

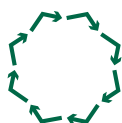
HIGH SCHOOL KIT

Introduction to good waste management



Introduction to good waste management High Schools

Developed as part of



**Mission
Recyclage
Compostage**
Laurentides



The Mission Recyclage Compostage recycling and composting project is led by Synergie économique Laurentides in collaboration with the RCMs of the Laurentian administrative region and the City of Mirabel. The project aims to optimise the recycling and composting practices of the region's industries, companies and institutions (ICI) and to reduce what goes to landfill.



Synergie économique Laurentides is a non-profit organization whose mission is to offer its business, institutional and municipal clients in the Laurentians a development model based on the principles of the circular economy, so that they may be more competitive in managing residual materials and greenhouse gases. synergielaurentides.ca

THE SCHOOL KIT CONSISTS OF 4 DOCUMENTS:

- **Introduction to good waste management**
 - Setting up a Green Committee
- Information, awareness and education tools
 - Printable learning tools.

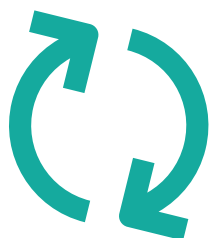
What you need to know about waste management

The 3R hierarchy principle

According to Recyc-Québec, in order to consume better, we must follow the 3R hierarchy principle. This is a series of priority actions that help to better manage residual materials (waste, recycling and composting) in Quebec.



REDUCE



REUSE



RECYCLE



RECOVER



REDUCE

TO START, IT IS IMPORTANT TO REDUCE AT THE SOURCE.

A good way to do this would be, for example, to buy products in bulk, or with as little packaging as possible, or to use reusable products, such as a coffee mug, utensils, crockery, food packaging, etc. Put simply, it is about reducing consumption in general.





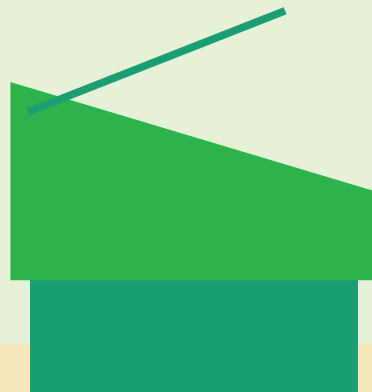
REUSE

REUSING OR REPURPOSING AN OBJECT GIVES IT A SECOND LIFE BY OPTIMISING ITS LIFE SPAN. Recovering food containers to make artistic creations is a good example of reuse. Furniture and clothing in good condition that can be found in recycling centres and used by others are also good examples of reuse.



RECYCLE

THEN, WHEN WE CANNOT REDUCE OR REUSE, we need to recycle the materials accepted by the sorting centres. See the next section for what these materials are.



RECOVER

RECOVERY IS THE TRANSFORMATION OF A MATERIAL INTO A NEW VALUE-ADDED MATERIAL OR ENERGY. For example, composting and biomethanisation are good examples of recovery of organic matter, which prevents it from going to a landfill site to ferment.



Organic materials



Collection



Biomethanisation

What to recycle, what to compost and what to do with the rest

* Recyclable materials

Recyclable materials include paper, cardboard, plastic, metal and glass. The recyclable materials that should go in the recycling bin are:

- Printed paper: newspapers, circulars, magazines, etc.
- Containers: milk or juice cartons, margarine containers, etc.
- Packaging: plastic stretch bags and film (grocery bags, Ziploc bags, Saran Wrap), aluminum foil (even if soiled!), etc.

I AM RECYCLABLE...

PAPER AND CARDBOARD		<ul style="list-style-type: none"> ■ Newspapers, flyers, magazines ■ Paper, envelopes, paper bags ■ Books, telephone directories ■ Cardboard rolls ■ Cardboard boxes ■ Egg cartons ■ Milk and juice cartons ■ Aseptic containers (Tetra PakMC)
PLASTIC		<ul style="list-style-type: none"> ■ All plastic containers, bottles and packaging identified with the following symbols:  <ul style="list-style-type: none"> ■ Caps and lids ■ Bags and packaging film* <p><small>*Due to the difficulty of recycling these materials, Tricentris encourages you to reduce your consumption and reuse them before putting them in the bin.</small></p>
METAL		<ul style="list-style-type: none"> ■ Aluminum paper and containers ■ Aluminum bottles and cans ■ Cans ■ Caps and lids ■ Returnable cans
GLASS		<ul style="list-style-type: none"> ■ Bottles and food containers, regardless of colour



Refer to the **RECYCLING GUIDE**, also available in the Printable Tools document.
<https://synergielaurentides.ca/etude-de-cas/outils-de-sensibilisation>

* Compostable material

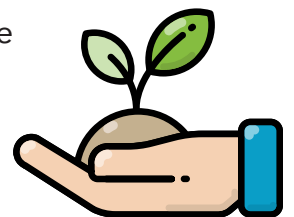
Compostable materials are all food residues such as food preparation waste or table scraps, as well as green residues such as wood, leaves, grass and other garden waste.

There are also other types of materials that can be composted:

Soiled paper and cardboard, paper towels, tissues, etc.

What these materials have in common is that they decompose fairly quickly.

Compostable materials can be recycled by being turned into compost for use on agricultural land or in gardens.



