

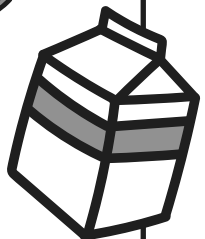
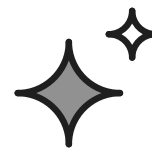
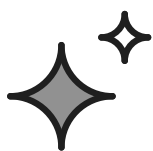
2023/24

MANUAL



**Everything you need
to know to run a
successful program.**

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**RECYCLE
RIGHT
WITH MILK**



Welcome to Recycle Right with Milk

Many beverage containers are recyclable; however, if not recycled right, they end up in our landfills and can contaminate other recyclable materials. By learning and working together, we can prevent milk cartons and other recyclable beverage containers from going to waste.

Recycle Right with Milk is brought to you by the registered dietitians at Dairy Farmers of Canada. To learn more about Dairy Farmers of Canada's commitment to sustainability visit DairyFarmersofCanada.ca

WHAT IS THE PROGRAM ABOUT?

Recycle Right with Milk encourages students working together to develop better recycling habits, while supporting the habit of drinking milk.

RECYCLE RIGHT WITH MILK AIMS TO:

Support school communities through the promotion of:

LEADERSHIP:



Providing students the opportunity to be good community citizens.

SUSTAINABILITY:

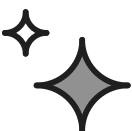


Supporting current school recycling initiatives and amplifying the importance of recycling right.

NUTRITION:



Highlighting milk as an important contribution to the school nutrition environment.



BENEFITS TO STUDENTS

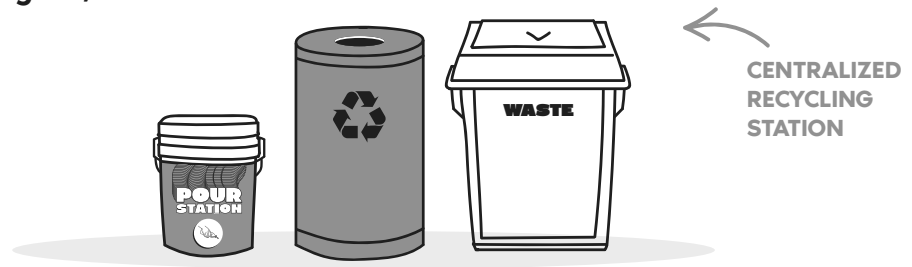
Participating in the program is a great way to help students learn and develop life skills.

OVER THE COURSE OF THE PROGRAM, STUDENTS WILL:

- Learn how to work as part of a team
- Discover the importance of recycling
- Build on and improve numeracy skills
- Learn how to problem solve
- Practice organizational skills
- Practice responsibility and kindness

How the Program Works

All participating schools are encouraged to set up a centralized or classroom recycling station, which includes a pour station to empty leftover liquids, a recycling bin, and a waste bin.



RECYCLING SOLUTIONS

– POUR STATION: PROVIDED UPON REQUEST

Emptying leftover liquids from beverage containers is an essential step to reduce contamination of recyclable materials. A pour station is a designated vessel to empty leftover liquids, before placing them in the recycling bin.

Your school's pour station can be either: a pour pail or a designated sink(s) (in the classroom, washroom, custodian closet, etc).

If requested, Recycle Right with Milk will provide your school with a pour pail, wrapped in an eye-catching decal, so students know exactly what it's for! Schools can request a pour pail during registration or by contacting Recycle Right with Milk.

– RECYCLING BIN: SUBMIT REQUEST TO RECYCLE EVERYWHERE

A recycling bin is required to recycle right. Most schools have existing recycling bins; however, needs can change over time. If your school requires a recycling bin, visit **Recycle Everywhere's** website to request a bin

- recycleeverywhere.ca/request-bins/



SUPPORT MATERIALS

– FLOOR DECALS: PROVIDED UPON REQUEST

Ideal for schools using a single location pour station, so either a pour pail or designated sink in the custodian closet or hallway. This set of removable floor decals leads students to your designated pour station.

