



SESSION TITLE: TRASH MANAGEMENT

Date:	Time:	Facilitator(s):
Learning Objectives:		
<ol style="list-style-type: none"> 1. To understand the importance of trash management 2. To understand proper trash management. 		
Facilitator Preparation:		
Materials:		
<ul style="list-style-type: none"> • Equipment: • Handouts: Eco-Brick Construction poster (Appendix 2) • Trainer Materials: Decomposition of trash cutouts (Appendix 1) or plastic bag, glass bottle, disposable diaper, tin can, cigarette butt, chip wrapper, juice box, plastic bottle, paper towel, orange or banana peel, and styrofoam, cutouts of true or false trash management phrases (Appendix 3), cutouts of different trash items (Appendix 4), eco-brick construction materials (plastic bottles, plastic wrappers, plastic bags, styrofoam, stick) 		
Step / Time / Facilitator	Instructional Sequence	Materials
Motivation 15 minutes	<p>-Before the training collect the following items (if you do not have time, use the decomposition of trash cutouts found in Appendix 1)</p> <p style="padding-left: 40px;">Plastic bag, glass bottle, disposable diaper, tin can, cigarette butt, chip wrapper, juice box, plastic bottle, paper towel, orange or banana peel, styrofoam.</p> <p>-Display these items in front of the room and ask the participants how long they think it will take for these items to decompose.</p> <p>-Tell them how long it really takes for these items to decompose</p> <p style="padding-left: 40px;">Chip bag: 500 years Plastic bag: 20-1000 years Glass bottle: 1 million years Diaper: 500 years Tin can: 50-100 years Cigarette butt: 1-5 years Juice box: 5 years Plastic bottle: 450 years Paper towel: 2-4 weeks Orange or banana peel: 2-5 weeks Styrofoam: 500 years to forever</p> <p>-Ask the participants the following questions:</p> <p style="padding-left: 40px;">What do they do with their trash?</p> <p style="padding-left: 40px;">Why is trash management important?</p>	<p>-Plastic bag -Glass bottle -Disposable diaper -Tin can -Cigarette butt -Chip wrapper -Juice box -Plastic bottle -Paper towel -Orange or banana peel -Styrofoam</p> <p style="text-align: center;">OR</p> <p>-Decomposition of trash cutouts (Appendix 1) -Tape</p>



	<p>How does trash management affect their health?</p>	
<p>Information</p> <p>20 minutes</p>	<p>-Explain the current trash situation in the community:</p> <p>Many people throw their trash in the street or have a pile of trash outside of their house.</p> <p>Many people also burn their trash.</p> <p>-Explain why this is bad for the health of the community</p> <p>Trash in streets: this is bad because it contaminates the environment, promotes contamination via food and water (routes of contamination) which can cause illnesses, and is a vector of dengue and other mosquito-borne diseases. When it rains the standing water amongst the trash is a breeding ground for mosquitos.</p> <p>Burning trash is very harmful to the environment and your health. In regards to the environment it pollutes the air and increases the effects of climate change. In terms of health, burning trash can cause increased heart disease, respiratory ailments like asthma and emphysema, rashes, nausea, headaches, damage to the nervous system, kidney and liver, affects reproductive and development systems and is also a carcinogen.</p> <p>-Explain the other trash management options:</p> <p>All organics can be used in composting or given to animals (plant material, food scraps such as egg shells, fruits, vegetables)</p> <p>Participate in the local trash management program</p> <p>Install a micro-landfill in your household. A micro-landfill is a type of underground trash storage that utilizes a pit in the ground (1mx1mx1-3m) that is filled with trash over time. It also has a cover to prevent animals from entering. It is beneficial because it confines the waste and prevents animals from entering. Also reduces pollution and does not have adverse health effects.</p> <p>Eco-bricks are plastic water or soda bottles filled with styrofoam, straws, cellophane, plastic wrappers or plastic bags. The eco-bricks can be used as construction materials or they can just be used as a way to store plastic wrappers, especially because many wrappers are needed to fill one bottle. Pass out the eco-brick handout and explain how to construct an eco-brick</p>	<p>-Eco-Brick Construction poster (Appendix 2)</p>