Refer to the **COMPOSTING GUIDE**, also available in the Printable Tools document.
<https://synergielaurentides.ca/etude-de-cas/outils-de-sensibilisation>



Other materials

Materials that can be given a second life, such as clothing, furniture and other objects in good condition, can be brought to recycling centres, charity shops and sometimes to some eco-centres.

Eco-centres accept a multitude of other materials, which should be brought there rather than sent to the garbage: household hazardous waste (HHW), construction, renovation and demolition (CRD) waste, electronic items, bulky items at the end of their life such as furniture, mattresses, appliances, etc.

An eco-centre is also the place to go when you need to dispose of materials covered by extended producer responsibility (EPR), such as tires, batteries, compact fluorescent light bulbs, electronic devices, etc.



Refer to the **SCHOOL SUPPORT SHEET**, also available in the Printable Tools document.
<https://synergielaurentides.ca/etude-de-cas/outils-de-sensibilisation>

IN SUMMARY

This section of the kit has allowed you to become an expert on the 3Rs hierarchy, which presents the priority of actions that must be taken to dispose of an object: **reduce, reuse, recycle and recover**. Also, recyclable and compostable materials are no longer a mystery to you: you are now ready to sort properly!



Annex 1

Dynamic Recovery in Action!



DYNAMIC RECOVERY IN ACTION!

WHETHER AT SCHOOL, AT WORK OR AT HOME, LET'S ALL DO OUR PART
LET'S THINK ABOUT THE 3RS: REDUCE, REUSE AND RECYCLE!!



I AM RECYCLABLE...

PAPER AND CARDBOARD



- Newspapers, flyers, magazines
- Paper, envelopes, paper bags
- Books, telephone directories
- Cardboard rolls
- Cardboard boxes
- Egg cartons
- Milk and juice cartons
- Aseptic containers (Tetra PakMC)

PLASTIC



- All plastic containers, bottles and packaging identified with the following symbols:



- Caps and lids
- Bags and packaging film*

**Due to the difficulty of recycling these materials, Tricentris encourages you to reduce your consumption and reuse them before putting them in the bin.*

METAL



- Aluminum paper and containers
- Aluminum bottles and cans
- Cans
- Caps and lids
- Returnable cans

GLASS



- Bottles and food containers, regardless of colour

HOW TO RECOVER?

- Lightly rinse all containers
- Include only unsoiled or unwaxed paper and cardboard
- To facilitate sorting, place shredded paper in a clear plastic bag. Do the same for bags and wrapping paper (bag of bags). For all other materials, leave them all mixed together in the recycling bin.
- Throw away all items identified with #6 and all items that do not have a recycling symbol
- Group metal hangers into bundles

According to the results of the last survey of residential waste in 2010 conducted by Éco Entreprises and Recyc-Québec, it is estimated that nearly 10% of the materials deposited in the recycling bin should be sent to another source: recycling centre, thrift store, eco-centre, composting or disposal.

Ask your municipality for information on the following materials:

- Construction materials (vinyl siding, wood, pipes, tools, etc.)
- HHW: car batteries, batteries, propane tanks, paint, tyres, compact fluorescents, etc.
- Electronic equipment: computers, televisions, mobile phones, etc.
- Textiles
- Compost

Recycling centres, thrift shops, eco-centres and composting centres are the appropriate places to give all these materials a second life or to dispose of them responsibly.

Annex 2

Waste management : a shared responsibility

SCHOOL

Responsibility for school waste management activities include:

- Janitorial duties, cleaning of bins;
- Green Committee;
- Awareness activity with students;
- Free services offered by municipalities;
- Purchase of internal sorting material.

SCHOOL SERVICE CENTRE

The school service centres deal with contracts and building improvements, which means:

- Employment contracts with employees;
- Collection contract with private companies;
- Environmental policy;
- Special budgets;
- Recovery of neon lights, computer equipment and hazardous household waste;
- Renovations and installation of outdoor collection equipment.

MUNICIPALITY/RCM/ INTERMUNICIPAL BOARD

Some municipalities, RCMs or intermunicipal boards offer waste collection services to their industries, companies and institutions (ICI). These services differ from one place to another and it is necessary to contact them for more precise information.

They are therefore responsible for the following:

- Waste, recycling and compost collections;
- Rental of bins or containers;
- Special collections (e.g., cardboard, bulky items);
- Access to the eco-centre;
- Urban planning rules related to the type of collection container to be used and where to place it;
- Replacement of broken bins (if they belong to the municipality, RCM or Board);
- Support services.

Images used

3R hierarchy logo, <https://blogue.tremblant.ca/fr/des-centaines-de-tonnes-de-dechets-detournes-des-sites-denfouissement>

Coffee cup, <https://boutique.ricardocuisine.com/fr/tasse-a-double-paroi-en-liege-aut19.html>

Reusable snack bag, <https://boutique.ricardocuisine.com/fr/sacs-collation-verticaux.html>

Beeswax packaging, <https://api-flex.com/boutique/fr/api-flex-grand-en-vrac-p58>

Arts and crafts projects made with recycled materials, <https://www.canalvie.com/maison/projets-brico/15-idees-pour-recycler-les-pots-mason-dans-la-maison-1.1480000>

Mobile phone holder made of corks, 15 practical and original ideas to reuse corks (lastucerie.fr)

Tricentris checklist, <https://www.tricentris.com/wp-content/uploads/2015/11/aide-memoire.pdf>