– OVER THE SINK SIGN: PROVIDED UPON REQUEST

Ideal for schools using multiple classroom or washroom sinks as a pour station. This is a set of 6" x 9" laminated cards to hang above the sink and help students remember where to empty leftover liquids. Quantity provided is based on the number of school classrooms indicated during registration.

– POSTERS: PROVIDED IN PROGRAM KIT

Recycling Poster – hang this poster above your school's recycling station or in the hallway to remind students how to recycle right.

Nutrition Poster – hang this poster in your hallway to remind your school community that milk is available and cartons can be recycled right here!

Measure Meter Poster – during periods of tracking, use this poster to visually demonstrate your school's recycling efforts. Use the results with the Recycling Impact Calculator.

– RECYCLING IMPACT CALCULATOR: AVAILABLE ONLINE

Use this tool to calculate your school's potential for recycling impact and share your success.

– PARENT INFORMATION SHEET: AVAILABLE ONLINE

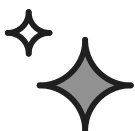
Work with office administration and/or classroom teachers to share program information with parents

EVERYONE'S INCLUDED

Recycle Right with Milk gives students the opportunity to drink milk and participate in various program tasks and celebratory experiences. Students will work together to reduce contamination of recyclable materials and prevent them from going to waste.

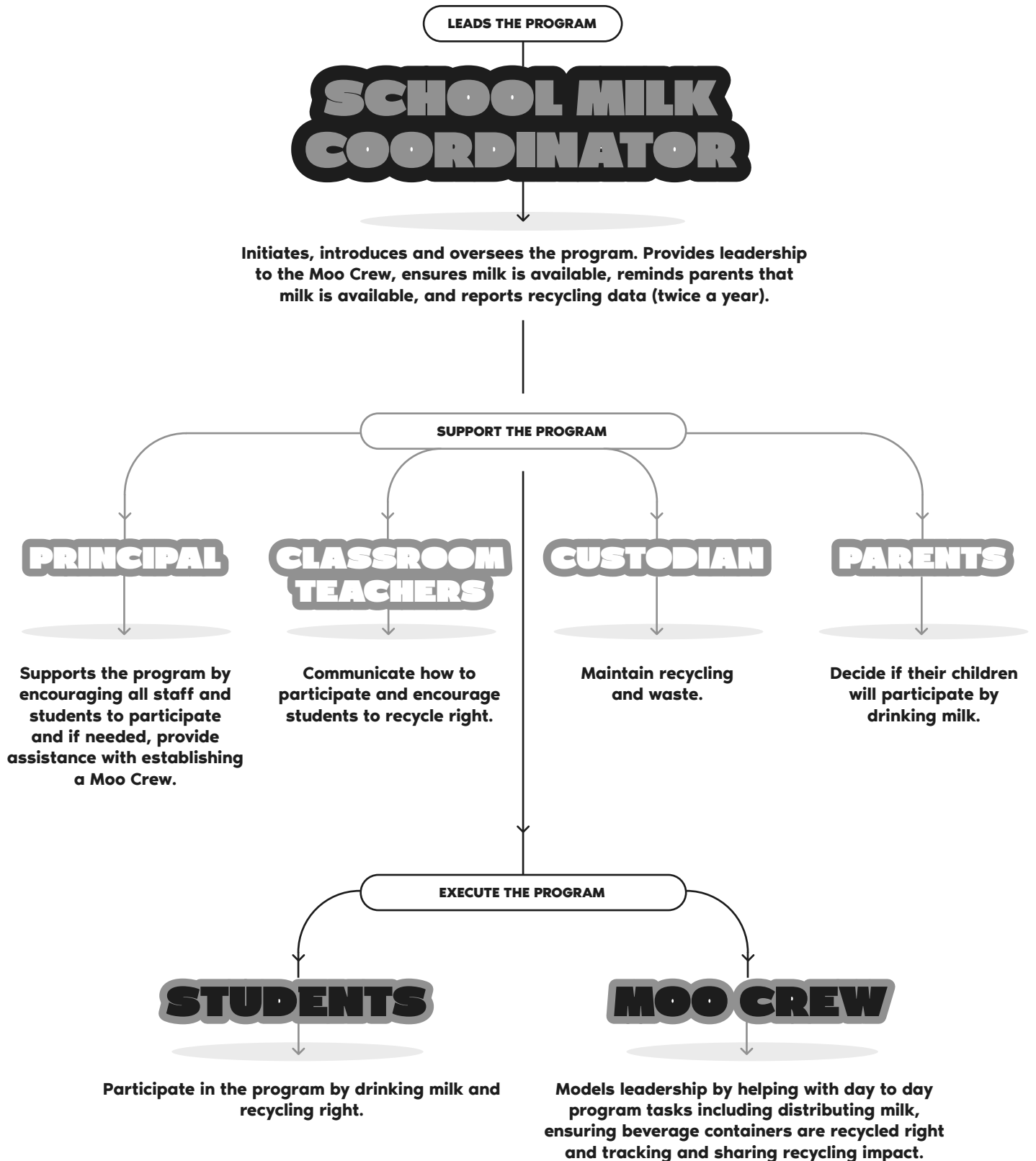
Discuss your school's recycling process with the custodial staff. If your school does not already encourage emptying leftover liquids before recycling, share the benefits with your custodians, including less liquid, weight and smell in the recycling bin. Ensure your custodians are included in the decision to designate a pour station (pour pail or designated sink) and are on board with recycling right. Work together to find a way for students to help with the recycling process