Practice 20 minutes	<p>-Using the True or False trash management phrases, ask the group to put the statements in the correct column, true or false. If they are false, they must explain why</p>	<p>-Cutouts of true or false trash management phrases (Appendix 3) -Tape</p>
Application 20 minutes	<p>-Before the presentation begins set up different stations.</p> <p>Practice trash sorting: Put the cutouts of the different items (Appendix 4) found in the trash on the table and have the group sort them correctly: organic vs nonorganic</p> <p>Practice eco-brick construction: set up several plastic bottles and plastic wrappers and have the group practice making an eco-brick</p> <p>-Divide the group into 2 and have them work at the various stations. Walk around and give help as needed.</p>	<p>-Cutouts of different trash items (Appendix 4) -Plastic bottles -Plastic wrappers -Plastic bags -Styrofoam -Stick</p>
Evaluation 5 minutes	<p>-Ask the group:</p> <p>What are the negative effects of improper trash management?</p> <p>What can be done to manage trash better?</p>	
Notes		



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APPENDIX 1







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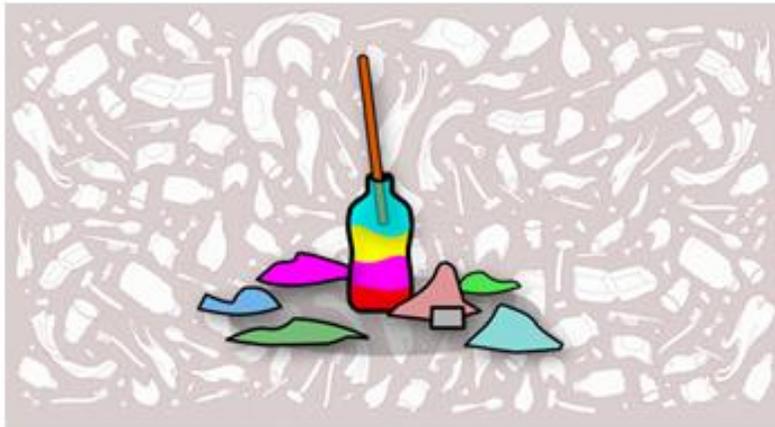
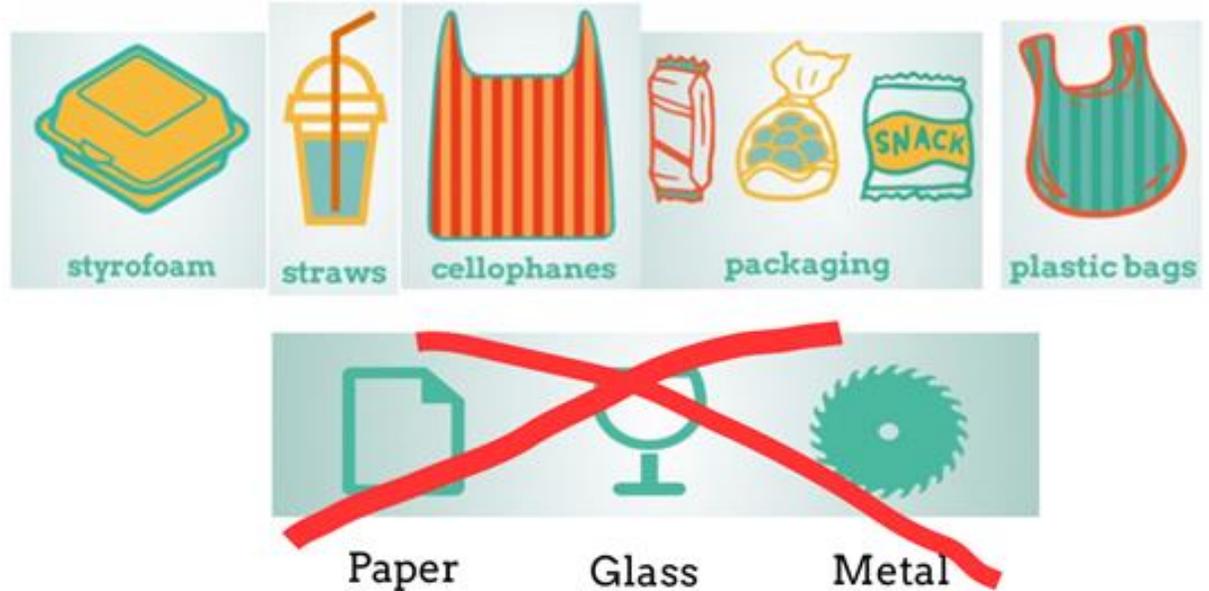


