

# RECYCLING & ZERO WASTE NEWSLETTER



**NOV-DEC  
2022**



SAN DIEGO UNIFIED SCHOOL DISTRICT / RECYCLING PROGRAM / [WWW.SDUSDSUSTAINABILITY.COM](http://WWW.SDUSDSUSTAINABILITY.COM)



**SDUSD  
Recycles**



## IN THIS ISSUE

## WELCOME ...

...to the **Nov. - Dec. 2022** edition of the Recycling & Zero Waste newsletter for San Diego Unified teachers, staff, students, parents, and volunteers!

This newsletter is designed to provide information and updates to the SDUSD community regarding waste diversion, recycling, composting, funding opportunities, environmental education resources, and other relevant information.

Check out the resources and information in this newsletter to give you ideas and inspiration!

- Plastic Free Lunch Day - Nov. 2
- Celebrate America Recycle's Day - Nov. 15
- Focus on Waste Reduction & Recycling
- Teaching about Waste & Recycling
- Grants/Contests/Challenges/Awards
- More Opportunities & Resources
- Environmental Education Resources & More!

**Visit our Website**



Questions? Contact Janet Whited,  
[jwhited@sandi.net](mailto:jwhited@sandi.net)

# Plastic Free Lunch Day USA

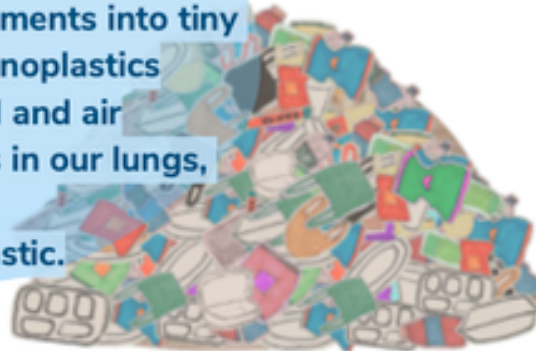
Join us, Nov 2, 2022!

Join Cafeteria Culture, SDUSD, and schools around the country to celebrate Plastic Free Lunch Day at your school on **Wednesday, November 2**.

**Plastic Free Lunch Day** is a day to encourage the elimination of single-use plastics during lunch (or use as few as possible) in both lunches served at school and lunches brought from home. It's an opportunity to try new ways of doing things.

## Why Plastic Free Lunch Day?

- School cafeterias serve over 7 billion meals per year
- School meals are loaded with single-use plastics
- Less than 9% of plastic is recycled
- Most plastic ends up in a landfill or the environment
- Plastic does not biodegrade; it fragments into tiny pieces called microplastics, then nanoplastics
- Microplastics are in our oceans, soil and air
- Scientists have found microplastics in our lungs, liver, digestive tract, and blood.
- We are all eating and breathing plastic.



FREE for all K-12 public schools  
Sept 15 - Nov 23, 2022

Sign up for your free link  
for your class or school ->  
and get ready for

Plastic Free Lunch Day USA



# AMERICA RECYCLES DAY!

## SAVE THE DATE!

## NOVEMBER 15, 2022

**ONE DAY** to educate.

**ONE DAY** to motivate.

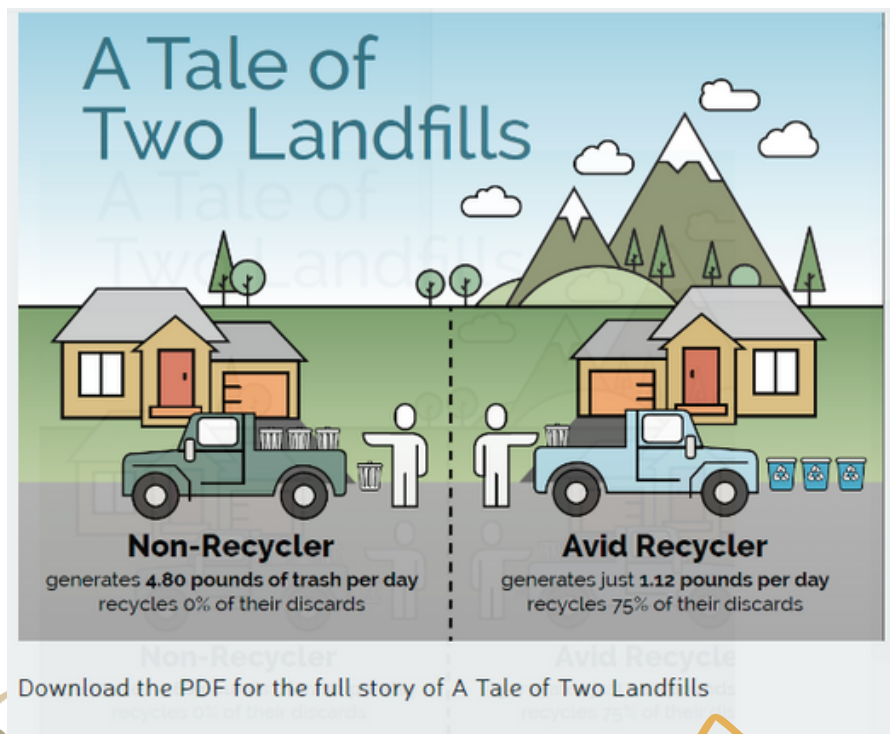
**ONE DAY** to make recycling bigger & better.