Introduce the program to everyone who's involved including students, staff, and parents. Let them know how they can participate by supporting and encouraging participation in the program, drinking milk, and recycling right. By participating in Recycle Right with Milk, your community will benefit through its shared commitment to nutrition, sustainability and leadership.



Community Collaboration

See how everyone works together by reviewing our Community Collaboration Chart below.





Running The Program

MILK COORDINATOR RESPONSIBILITIES:

The Milk Coordinator's role is to act as the main point of contact between the program and the school. The Coordinator's leadership is important to engage your school staff and students to help run the program throughout the year. Milk coordinators:

- Ensure milk is available every day at lunch
- Communicate to staff, students and parents that milk and recycling are available at your school
- Introduce the program purpose and recycling process to your school
- Organize and support the Moo Crew
- Share and celebrate success

For more details, visit RecycleRightWithMilk.ca.

STUDENT TASKS:

Each day, at the end of lunch, students will work together to collect recyclable beverage containers and ensure they are recycled right.

HERE'S HOW IT COULD WORK IN YOUR SCHOOL:

Whether your students eat in classrooms or in a common room, it's easy to recycle right! Beverage containers will be emptied of any leftover liquids and accepted containers will be placed in the recycling bin. Any containers identified as non-recyclable will be placed in the waste bin. Students can work together to collect recyclable beverage containers or be responsible for recycling their own.

1. **Classroom collection** – when students have finished enjoying their beverage, the container is placed in a designated collection bin. This bin is picked up by a member of the school Moo Crew or brought to the recycling station by a classroom volunteer.



2. **Individual responsibility** - When students have finished enjoying their beverage, each student uses the recycling station (central recycling station or in classroom).





MOO CREW TASKS:

Before starting the program, enlist the help of students to become part of the school's Moo Crew. This is a great leadership opportunity for students. The Moo Crew can be made up of students from a particular grade or can be a group of student volunteers. How you decide to run your school's Moo Crew is completely up to you.

