

## ENVIRONMENTAL EDUCATION & AWARENESS PROGRAMME PLANNER

**PROGRAMME TYPE (circle/cross):** general awareness programme: Waste (Composting) -Adults

### DETAILS

Name of school/ group		No participants actual		Programme length/duration	1hr
No participants expected				Grade/age group	Adults
Location (reserve/site)					
Is this part of the work plan?	N/A			If no, motivate why the programme is needed	

### CONTENT

Theme (circle/cross)	Waste (Composting)
Topics covered (e.g. water cycle/ importance of water)	What is waste Why is composting important? How to do a waste audit
Curriculum link (for curriculum aligned programmes only) – note subject/strand/topics (if not listed in topics above)	N/A
Prior knowledge required (if applicable)	N/A
Skills practiced (cross/circle)	N/A
Key message (e.g. we must save water)	Composting can be beneficial

Know

Do

Value

### GENERAL LOGISTICS

	Responsible person	Done (tick)	Status
Invite *			
Venue			
Transport			
Booking confirmed			
WCED permission *			
Presentation equipment & camera			
Risk assessment done, confirmation and checklist sent			
Catering *			
Indemnity *			
Budget and cost centre			

**Other:**


Plan requested by: \_\_\_\_\_ (name)

\_\_\_\_\_ (date)

Plan approved by: \_\_\_\_\_ (name)

\_\_\_\_\_ (date)

**LESSON PLAN**

Time	Location	Activity & explanation	Resources & person responsible for bringing/preparing the resource	Facilitating staff (if more than 1, indicate lead facilitator & timekeeper)
<b>INTRODUCTION &amp; ICEBREAKER</b>				
3 minutes		<p><b>1. Introduction:</b></p> <p>Who Cape Nature is            Introduce staff            Outline of the day            Rules of engagement            CapeNature and purpose of the day, topic            Introduce relevant reserve</p>	Agenda of the topics that will be covered	
7 minutes		<p><b>2. Tuning-In/ Icebreaker: Play Video</b></p> <p>            How to compost at home.mp4</p> <p>Know: Ask the participants what they think of when they see this clip</p> <p>Have they ever thought of what happens to food waste?</p> <p>Do they do compost at home?</p>	Playing of clip on presentation	
<b>BODY/ ACTIVITIES</b>				
15 minutes		<p><b>3. Presentation on waste and composting</b></p>	<p>Presentation</p> <p>Attachment 1: The benefits of composting</p> <p>Attachment 2: Reason for composting</p> <p>Attachment 3: How to start a compost heap p 148-149 Smart Living Handbook</p>	

			<p>Attachment 4: Compostable and non-compostable items p 148- Smart Living Handbook</p> <p>Attachment 5: How to maintain your compost heap p 149</p> <p>Attachment 6: Household waste audit</p>	
25 minutes		<p><b>4. Activity: Compost activity</b></p> <p>Divide big group in 2 groups (or keep group as is if a small number of people is present). Presenter are to provide the groups with various food waste items (fruit &amp; vegetable food items: banana, apple, broccoli, tomatoes, grapes)</p> <p>The following steps should be followed as described in attachment 3: How to start a compost heap</p> <p>Step 1: Make a layer of twigs</p> <p>Step 2: Place layers of dried leaves (Brown), fresh grass cuttings (Green) or kitchen waste such as peels of fruit or vegetables in equal quantities as a layer 2</p> <p>Step 3: Sprinkle greywater, soil and shredded paper on top of these layers that were created (over waste material in step 2)</p> <p>Step 4: Build layers over time as kitchen waste (fruit and vegetable waste) get more or grass cuttings can be used</p> <p>Step 5: Use extra amount of soil or dried leaves to cover kitchen waste. (this will keep the smell away as well as flies</p> <p>Step 6: Keep covered with soil to keep pests and other rodents out</p> <p>Step 7: Water your compost regularly (3 times a week)</p> <p>Step 8: After about six weeks compost is dark and crumbly and ready for use</p> <p>(Adapted from Smart Living Handbook p 148-149)</p> <p>Refer back to the video on what can and cannot be used to compost</p> <p>AND/OR</p> <p><b>5. Activity: Household waste audit</b></p> <p>Have each person complete a waste audit. Afterwards, ask them to briefly discuss the results and possible actions to change. The aim of this activity is to change how people think about household waste and what it does to the environment and to reduce the impact waste have on the environment.</p>	<p>Flipchart paper Coccis</p> <p>Household waste items (bottles, teabags, nappies, paper, glass, food wrappers, milk cartons) (pic of fruit &amp; vegetable food items: banana, apple, broccoli, tomatoes, grapes)</p> <p>Twigs in a plastic container Dried leaves in a plastic container Shredded paper in a plastic container Soil in a plastic container (to showcase how you compost)</p> <p>Egg carton</p>	
<b>CONSOLIDATION &amp; EVALUATION</b>				
10 minutes		<b>5 Consolidation:</b>	<p>Flipchart Coccis</p>	

