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## ZERO WASTE ZEBRAS

### Introduction

It's our pleasure to provide this packet of Zero Waste activities for Humboldt County kids. We intend to add to this collection more projects for kids over time. Please note that these are not recycling projects. The top priority in Zero Waste method is Waste Prevention, followed by Reuse of materials, products and packaging. Then Recycling and Composting are the last goals for sustainable materials management.

Through fun, hands-on activities, we find that children seem to naturally understand that priority order.

Please send us your ideas to add to this packet of activities, and we'd love for you to share photos of kids engaged in these projects. The parent/guardian permission slip to allow photos of minors is on the next page.

Your comments and suggestions for improvement are always welcome at Zero Waste Humboldt.

When our Humboldt County communities can once again safely open up to fairs, festivals and parades, please note that we have large papier mache zebras for kids to march with the Zero Waste Humboldt banner and be recognized for their efforts to reduce waste. Please contact ZWH for more information.

Have fun.

Maggie Gainer

Zero Waste Humboldt Board of Directors

January 2021

Zero Waste Humboldt (ZWH) is the only organization on the Redwood Coast solely focused on waste reduction solutions. ZWH services are: public education, policy advocacy, research, technical assistance and training, and project coordination/ support services.

# MINOR (CHILD) PHOTO RELEASE FORM

I, \_\_\_\_\_, the parent or legal guardian of  
\_\_\_\_\_ [Child] grant \_\_\_\_\_  
Zero Waste Humboldt my permission to use the photographs of my child  
\_\_\_\_\_, for any legal use, including but not limited  
to: publicity, copyright purposes, illustration, advertising, and web content.

Furthermore, I understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

**Parent/Guardian's Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_



# Zero Waste Zebras

## Food Scrap Container Gardens



**Objectives:** Learn about container gardens and how to use food scraps to grow your own food, which foods scraps best grow in water, and to understand the link between this activity, food waste, packaging reduction, transportation, spending less, and increasing self-reliance.

**Time:** 1 hour

**Age:** 5 & older

**Materials:** A head of lettuce, celery, or another appropriate food scrap (You can use the rest of the vegetables to make a salad or vegetable soup) • Used food containers (can use egg cartons or even egg shells!) • Knife • Jars or bowls • Soil • Water • Marker to label • Flour • Sugar • Art scraps for decorating containers • Journals or scratch paper

**Adult tasks:** Do the preparation work for the project: Tell everyone know what to bring or have all the supplies ready prior to this project and make the glue in advance if group is more than 5 participants), facilitate the discussion, help with the production of the container gardens (soil distribution, knife safety for cutting into food scraps, etc.)

**Discussion:** What are your favorite foods? Where does our food come from? Where do you put your food scraps? Has anyone heard of a container garden? Discuss what a container garden is and which food scraps can be grown in water and then replanted in soil. Tell participants that everyone will convert the food they brought into a food scrap and grow their own food from it. Describe that the food scrap will take a few days to grow in water before planting it in soil.

### Steps:

- Cut off 2 inches from the base of the celery or cut the leaves of the lettuce away base.
- Take edible parts of the lettuce and celery and put them aside for a later time.
- Place the base of vegetable scrap in a shallow bowl or jar of water.
- Change out the water every couple days and spray the top of the base to keep it moist.
- Make homemade glue or talk about the Steps to DIY:
- Mix 1 part flour, 1 part sugar, and 2 parts water
- Mix ingredients together in a pan, heat on a low setting, and stir until desired consistency adding more water if needed. Test it out on a piece of scratch paper
- Have children mark their name on the bottom of the container. Decorate the container with already used paper, magazines, etc. and homemade glue!
- Put enough soil into each container so they are ready for the newly rooted food scraps to be transplanted. Once roots are visible then transplant into a container with soil.
- Debrief: Journal prompts or discussion: What are the benefits from growing your own food? How do our food choices impact the environment and our health? What are the benefits of making your own glue?

### Helpful links:

<http://www.eatingwell.com/article/290729/how-to-grow-fruits-vegetables-from-food-scrap/>  
<https://www.goodhousekeeping.com/home/gardening/a20707074/container-gardening-tips/>  
[https://www.youtube.com/watch?v=\\_zzv3G-ZTHI](https://www.youtube.com/watch?v=_zzv3G-ZTHI)

# Zero Waste Zebras

## Upcycled Stuffed Animals & Pillows



**Objectives:** Take a piece of unwanted clothing and turn it into something new! Create a stuffed animal or pillow and think about why upcycling is beneficial.

**Time:**

30 minutes to 1 hour

**Age:**

5 & older

**Materials:**

- Unwanted material scraps
- Stuffing from old pillows/stuffed animals
- Nick-knacks such buttons and other small miscellaneous objects
- Sewing machine
- Scissors
- Rubberbands
- Black markers
- Needle and thread

**Adult Tasks:**

Ask participants to bring a piece of material they were planning to get rid of (e.g. a ripped pair of pants), find old buttons, miscellaneous earrings, etc. and assist young participants in creating stuffed animals and pillows (sew them together).