MOO CREW RESPONSIBILITIES COULD INCLUDE:

DISTRIBUTING MILK

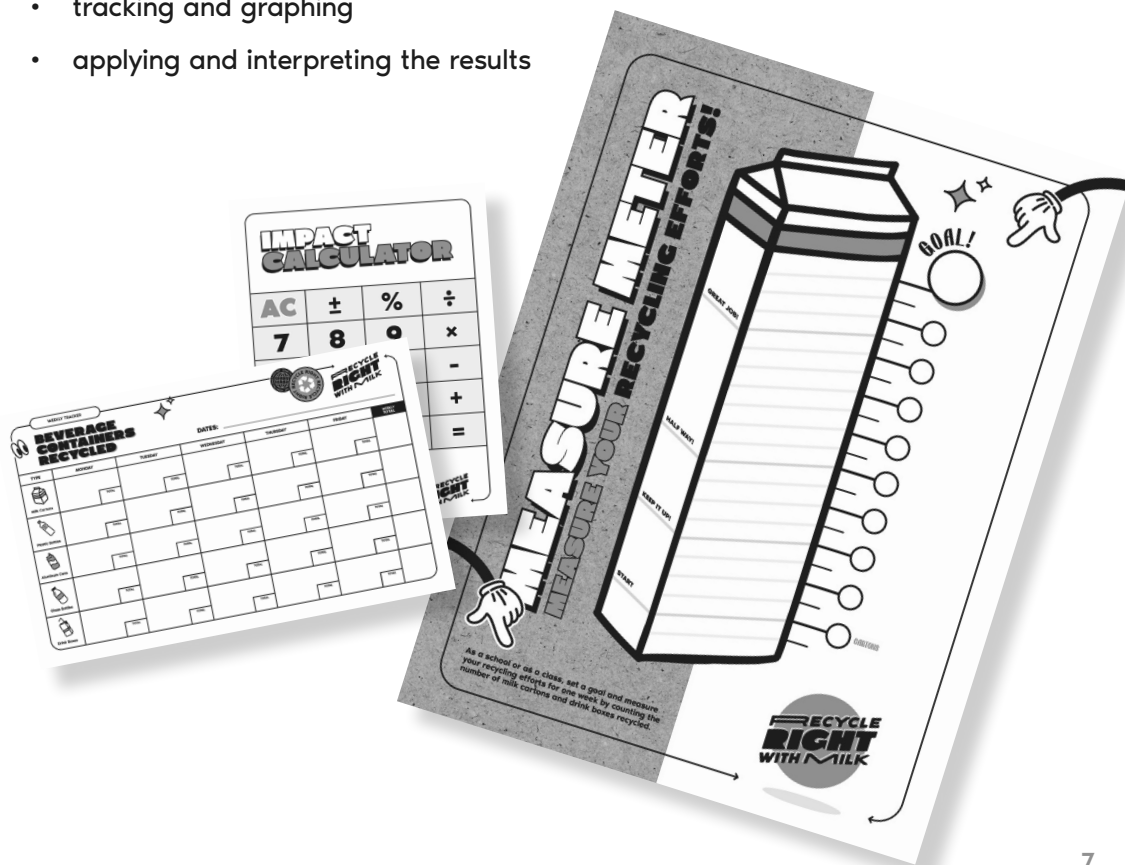
- count milk
- deliver or hand out milk
- collect milk tickets or money

RECYCLING RIGHT

- Confirm all beverage containers are recyclable. (In Manitoba, recyclable beverage containers include: milk cartons, drink boxes, plastic bottles, aluminum cans, glass bottles, and plastic cups. Foil pouches are not recyclable.)
- Pour any leftover liquids from the containers into the designated pour station
- Ensure lids have been screwed on or straws have been pushed into their box
- Place empty beverage containers into the designated recycling bin

TRACKING SUCCESS (OPTIONAL, TWICE A YEAR)

- counting and sorting
- tracking and graphing
- applying and interpreting the results





REALIZING RECYCLING RESULTS

Although tracking and measuring are optional activities, these hands-on activities help show students the value of their efforts. Tracking and measuring paired with the exercise of calculating your school's recycling impact are great leadership opportunities for your Moo Crew. With a little assistance and guidance, this should be a rewarding experience for the Moo Crew and exciting information to share with your school community.