APPENDIX 2

ECO-BRICK CONSTRUCTION

Materials Needed:

- Stuffing material
(Styrofoam, straws, cellophanes, packaging, plastic bags, **NO PAPER, GLASS, OR METAL**)
- Plastic Bottles
- Stick



1. Begin putting stuffing material into plastic bottle
2. Compress stuffing material into the bottle using the stick, get it as compact as possible
3. Once your eco-brick is full, store it and start a new one!

APPENDIX 3



TRUE

Trash contaminates the environment

Burning trash can cause cancer, lung disease and other illnesses

Micro-landfills are underground trash storage

Eco-bricks can be used as building materials

Burning trash influences climate change

FALSE

Trash is not a vector of dengue and other mosquito-borne diseases

Burning trash is good for the environment

When I have organic materials, I should just burn it

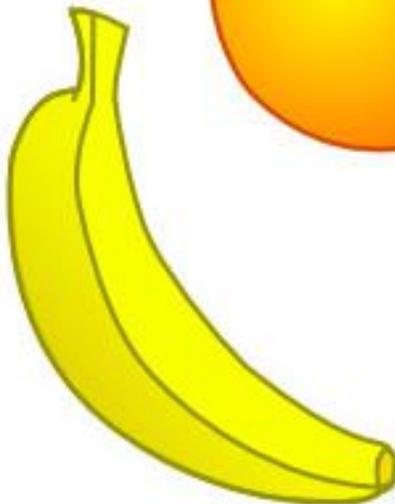
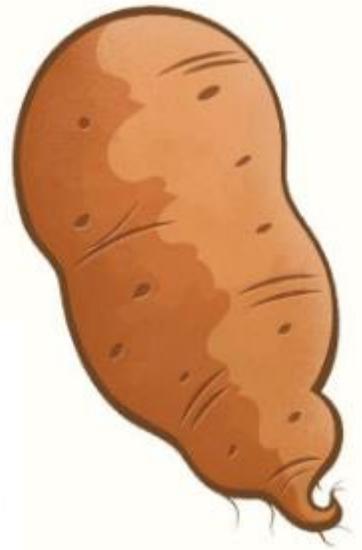
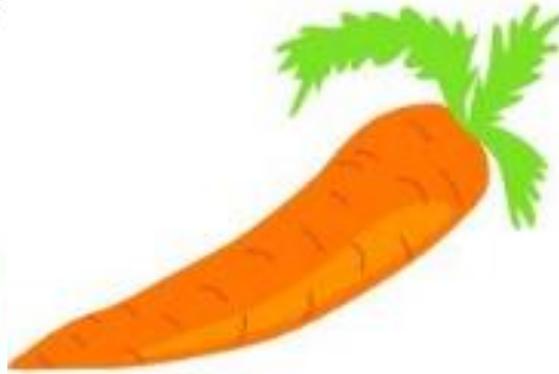
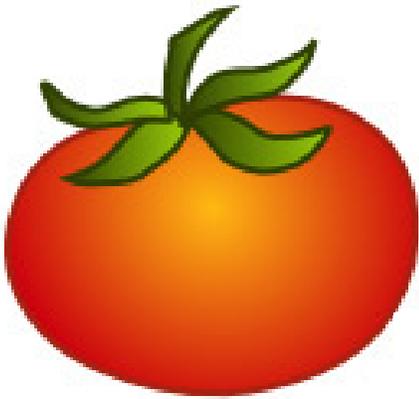
Eco-bricks should be filled with sand

I should not promote trash management in my community

APPENDIX 4



Organics





Non-organics

