



WASTE RESOURCES

Curb your impact - refuse, reduce, reuse, repurpose, and recycle!

1

[Database of Recycling Centers](#)

2

[EPA Waste Resources](#)

3

[10 Ways to Reduce Waste](#)

4

[8 Lessons Learned from 4 Years of Zero Waste Living](#)



Bonus: Explore Food Waste

[Home Food Waste](#) | [More Food Waste Resources](#)



WASTE DISCUSSION QUESTIONS

Break Big Issues into Bite-Sized Pieces

HOLD DISCUSSIONS TO SUCCEED TOGETHER IN THE ECOCHALLENGE

Discussion questions can be a great way to engage and motivate your EcoChallenge teammates. Discussing your challenges and successes throughout the challenge can help your team bond, and can help you develop solutions to continue your EcoChallenge far beyond this two week challenge.

As facilitator, your role is to stimulate and moderate the discussion. You do not need to be an expert or the most knowledgeable person about the topic. The primary goal is for everyone to participate and to learn from themselves and each other. Draw out quiet participants by creating an opportunity for each person to contribute. Don't let one or two people dominate the discussion. Thank them for their opinions and then ask another person to share.

Be an active listener. You need to hear and understand what people say if you are to guide the discussion effectively. Model this for others. Invite participants to focus on personal reflections — values, feelings, and experiences. The discussion is not for judging others' responses. Consensus is not a goal. Celebrate the diversity of perspectives and life experiences!

FACILITATING A DISCUSSION

Below is a sample of discussion questions you can try with your family, friends, or coworkers, or reflect on during your EcoChallenge. These questions were developed as part of NWEI's Discussion Course. To learn more, visit nwei.org/discussion-course-books.

- 1** Why is reducing your waste important to you?
- 2** Upon what mental models and cultural assumptions is consumerism built? What can you do to examine and transform these in your own life?
- 3** How do you apply each of the actions of "reduce, reuse, recycle" in your life currently? What more could you do?
- 4** Does the availability of "green products" keep you from making deeper lifestyle changes? What changes can you make that don't involve purchases?