USING THE MEASURE METER POSTER

This activity is ideally completed by the school's Moo Crew and can measure the cartons recovered by the school or by a classroom. While tracking is optional, we recommend this activity twice a year:

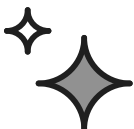
- In the fall: one week (5 days in a row)
 - **kick off your program by showing students why it is important to recycle right.**
- In the winter: one week (5 days in a row)
 - **Remind your students that recycling is a habit that is practiced all year.**
- **Set your goal for the week:** This measure meter tracks cartons collected for recycling (milk cartons + drink boxes) over one week (5 days). Using your school's milk order, estimate how many milk cartons are distributed in a week. Use this estimate as a goal for carton recycling collection, also known as recovery. Using milk cartons as your estimate, you'll likely recover more than your goal because this estimate does not include drink boxes. If you like, increase your goal based on what you think could be a realistic return on drink boxes.

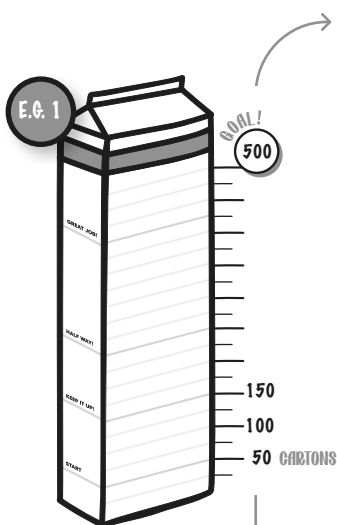
(The results from this activity are designed to be used with the Recycling Impact Calculator, which uses carton totals only. Although other beverage containers are not included in this count, all accepted beverage containers should be recycled.)

- **Determine your scale:** There are 10 large interval tick marks on the scale. Divide your goal number of cartons recovered by 10 to determine your scale's intervals.
- For example,
if your goal is to recover 500 cartons (milk cartons + drink boxes) in a week:

$$500 \text{ CARTONS} / 10 \text{ LONG TICK MARKS} = \text{SCALE WITH INTERVALS OF } 50$$

- So, every long tick mark becomes an interval of 50.



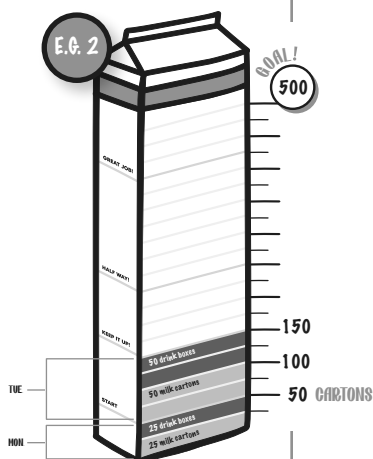


- **Mark your scale:** Mark the measurement intervals starting at the bottom of the meter. Next to the first long tick mark at the bottom of the scale, fill in the first number of your scale (# CARTONS). Add the intervals at each of the remaining long tick marks up the scale. *See E.G. 1*

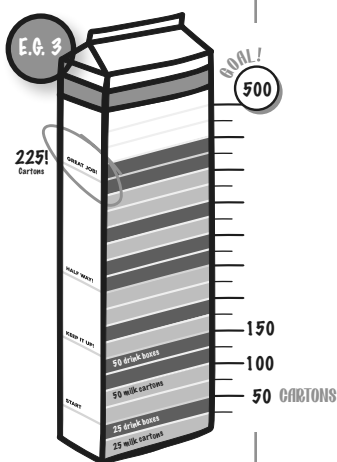
- **Track cartons recycled:** Collect all recyclable beverage containers. Sort and set aside the milk cartons and the drink boxes. Count all of the milk cartons. Count all of the drink boxes.

