everyone in the group, with a different example of waste written on each card (such as apple core, canned beans can, toilet paper roll, etc.). Adhere a card on each person’s back (using tape or clips) -- without them seeing their card. Everyone goes around asking yes or no questions to others in the group to find out what their card says, asking two questions per person. Continue until the majority of people have correctly guessed their waste (or for a set time period).</i></p>	<p>10 min</p>
<p>Review actions & progress from previous session</p> <p>What actions have you taken since the last group session to support our local food system?</p>	<p>15 min</p>

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Facts & Actions: 'Waste'

This chapter covered the following topics:

- **Understand your own waste (5.3)**
- **The Story of Stuff (5.4)**
- **Refuse (5.5)**
- **Reduce (5.6)**
- **Reuse, recycle, repurpose, repair (5.10 and 5.12)**
- **Return to earth: Make your own compost. (5.14)**

Some suggested actions included:

1. Get off junk mail list.
2. If something is broken, repair it.
3. Buy used items.
4. Donate or sell items that you no longer need but could be used by others.
5. See if you can rent or borrow items that you would not use often.
6. Use durable cups, napkins, plates and cutleries instead of disposables.
7. Use reusable bottles and jars instead of disposable drink cartons.
8. Take reusable shopping bags wherever you go.
9. Avoid excess packaging – with food, purchase produce that you cut and wash yourself (buy them loose or in paper bags instead of in plastic bags).
10. Bring your own containers and purchase dry goods in bulk.
11. When shopping, choose larger sizes rather than individually packaged portions (if you will be able to eat it all or can properly store it).
12. Buy things that can be refilled.
13. Look for biodegradable packaging.
14. If you drink milk, find out if there's a local service that will deliver milk to you in glass bottles.
15. Reuse or recycle waste packaging. Look for products that come in recycled materials. Buy products that are made from recycled materials and are recyclable.
16. Ask shop managers what they're doing to reduce packaging and ask them to step up their efforts.
17. Avoid buying plastic whenever possible.
18. Use rechargeable batteries instead of disposable ones.
19. Set up recycling containers in your home and recycle (don't forget bathroom products).
20. Find out what can be recycled locally and where to send the stuff that can't.
21. If your neighborhood doesn't have an option for recycling collection, start a petition and ask your local government representative to start a program.
22. Make your own compost with a compost bin or worm bin.

*45 min
 Note:
 we've
 given less
 time for
 this
 section
 than in
 previous
 chapters
 to allow
 for the
 viewing of
 Story of
 Stuff
 during the
 meeting.
 If you
 don't plan
 on
 viewing
 the film at
 the
 meeting,
 then
 you'll
 have 60
 mins for
 this
 conversati
 on.*

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<p><i>Some potential questions to guide the conversation:</i></p> <ul style="list-style-type: none"> • What information stood out for you from this chapter? • Was there anything new and surprising? • Are there things you’re doing to reduce your waste that aren’t mentioned in the chapter? • 	
<p>Your Personal Action Plan</p> <p>Now that we’ve talked about the facts and actions to reduce waste, let’s fill in our own waste action plan (section 5.16 of the workbook). What are the actions that you’ll commit to doing?</p> <p>The action table in your workbook has room for you to include actions that you will be doing, along with a deadline. It also has room for you to note actions that you’re already doing to reduce waste.</p> <p><i>Give people a few minutes to write down their actions. If there’s time, the group could go around to share one action that they’re committing to take.</i></p> <p>Are there any group actions that you want to take that you’d like help with from others in this group?</p>	<p>10 min</p>
<p>The Story of Stuff</p> <p><i>If you have the technology to show the Story of Stuff (available online), we recommend that you watch this together. Otherwise, we suggest asking people to watch the film before the meeting. Here are some questions to discuss as a group:</i></p> <ul style="list-style-type: none"> • Has anyone in your group lived or traveled in Third World countries? Did you notice differences in the cultural role of consumption? Differences in the prevalence of advertisements? • Annie Leonard, the producer of “The Story of Stuff,” said: “The American economy’s ultimate purpose is to create more consumer goods.” Do you think that’s true? Can that change? Should it? • Leonard also said: “...many environmental and social change efforts have come to reflect the centrality of shopping in our culture.” <ul style="list-style-type: none"> ○ Have you seen the environmental movement impacted by consumerism? ○ Do you think this is an overall good thing, or a problem? ○ How do we move beyond “voting with our dollars”? 	<p>35 min</p> <p><i>Note: 20 minutes for the film (if watching together), 15 mins for discussion</i></p>
<p>Re-confirm Next Meeting</p> <p><i>Before ending the meeting, the group should re-confirm the date, time, location, and facilitator of the next meeting.</i></p>	<p>5 min</p>