		- Each person shares one thing learned or pledge to change on how they will dispose of household waste responsibly	Flipchart paper	
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### Attachment 1: The benefits of composting



### Attachment 2: Reason for composting

#### Top Five Reasons to Compost

- **Composting** reduces waste, makes us less dependent on landfills, and decreases greenhouse gas emissions. ...
- **Compost** strengthens soil and promotes healthy plant growth. ...
- **Composting** reduces the need for pesticides and synthetic fertilizers. ...
- **Composting** recycles essential nutrients back into the soil.

### Attachment 3: How to start a compost heap

#### HOW TO START COMPOSTING

There are many ways to make compost. Choose a method that suits the amount of waste you have and your available time and space. The easiest way to make compost is simply to create a pile of organic waste, about 1 m wide, in a sheltered and shady corner of the garden. To keep the heap tidy, you might prefer to make it in a container. A sealed container is advisable if you have baboons in your area, and to discourage rats.

#### Follow these steps:

- ✓ First throw down a layer of coarse material consisting of twigs and straw for aeration.
- ✓ Place alternate layers of "brown" (dried leaves) and "green" (fresh grass cuttings or kitchen waste) material in equal proportions. If available, put some manure (or seaweed) as an activator layer in between.
- ✓ Sprinkle non-potable water (greywater or rainwater), soil, and shredded paper intermittently between the layers until your heap is 1,5 m high.
- ✓ You can build layers up over time as you accumulate kitchen waste, mow the lawn, prune shrubs, or rake dry leaves.
- ✓ The soil is needed to introduce beneficial organisms, such as earthworms and woodlice, into the pile to help the decomposition process.
- ✓ It is useful to have an extra pile of material (dry leaves or shredded newspaper or soil) to place on top of the heap to cover kitchen waste. This will keep flies away and ensure that there is little or no smell.
- ✓ Keep the heap covered with a layer of straw, soil, or old carpet to keep rats, insects and other pests out.
- ✓ Water the heap regularly (keep it moist, but not wet, with non-potable water) and turn it over with a garden fork after a few months to speed up the process.
- ✓ In certain situations, it may be better to bury the organic waste in soil trenches or holes that match the amount of waste generated. You can grow vegetables, flowers, or trees straight from a trench bed. As a sand layer covers the waste, you avoid flies and smells.
- ✓ The compost is ready to use when it is dark, crumbly, and smells like soil. This can take between six weeks and six months, depending on the time of year and the organic material used. A good idea is to have two or more compost heaps, so you can have one breaking down, while the other one is being added to.

#### Attachment 4: Compostable and non-compostable items

##### Never use the following for composting:

- ✓ Any inorganic material, such as metal, glass, plastics, chemicals, paint, and rubble (building materials).
- ✓ Oil, fat, or grease, as these clog the soil.
- ✓ Dairy (cheese, milk), meat, chicken or fish, as these can attract rats and flies.

## Attachment 5: How to maintain your compost heap

### HOW TO LOOK AFTER YOUR COMPOST HEAP

Once it is up and running, look after your compost heap by following these steps:

- ✓ Initially, the compost heap will heat up, but will cool down again after a few weeks. This means you need to turn it so that it can heat up again. The heat kills weed seeds and fly larvae.

- ✓ Control flies by covering any new material you add with dry soil, sawdust, grass, or leaves.
- ✓ Turning the compost heap makes the organic material break down faster.
- ✓ Keep the heap moist, but not wet, otherwise it will smell bad. If it does get too wet, add dry absorbent material such as sawdust, straw, or manure, and turn the heap.
- ✓ If you find large, white, C-shaped grubs or larvae in the compost, destroy them. They are the larvae of the large black-and-yellow Fruit Chafer Beetle, which can do damage in the garden.

## Attachment 6: Household waste audit

### HOUSEHOLD WASTE AUDIT

To help you find the best way to reduce your waste and separate it for recycling or composting, it is important to do a household waste audit.

Choose a week in which you list all your household waste under the following headings:

RECYCLABLE	NON-RECYCLABLE	ORGANIC WASTE
e.g. glass	e.g. cling wrap	e.g. tea bags

Take time to examine the products that you would usually throw away. See which of those can be recycled or composted. If you do not want to sift through dirty waste, a tip is to have a look inside your grocery cupboards to see what you will be throwing out.

Keep all the recyclable products aside and find your closest drop-off site or buy-back centre where these can be dropped off. For your organic waste, create a compost heap or get a composting container. Combined, these efforts will reduce the amount of waste you throw away.