Students author buddy books for others at school.

If you choose this action project, we can provide a Buddy Book Action Project Kit on the day of your field trip.

The Buddy Book Action Project Kit includes the following:

- Buddy Assignment Form
- Buddy Book Folding Instructions
- Teacher Planning Sheet
- Buddy Book Exemplar
- Student Planning Sheet
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Buddy Book Action Project
How to Fold the Buddy Book paper

1. Take an ordinary sheet of computer paper.
2. Fold it in half.
3. Fold it in half again.
4. Then in half the other way.
5. Unfold until in half once.
7. Unfold completely.
8. Fold in half.
9. Accordion the pages.

STOPWASTE at home • at work • at school
We need your help! We visited the Davis Street Transfer Station/ Fremont Recycling & Transfer Station and learned many things. A transfer station is a place where waste goes before it gets taken to the landfill.

Garbologists are scientists who study garbage. They studied our garbage in the landfill and found that we are wasting many things, like example of something compostable or recyclable. In Alameda County, the thing we throw away the most is wasted food.

When we visited the Davis Street Transfer Station/ Fremont Recycling & Transfer Station, we saw the Pit. Inside the pit, we saw many things that could have been recycled or composted, like ________________________, ________________________________, and ________________________.

(list anything the saw in the Pit, that could have been recycled or composted)
Everything in the Pit will go to the landfill. But it doesn’t have to! We all can be action heroes and prevent garbage from going to the landfill by practicing the 4Rs:

**Reduce**, which means to **use less of something.**

**Reuse**, which means to **use again and again**

**Recycle**, which means to **turn something old into something new**

and **Rot**, which means to **break down or decompose.**

Taking action and practicing the 4Rs everyday helps us conserve, or save, natural resources. Natural resources are **things that come from the Earth**, such as *(student might say: trees, oil, sand, iron ore, bauxite).* An example of a natural resource is *(any resources listed above; e.g. “a tree”).* It can be used to make *(tree → paper; oil → plastic; sand → glass; iron ore → steel/tin; bauxite → aluminum can).* If we practice the 4Rs, we help use less natural resources, which saves the earth!

We also learned that if we rot or compost our food scraps and dirty paper, we can help prevent wasted food from going to the landfill! Decomposers, or the FBI, which stands for **Fungi, Bacteria, and Invertebrates** are little creatures that make compost. Compost is a natural fertilizer made from broken-down food scraps that helps make healthy soil.

I, *(your student action hero name)*, have pledged to practice the 4Rs at school by

- Packing my lunch, snacks and drinks in **Reusable** containers
- **Recycling** all bottles, cans, paper, glass, metal and plastic
- **Composting** all food scraps and food-soiled paper in the green bin
- **Reducing food waste** by taking only what I can finish and eating everything I take for lunch
- Other: __________________________  
  ________________________________

Can you be a 4Rs Action Hero? If you want to join the league of 4Rs Student Action Heroes, I can help you fill out your own 4Rs Action Plan and Pledge today!
I, Agent Eco Warrior Amy, have pledged to practice the 4Rs at school by:
- packing my lunch, snacks and drinks in reusable containers
- recycling all bottles, cans, paper, glass, metal, and plastic
- composting all food scraps and food-soiled paper
- reducing food waste by taking only what I can eat

Can YOU be a 4Rs Action Hero? If you want to join the League of 4Rs Student Action Heroes, I can help you fill out your own pledge today!

We need your help! We visited the Davis Street Transfer Station and learned many things. A transfer station is a place where waste goes before it gets taken to the landfill.

Garbologists are scientists who study garbage. They studied our garbage in the landfill and found that we’re wasting many things, like clothes.

In Alameda County, the thing we throw away the most is wasted food.

BY: AYANA SHERZAI
# 4Rs Transfer Station Tour Buddy Book Planning Sheet!

### Cover

**Title:** Can You Be A 4Rs Action Hero?

**Author:** By: ________________

*(Your first and last name)*

*(Illustrate your cover)*

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### Page 1

We need your help! We visited the Davis Street Transfer Station/Fremont Recycling and Transfer Station and learned many things.

A **transfer station** is ________________

________________________________________________________________________

________________________________________________________________________

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### Page 2

Garbologists are ____________________

________________________________________________________________________.

They studied our garbage and found that we are wasting many things, like ________________. In Alameda County, the thing we throw away the most is wasted food.

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### Page 3

At the Davis Street Transfer Station/Fremont Recycling and Transfer Station, we saw the Pit.

Inside the Pit, we saw many things that could have been recycled or composted, like ________________,

________________________________________________________________________, and ________________.
Everything in the Pit will go to the landfill. But it doesn’t have to! We all can be action heroes and prevent garbage from going to the landfill by practicing the 4Rs:

**Reduce**, which means to ____________________________
______________________________________

**Reuse**, which means to ____________________________
______________________________________

**Recycle**, which means to ____________________________
______________________________________

and **Rot**, which means to ____________________________
______________________________________

Taking action and practicing the 4Rs everyday helps us conserve, or save, natural resources. Natural resources are________________________. An example of a natural resource is ______________. It can be used to make _____________________. If we practice the 4Rs, we help use less natural resources, which saves the earth!

We also learned that if we rot or compost our food scraps and dirty paper, we can help stop wasted food from going to the landfill! Decomposers, or the FBI, which stands for F__________________________,
B__________________________, and I__________________________ are little creatures that make compost. Compost is a natural fertilizer made from broken-down food scraps that helps make healthy soil.

I, (your student action hero name), have pledged to practice the 4Rs at school by

- **Reducing food waste** by taking only what I can finish and eating everything I take for lunch
- **Reusing** containers for my lunch, snacks and drinks
- **Recycling** all bottles, cans, paper, glass, metal and plastic
- **Composting** all food scraps and food-soiled paper in the green bin
- Other: ____________________________
  _________________________________

Can you be a 4Rs Action Hero? If you want to join the league of 4Rs Student Action Heroes, I can help you fill out your own 4Rs Action Plan and Pledge today!