**Discussion:**

Why it is a good idea to use unwanted material and turn it into something new?  
Ask what animal or type of pillow they would like to make and what materials they'll need.

**Steps:**

Use a marker or cut out to draw/trace the outline of the animal or shape on the material. Cut the material. Sew the stuffed animal/pillow by using a thread and needle or sewing machine. Choose desired knickknacks for the face of the animal. Sew miscellaneous items on the face.

**Suggestions:**

Can create cut-outs of animals or pillow patterns for participants to trace on to material.  
Orphaned socks make good bodies.

# Zero Waste Zebras

## Upcycled fast fashion Runway



### Objectives:

Take a piece of clothing or object that was going to be thrown away and turn it into something new, learn about fast fashion and its environmental impacts, work together as a team and turn materials into a new upcycled fashion piece,

**Time:** 1.5 hours

**Age:** 8 & older

**Group size:** 4+

### Materials:

Old clothing and small unwanted items

### Adult/Staff tasks:

Collect items, break participants into groups and give them an equal amount of items, make sure participants know what to do/have a plan for their creation, be judges during the runway and give out zero waste gifts or award titles.

### Discussion:

What are some examples of fast fashion in the styles and trends around us today? What are some alternative ways of buying new or 'new to you' clothes?

### Steps:

#### Helpful links, definitions & statistics:

<https://www.townandcountrymag.com/style/fashion-trends/a30361609/what-is-fast-fashion/>

"Fast fashion" refers to clothing made quickly and sold at a low price.

"Upcycled" is reusing an item that otherwise would have been thrown away to create a new product.

Average person buys 68 items of clothing per year but each piece of clothing is only worn an average of seven times.

10% of Greenhouse emissions are from the clothing industry: uses of aviation, resources such as water.

A lot of clothes are made from synthetic fibers that don't decompose and end up in the landfills without being used or very little.

# Zero Waste Zebras

## Zero Waste Birthday Party



**Objectives:** Think about how much waste can be generated at a party and discuss ways to reduce the amount of waste created after a party, learn how to organize and host a zero waste birthday party, find creative ways to decorate a party using materials that surround us, think about ZW activities that can be done at a party, and discuss the waste generated after the party.

**Time:** 1.5 hrs of prep time

**Age:** 5 & up

**Adult/Staff tasks:** Assist with zero waste birthday discussion, help them decide what decoration project will be done and who will be doing what, assist participants in deciding which creative project (if any) will be done during the birthday party, and write a list of materials/supplies that are needed and who will bring what to contribute to the party.

**Discussion:** Have participants write down all the things that typically go into the garbage at a birthday party. Ask the question: What reusable materials could you use instead?

**Steps:** Make birthday party decorations out of items from the natural environment, unwanted materials, art scraps or items already in your house. Ideas for decorations: banners made out of material cut-outs, garland made out of flowers and leaves, and painted stones. For the 'party favor,' offer a project where guests can bring home their creation. Fun project ideas for birthday party: candle making, stuffed animals, bath bombs, beeswax wraps. Helpful step-by-step processes: <https://bottegazero.com/blogs/zerowastelivingstainable-zero-waste-gifting-how-to-make-soy-wax-candles>

<https://www.youtube.com/watch?v=soOxcxPveps> <https://www.youtube.com/watch?v=gS-gG-Dx-rlg>

Complete the ZW birthday party checklist (below).

After the party or at a later time debrief how the party went and weigh the amount of waste generated from the party. Discuss what went well and what could be done better next time.

### Zero Waste birthday party checklist

- Send digital invitations.
- Ask parents and their children to not bring gifts or to bring ones that are waste-free (without single-use gift wrapping). As an alternative, ask guests for donations for a local food shelter.
- Make your own decorations that are from compostable substances or unwanted materials such as art scraps, glass jars, fabric, stones, foliage, and flowers.
- Do a creative project at the party, such as creating candles, bath bombs, stuffed animals, and beeswax wraps.
- Use reusable plates, cutlery, cups, and napkins (if you don't have enough of these ask a neighbor or someone attending the party to bring them). Can ask guests to bring their own reusable bottle.
- Clearly marked bins for compost, recycling, and trash or 'landfill'
- Make your own cake. Try to buy the ingredients in bulk instead of buying them pre-prepacked. Have containers or jars for leftover food for people to take home.

## Recycled Paper Card Making



**Objectives:** Learn how to make paper from scrap paper, learn the benefits of making your own paper, and create a card.

**Time:** 30 mins

**Age:** 5 and up

**Materials:**

Mold & deckle (a frame with a screen attached to it)

Blender

Medium plastic tub (longer than width of frame)

Water

Scrap paper

Sponge

Pressed flowers & plants

Newspaper, fabric or some absorbent material for drying

Marker

**Adult tasks:** Pre-make pulp mix before lesson, create a mold & deckle (a frame with a mesh screen), press flowers or plants and let them dry for card making or can ask participants to do it ahead of time for the project, collect scrap paper, and bring a blender and water to use for demonstration.

