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Conversations with 2 people. Who did you interact with? What did they say? How did they react?

My first conversation was with my roommate, who is also doing the challenge. When she asked if I was doing the challenge today, I enthusiastically said yes and when I asked her in return she grimaced and said “probably not”. For me, this was a fun adventure to embark on how little trash I could create in one day. When I asked her why she would not be participating, she told me it was too much work. After I came home, I excitedly showed her my small bread bag of trash and she smiled and told me she was proud of me. We conversed about how second nature it is to just throw things away, like a natural reflex at this point. Both an apple core (which was tossed in the compost) and a granola bar wrapper did not make it into my final picture because I instinctively just threw them away without remembering to save them for my daily collection.

My second conversation was with my father, who when I told him what I was doing, thought it was a strange activity to be so excited about. After some theorizing, he told me it was probably a good strategy to remind people just how much waste they create in a day if they are forced to carry it around with them. I agreed wholeheartedly. It reminded me of the film I saw my first year at university about the *No Impact Man*, whose book is sitting in my pile unread yet. I bounced the idea of a monthly documentary about trash off my dad, where I would do this exercise every day for a month and raise awareness about plastic pollution and the like. He thought that was a great idea that I should definitely pursue.

A photo of everything you collected at the end of your day, separated into recyclables, non-recyclables and food waste/compost. Check out your local guidelines for recycling to make sure you properly sort items.



[Not pictured: apple core & grape stem (composted), one granola bar wrapper, one cardboard box (upcycled), one Ziploc bag (up/recycled), five sanitary feminine products, toilet paper]

Left: Recyclable items / Bottom middle: compostable items

Next, consider reusable options. Pick two items and tell us how you could avoid creating that waste in the future. What is one small change you can make today to contribute to a less wasteful world?

#1: Granola bar wrappers - To avoid creating this waste in the future, I could make my own granola bars and package them in reusable food wrap, rather than buying individually wrapped granola bars from the store whose wrappers must be thrown away.

#2: Brown paper bag - To avoid creating this waste in the future, I could bring my own container to order food in at restaurants.

Today, one small change I can make to contribute to a less wasteful world is choose food that is not individually packaged at the store. Instead, I can individually package my own food at home, in containers/wraps that are reusable.