



Conducting a Home Plastic Audit

The purpose of this worksheet is to help catalog your plastic use and identify which areas of your home result in the most plastic waste. You can use this sheet to look at just your own plastic use or include your family and track their usage as well. This can be done over any timeframe but aim to collect data for at least one week or up to one month. The longer the plastic audit, the more comprehensive the data.

To use the worksheet, begin with the **What and Where** column. Find the location in your home and write down the plastic item that was used. Next, use the **Item Description** column to add any clarifying details about your item (e.g. size, plastic type, color, etc.). Then, try to assign the plastic item into a **Category** provided on page 5. Record the **Date** that you collected the data and the **Duration** (how long) the item was used for. Finally, add any **Notes** about the item/use or how you plan to find a plastic-free alternative. If you run out of rows, you can use the "Other" section or a blank piece of paper and copy over the necessary information.

Name of Participants Conducting the Audit:

Members of the Household Included in Audit:

Audit Location:

Duration of Audit:

CATEGORIES		Examples:
F	Food Packaging	Chip bag, bread bag, blueberry container, candy wrapper, plastic wrap, etc.
B	Beverage Bottles	Soda bottle, milk jug, water bottle, juice container, etc.
T	Takeout Packaging (Food)	Takeout container, to-go coffee cups, plastic wrapped utensils, etc.
D	Delivery Packaging (Non-food)	Tape, air pillows, foam peanuts, bags, etc.
H	Household Goods Packaging	Shampoo bottle, cleaner bottles, trash bags, etc.
S	Synthetic Fibers	Clothing, towels, rugs, etc. key words: polyester, rayon, spandex, nylon, acrylic, olefin, modal, modacrylic
O	Other	Any item that does not fall within the above categories