America Recycles Day educates and encourages individuals on how to be more mindful of what they consume, where and how to properly recycle, and to pledge to recycle more in their everyday lives.

Keep America Beautiful urges people to take the [#BeRecycled](#) pledge to reduce, reuse, repurpose and recycle in every aspect of their life - at school, at home, wherever!

Click [HERE](#) for more info and to take the pledge!



[CLICK HERE](#)



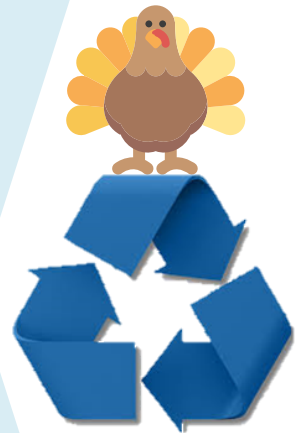
# FOCUS ON WASTE REDUCTION & RECYCLING

## ZERO WASTE LUNCH COURTS

Zero waste lunch courts give students the opportunity to reduce, reuse, recycle, and compost (currently through the Café to Compost program) to take action on climate change each and every day.

Recycling lunch trays, paper "boats," milk cartons, juice boxes, and plastic and metal containers helps to reduce trash collection costs while contributing feedstock to make new products. This process uses less energy and reduces the need to extract new raw materials, which reduces the use of fossil fuels.

Students that bring lunch from home can incorporate reusable containers and utensils for a [Zero Waste Lunch](#).



Perry ES  
Recycles!



For more information  
& resources:

[CLICK HERE](#)

# FOCUS ON WASTE REDUCTION & RECYCLING

## RECYCLE @ SCHOOL RESOURCES



Recyclables collected from classrooms and school offices need to make it to the large blue recycling dumpster outside. Sometimes the Building Services Supervisors (BSS), or high school Plant Operations Supervisors (POS), or their staff are able to do that, but often times they need help. At some schools student groups, such as Student Council, ASB, a Special Education class, or an Environmental Club are in charge of campus recycling. They do a great job of helping their school and the environment.

Involving students in recycling at school provides teaching and learning opportunities, not to mention valuable leadership skills.

For more information and resources, click below:

**Elementary  
Schools**

**Middle & High  
Schools**



# TEACHING ABOUT WASTE & RECYCLING



Grades of Green provides a pathway of programs to empower and inspire students of all ages and backgrounds to become environmental leaders of the future. Every program is FREE for teachers, students, and parents.



**GREEN SCHOOLS**  
NATIONAL NETWORK

What can we do with all this stuff? The Green Schools National Network provides a link for a K-5 lesson for students to consider the idea of "zero waste" and their part in making this a reality.



The City's Environmental Services Department has short videos on "What happens at a landfill?" and "What happens to recyclables?" Check them out!



How can you easily teach about what can be recycled at school? Create an eye-catching display! Check out these Recycling Display Ideas for inspiration.



Green Strides offers numerous links to environmental and sustainability themed resources. Search for curriculum, program, toolkit, videos and more!



# GRANTS/CONTESTS/ CHALLENGES/AWARDS

## CRRA K-12 Mini-Grants



The California Resource Recovery Association K-12 Technical Council is providing teachers with an opportunity to apply for a **\$100 grant/stipend** to use in any way that advances recycling/waste reduction education. How would you use the money and what impact will it have? Click [HERE](#) for the application. **Deadline: NOV 7, 2022**

## NOAA Marine Debris Program Art Contest



*How does marine debris impact the ocean and Great Lakes? What are you doing to help prevent marine debris?* Students have an opportunity to respond to these questions and help raise awareness around the global issue of marine debris. The NOAA Marine Debris Program Art Contest is open to K-8 students. **Deadline: DEC 16, 2022**

