

Response #1: Sustainability & You

For one week, from Thursday 8/24 through Wednesday, 8/30, track the following to answer the questions. Submit to Canvas no later than Thursday, 8/31 at noon.

1. How many times you consumed meat, fish, egg, or dairy products
 - List each item for each meal or snack (breakfast, lunch, dinner, snacks)
 - Be sure to check package ingredients- some products unexpectedly contain eggs or dairy (whey, milk powder, cheese powder, etc.)

2. How often you threw away part of a meal, snack, or beverage
 - List each item
 - Note where you discarded the waste (garbage, garbage disposal, compost)

3. How often you consumed single-serving/ single-use foods and drinks
 - List each product
 - Note where you discarded the packaging (garbage, recycling bin)

4. How many new non-food/non-beverage items you bought this week
 - Note how the item was packaged (cellophane, cardboard, etc.)
 - Note how you purchased the item (online, bought in store)
 - If in a store, did you accept a plastic or paper bag to carry your purchase?
 - If online, how much shipping packaging was included? (box, bubble-wrap, paper stuffing, peanuts, etc.)
 - Did you delay buying something so you didn't have to track it?

5. Track your purchases for the week.
 - Note the form of payment for each purchase. If part of a whole order (like grocery), note sometime like: Grocery trip, paid by debit card.