**Discussion:** Where does paper come from? What are the benefits to reusing a piece of paper/-making your own? (Cuts less trees down, less transportation, uses resources we already have).

**Steps:** 1 cup of pulp mixture makes one 6" x 8" piece of 'paper.' The thicker the mixture, the thicker the paper. Put pulp in a medium plastic tube. Stir before use.

Display pulp to show how paper is made. Tear up pieces of paper blend with water.

Run the blender for a half a minute or until the pulp is at the right consistency. Pour mix into bigger pre-made pulp mix.

Demonstrate to participants how to fill the screen with pulp. With hands firmly around the screen dip it down into the size tub and pull up.

Place pressed flowers or plants on top of paper.

Don't remove paper from the screen. Press excess water out of paper with a dry sponge repetitively (squeeze out water after pressing down on the paper a couple of times).

Slowly lift the wet paper and place onto newspaper, fabric, or some absorbent material to dry (paper should easily fall off of screen). If paper sticks, there's too much water. Press more.

Let paper dry for 1-3 days depending on humidity.

When the paper is dry fold it in half and create your card.

**Helpful links & tips:**

<https://artision.com/blogs/news/168438855-diy-papermaking>

How to make a mold and deckle for paper-making: <https://www.paperslurry.com/2014/08/01/-make-mould/>

<https://www.paperslurry.com/2014/05/19/how-to-make-hand-made-paper-from-recycled-materials/>

# Zero Waste Zebras

## Zebra Survival Kit



**Objectives:** Learn a couple of skills: make your own toothpaste and sandals, and discuss the benefits of making our own products and upcycling.

**Time:** 1.5 hrs

**Age:** 7 & up

**Materials:**

Jars

Spoon

Old shoes

Unwanted cork or vinyl

Pencil

Leather or acrylic scraps

Paper scraps

Clothes pins

Sewing machine

Glue

Used paper

Scissors

Coconut oil

Baking soda

Measuring cups and spoons

Optional: Xylo-Sweetener, Agave, or sweetener

Peppermint extract or another essential oil

**Adult tasks:** Collect and gather ingredients for making toothpaste, go through each step with participants to create toothpaste and help with distribution of materials.

**Discussion:**

Discuss facts about Zebras. First ask questions and have a discussion about zebras. Question: Who can tell me what part of the world zebras live in? Answer: Africa. Question: How many different zebra species are? Answer: Africa and there are three different species of zebra (Plains, Grevy's, and Mountain). Question: What do zebras eat? Answer: Mostly grass but also leaves and twigs. Zebras are herbivores.

Facts: Zebras need to keep their teeth clean, healthy, and strong for all the tough grass they eat. Zebras have hooves on each foot that is necessary for the long distance roaming they do to find water, food, and for protection.

**Steps:**

See page 2.



## Zebra Survival Kit (Continued)

### **Survival Kit lesson 1: DIY Toothpaste**

Pour 5 tablespoons of baking soda into a jar.

Add 4 tablespoons coconut oil.

Add a few drops of peppermint extract or other essential oil.

Option: Add a sweetener, otherwise toothpaste will taste salty.

Mix ingredients together.

Put a lid on the toothpaste jar.

### **Survival Kit lesson 2: Sandal Making**

Using a pencil, trace your foot onto a piece of used paper into a template and cut it out.

Trace the template onto a flat piece of cork/vinyl and cut it out.

Trace the template onto leather/acrylic and cut it out.

Create templates by designing the straps using your foot to measure where you want the straps to fit around your foot. Make marks where you want the straps to fit.

Add a half inch to each side of the strap measurement before you cut the templates down to size, then trace onto leather/acrylic.

Make marks on both the cork/vinyl and on the leather/acrylic where you want the straps to go. Cut slits on the leather/acrylic where the marks are.

Put straps into slits.

Sew the straps onto the leather/acrylic.

Glue leather/acrylic to cork/vinyl. Put clothes pins around the sole of the sandal to hold it down while it glues in place.

For extra reinforcement and support, after the glue is dry glue on a sole from an old pair of shoes onto the outside.

**Debrief:** Questions: What are the benefits of making your own sandals? E.g. Eliminates wasting resources and fossil fuels. What are the benefits of making your own toothpaste? E.g. Eliminates plastic tubes and gaining knowledge of what ingredients are in your toothpaste.

### **Helpful links & tips**

[https://www.youtube.com/watch?v=AQsT\\_CQJkwo](https://www.youtube.com/watch?v=AQsT_CQJkwo)

<https://www.youtube.com/watch?v=SPa6noNjgkY>

<https://www.natgeokids.com/uk/discover/animals/general-animals/zebra-facts/>