## Earth X Eco-Art Competition



Young artists, ages 5-22, create a 2-D, two dimensional or 3-D, three-dimensional artwork that illustrates the 2023 theme message: **Protectors for the Planet**. **Deadline: JAN 24, 2023**

## EPA Pollution Prevention Challenge



Pollution Prevention Works: A Storytelling Challenge for Students invites high school and college students to tell stories through writing, story maps, and videos showing how U.S. businesses use pollution prevention practices to positively impact the environment. \$5,000 prize! **Deadline: FEB 17, 2023**



# MORE OPPORTUNITIES & RESOURCES



California Association for Environmental and Outdoor Education ([AEOE](#)) offers a range of opportunities for members of our community to connect, network, increase their skills, and grow professionally. Learn more or register for an upcoming event below.

## **Fall 2022 Regional Meet-up: San Diego County**

- o **November 06, 2022**
- o 1:00 PM - 5:00 PM
- o Living Coast Discovery Center, Chula Vista



Join Educators from [Green Teacher](#) to discover kid-tested practical ideas to develop a strong connection with the natural world, and support their understanding of the social and global aspects of our environment.

## **Teaching Green in the Elementary Years**

- o **November 15, 2022**
- o 4:00 PM - 5:00 PM
- o Online



The San Diego County Office of Education's [Environmental Literacy](#) program has a new e-newsletter: [Environmental Literacy News and Updates](#). Sign up to learn more and to help empower students with the knowledge and skills they need to advocate for clean air, water, and healthy food through action and solution-oriented programming.



The [Water Conservation Garden](#) and [Ms. Smarty-Plants™](#) provides free and fun programs for elementary students. Please Reach out to The garden's education team to see if your school qualifies for a free program. Email [SmartyPlants@thegarden.org](mailto:SmartyPlants@thegarden.org) or visit their [website](#) for more information.

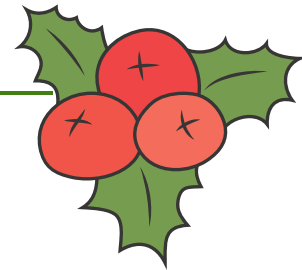
# DATES TO CELEBRATE

## NOVEMBER 2022



- 1st [World Vegan Day](#)
- 15th [America Recycles Day!](#)
- 17th [Take a Hike Day](#)
- 24th Thanksgiving Day

## DECEMBER 2022



- 1st [Rosa Parks Day](#)
- 4th [Wildlife Conservation Day](#)
- 7th [Pearl Harbor Day](#)
- 10th [Human Rights Day](#)
- 18th [Hanukkah Begins](#)
- 21st [Winter Solstice](#)
- 25th [Christmas Day](#)





# ENVIRONMENTAL EDUCATION RESOURCES

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## **California Academy of Sciences: Flipside Science**

Flipside Science is a youth-powered series that tackles complex environmental topics and empowers viewers to make a difference.

## **California EEI**

The California Education and the Environment Initiative (EEI) is a part of a statewide effort to foster environmental literacy among California K-12 students. They provide educators with a free standards-based curriculum that teaches history and science through an environmental Lens.

## **California Environmental Literacy Initiative (CAELI)**

CAELI works statewide to create systems change in support of environmental literacy with a focus on access, equity, and cultural relevance for all students.

## **Green Schools National Network**

Check out the ideas and articles for tips, strategies, and resources for incorporating sustainability topics in K-12 curriculum.

## **National Environmental Education Foundation (NEEF)**

NEEF is full of resources for educators, including: [Environmental Education Resources](#)

## **The Nature Conservancy**

Explore the world with the Nature Conservancy's Virtual Field Trips. Designed for ages 9-15, but customizable for all ages, these videos allow students to travel the world and explore natural environments without leaving their home or classroom. Each field trip contains a video, teacher guide, and student activities that have a special focus on making the connection between what students see on the screen and taking action in their own cities and towns.

# DISTRICT RESOURCES

## Useful Information

### **Composting at San Diego Unified Schools - Best Practices**

This helpful guide includes great information and resources about bringing composting programs to your school. Additional resources include:

- [Free Mulch Flier](#)
- [Cafe to Compost Flier](#)
- [Compost Sign](#)



### **Recycling Signage & Resources**

Download printable recycling signs that can be attached to recycling and trash bins or posted on the wall.



### **Nutrition Education Resources - San Diego Unified**

Check out Food & Nutrition Services webpage for videos, curricula, books, and links to help bring nutrition education to your classroom!

Sign up to receive the San Diego Unified Food & Nutrition Newsletter

**CLICK HERE**