To help your students keep track, download the Weekly Tracker table or Recycling Score Card at RecycleRightwithMilk.ca

- **Record and display cartons recycled:** Record and display recovered carton totals on the measure meter by using different coloured bars for milk cartons and drink boxes. Write in the total number of cartons recovered in each bar. Repeat every day for one week. *See E.G. 2*
- **Tally and display recycling efforts:** At the end of the week, count the sum of all cartons recovered and display this total on the measure meter. Indicate if your school met its goal or where it ended up on the measure meter by circling your final milestone reached, so keep it up, half way there, or great job! *See E.G. 3*



- **Record recycling totals:** Record and save the weekly total of milk cartons and weekly total of drink boxes recovered. Use these totals to share your results and set your recovery goal in the winter.
- **Report recycling totals:** Recycle Right with Milk encourages schools to submit fall and winter tracking results. As always, reporting is optional, but very much appreciated.
- Recycle Right with Milk is responsible for sharing program success with Dairy Farmers of Canada. We'd also like to share the important efforts of elementary schools with other Manitobans. Our team will let you know when it's time to submit your results using our easy online system.



RECYCLING IMPACT CALCULATOR

Take it to the next level! Encourage student participation and further recycling education by sharing the potential impact of their efforts. Use the carton recovery totals (milk cartons + drink boxes) from your week of tracking (or estimate) to learn how your school is making a difference.

Use the Recycling Impact Calculator found on RecycleRightwithMilk.ca





Celebrate Success

STUDENT AND MOO CREW EXPERIENCES

Celebrate your school's commitment to nutrition, sustainability and leadership by tapping into program perks, including access to some of the following:

- **sporting events**
- **pizza and ice cream parties**
- **field trips**
- **vouchers for use outside of school**

Some experiences are for the entire school, others are for Moo Crew members only. Access to experiences is based on an opt-in system where Milk Coordinators nominate their school or Moo Crew for a chance to participate. New experiences will be announced via email to Milk Coordinators and on RecycleRightwithMilk.ca

Acknowledgements

Recycle Right with Milk and **Nüton** are nutrition programs brought to you by the team of registered dietitians at Dairy Farmers of Canada.

Visit nuton.ca for nutrition education resources, teacher workshops, and student field trips.

We gratefully acknowledge the support of our project partners:

Recycle Everywhere, www.recycleeverywhere.ca

And

Carton Council of Canada, www.recyclecartons.ca

Contact Us

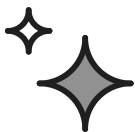
If you have any questions about Recycle Right with Milk, please contact us!

WHERE TO REACH US:

Recycle Right with Milk
brought to you by the registered dietitians at Dairy Farmers of Canada

Phone: 1-866-762-3030 (in Manitoba)

Email: schoolmilk.mb@dfc-plc.ca

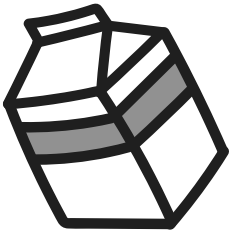


Resources Library

Download the following program resources at
RecycleRightwithMilk.ca/active-program

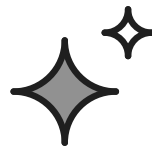
- **MILK COORDINATOR – START UP GUIDE:** A reference for new and returning milk coordinators. Steps to running a successful program in your school.
 - **RECYCLING SCORE CARE:** This 6x9" card helps students track the number of cartons and other beverage containers recycled. During periods of tracking, this card is ideal for daily tracking by classrooms or by the school's Moo Crew.
 - **WEEKLY TRACKER:** During periods of tracking, this table can be used by students to record and track daily and weekly recycled beverage containers.
 - **RECYCLING IMPACT CALCULATOR:** Calculate your school's potential recycling impact to encourage participation and promote further recycling education. .
 - **PARENT INFORMATION SHEET:** Work with office administration and/or classroom teachers to communicate with parents and let them know milk is available in the school.
 - **MILK DELIVERY SERVICES:** A list of contact information for some of the milk delivery services available in Manitoba. Alternately, many rural schools have also had success connecting with their local grocery store to set up a regular milk order.
 - **MILK TICKETS:** Milk tickets are an easy way for students to redeem milk, while removing the need to exchange money on a daily basis.
- ...**AND MORE:** Check out the Resource Library for additional tools including: order forms, how to set up a monthly milk order, milk order class lists, and colouring pages.

If you don't find what you're looking for, contact us!





RecycleRightWithMilk.ca



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