

# Learning About Waste



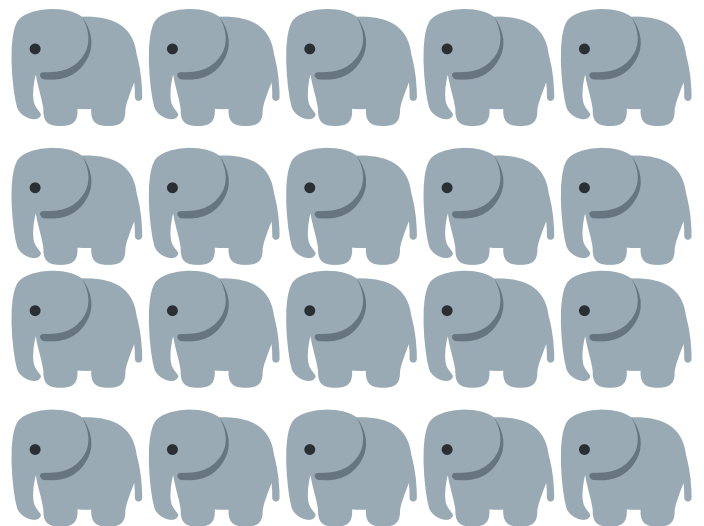
Waste is the name given to everything that we throw away. We do not want to think or deal with it. Waste products created by natural processes or organisms like fecal matter and dead bodies are usually decayed in nature. Such wastes are known as Degradable Waste.

On the other hand, man-made products like plastics are hard to decompose and takes hundreds of years. They cannot be burned and if they are, then they are highly destructive to the environment. Such waste is known as Non-Degradable Waste.

Every year we dump an estimated 11.2 billion tonnes of solid waste is collected worldwide



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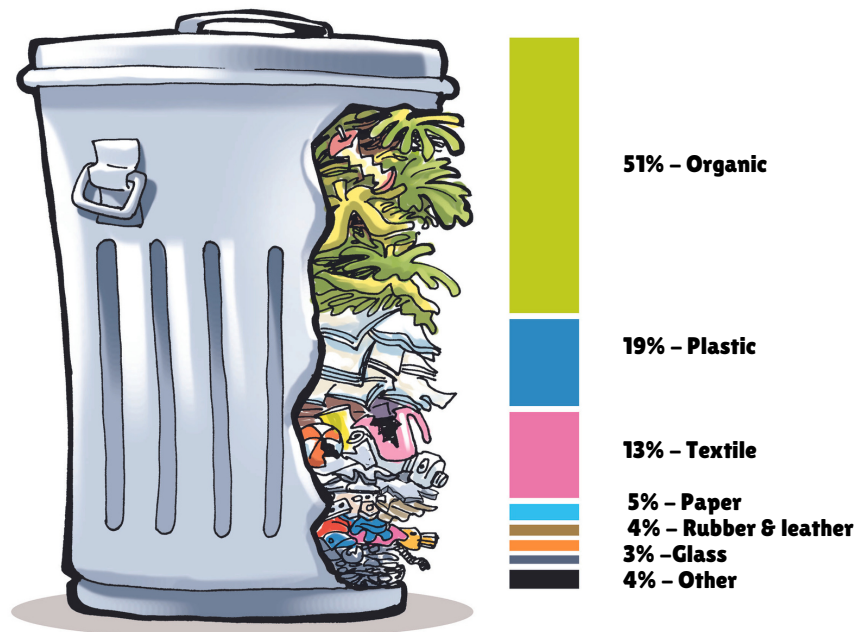


Kathmandu produces  
1200 tonnes of waste  
every day

200 Asian  
elephants  
(1 elephant weighs around 600 tons)



# Learning About Waste



The composition of solid waste of Kathmandu City (%)



WASTE DISPOSAL



ACID RAINS



WATER POLLUTION



AIR POLLUTION

Causes of land pollution



# 5 R'S WASTE OF MANAGEMENT



## REFUSE

The first step of the 5 R process. This can be a difficult one as you will have to practice refusing waste production for your business, however it this will be the most effective way to minimise waste. How? Well, by simply refusing to use single-use plastics or wasteful, non-recyclable products, you can ultimately reduce the amount of waste your business produces on the daily.

## REDUCE

This is all about reducing your use of harmful, wasteful and non-recyclable materials to save you money, help the environment and so on. Once good example would be when printing a document, print double-sided to slash your waste output in half. Other methods involve reducing the amount of single-use plastics, plastic packaging and organic waste.



## REUSE

Single use plastics such as cups, straws, bags and now masks have generated a 'throw away', culture. The rate that we all consume plastic products is drastically becoming unimaginable and plastic crisis has become one of the world's biggest environmental challenges. Try to replace all the single use utensils and equipment for compostable and reusable options.

## REPURPOSE

If you can't refuse, reduce or reuse a particular item, try repurposing it instead. The 'green' community often refers to this method as 'upcycling'. Try using leftover cardboard boxes for storage, leftover cups and mugs as stationary holders and even using binder clips to hold together small wires.



## RECYCLE

Last, but not least at all, we have recycle! Once you've ventured through all the other R's, recycling is the most eco-friendly waste disposal method. You can start by compiling cardboard, paper products, plastics, glass and organics.



## AT INDIVIDUAL LEVEL

### I pledge to:

- **Practice 5 Rs of Waste Management: Refuse, Reduce, Reuse, Recycle, Reuse, Repurpose**
- **Composting:** Composting is a way to turn organic waste, like food scraps and yard trimmings, into nutrient-rich soil. This soil can be used to help plants grow in gardens.
- **Proper Disposal:** It is important to dispose of waste properly by using designated bins and following the waste disposal guidelines set by our communities. This helps prevent pollution and keeps our environment clean.
- **Avoid Littering:** Littering means throwing trash on the ground or in places where it does not belong, like parks or streets. We should always use trash cans and recycling bins to keep our surroundings clean.
- **Use less Plastic:** Plastic takes a long time to break down and can harm animals and the environment. We can reduce our plastic waste by using reusable water bottles, cloth bags, and avoiding single-use plastic items like straws and utensils.
- **Save Energy:** Energy production can create waste and pollution. We can help by saving energy in our daily lives. Remember to turn off lights and electronics when not in use and use natural light whenever possible.
- **Donate and Share:** Instead of throwing away items that are still in good condition but no longer needed, we can donate them to charities or share them with others who can use them. This helps reduce waste and helps those in need.
- **Spread Awareness:** We can make a big impact by sharing what we have learned about waste management with our friends, family, and classmates. By working together, we can inspire others to adopt waste management practices and create a cleaner and healthier world.
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