



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार



MANAGEMENT OF HOUSEHOLD WASTE

Facilitator Guide for SHG Meetings



Deendayal Antyodaya Yojana - National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India



Dear Facilitator

This facilitator guide on **“Management of Household Waste”**, is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training is to create awareness and provide information to the participants on the significance of proper management of the waste generated at home and related practices. This knowledge may consequently help to adopt better behaviour and practices that will improve sanitation at household level, surrounding communities and the environment. We all know that good hygiene results in better health and higher productivity leading to reduction in poverty and improvement in quality of life.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviors imbibed does not lie with women only; the men/husbands/older boys in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

Objectives

After going through the module, the facilitator will be able to:

- Explain the importance and benefits of Household waste management.
- Explain the right way of segregation and safe disposal of household waste.
- Explain how to channelize wastewater generated in the house through different means.

Initiate the Session

The participants undergoing this training will be sensitised on how to manage waste/garbage and waste water in the household and how to properly dispose of waste being generated in the house. This session will particularly focus on improving the surroundings of the house and to keep clean through gaining the right knowledge on household waste management.



■ ■ Case Study

Jayesh has the habit of leaving fruit peels on the floor after eating any fruit. His mother also has this habit of not throwing all garbage after peeling vegetables and cooking in the dustbin kept near the cooking area. Despite a number of reminders from his wife Anita on throwing used water in the flower beds, he throws the dirty water in the aangan thinking that it will dry up on its own. As a result, there is water stagnation in the house with mosquitoes breeding and the house is always dirty with household waste lying all around.

The couple's 1.5-year-old son has started falling ill frequently with diarrhea and sometimes skin rashes. Jayesh himself is getting some skin infection and has to visit a doctor. Answer the following questions.

- ▶ Why do you think this is happening?
- ▶ What should be done to make things better in the house?

Note: Do not explain any answer to the participants here, just listen what they have to say.

■ ■ Step 1:

Initiate discussion with questions to the participants on why we should keep our house and its surroundings clean. Explain what actions at individual and household level need to be taken. Emphasize that garbage and dirty water around the houses spreads infection and can cause illness. Water pits and drains to manage dirty water, garbage bins at appropriate places for household waste and appropriate disposal of this waste can avoid spoilage and flies thriving on it, thus preventing infection and diseases. By doing this the most vulnerable little kids and all family members at home can be protected against infectious diseases.

Mention that some common practices should be followed to avoid illnesses that spread through unhygienic conditions. These practices are:

- Use Toilet, properly dispose of child feces and avoid open defecation.
- Wear slippers, especially while going out or to the toilet
- Wash your hands with soap after coming back from the toilet and other critical times
- Practice appropriate menstrual hygiene.
- Follow proper food and water hygiene and safety measures.
- Ensure proper dry and wet waste management at the household level.

We will discuss in detail about proper waste management at home in this session. All other practices have been discussed in detail in the session on **“Hygiene Related Behaviours”**, that should be referred to.

Step 2:

Initiate discussion with questions given below to the participants and ask them if they are aware that waste at home should be segregated and to share their experiences, if any on segregation of waste at household level.

Waste segregation basically means keeping wet and dry wastes separately, so that dry waste can be recycled and wet waste can be composted. Both need to be disposed of and recycled differently. Remember that wet waste is organic and dry is not.

What is Dry Waste?

Paper, plastics, metal, glass, rubber, thermocol, fabric, leather, wood – anything that can be kept for an extended period without decomposing.

What is wet waste?

Wet waste consists of kitchen waste – including vegetable and fruit peels and pieces, tea leaves, coffee grounds, eggshells, bones and entrails, fish scales, as well as cooked food (both veg and non-veg).



Waste is any item beyond use in its current form and discarded as unwanted. It can be solid or liquid with respective management methods. Solid Waste includes wastes from kitchens, gardens, cattle sheds, agriculture, and materials such as metal, paper, plastic, cloth, and so on. They are organic and inorganic materials with no remaining economic value to the owner produced by homes, commercial and industrial establishments. Most household waste in rural areas is organic, with little inorganic material, and is non-toxic. Because of its environment-friendliness, composting is a highly suitable method of waste management in rural areas

Liquid Waste is water and other liquids that are used once and are no longer fit for human consumption or any other use. Wastewater can be sub categorised as industrial and domestic: Industrial wastewater is generated by manufacturing processes, factories, etc. and is difficult to treat whereas domestic wastewater includes water discharged from homes, commercial complexes, hotels, and educational institutions, and it can mostly be treated for re-use

Step 3:

Inform the group that there are some key considerations and points which should be kept in mind for proper waste management at home. All family members should be aware of these points and contribute in their own way to ensure the same, so that women in the house are not burdened alone.



- Keep separate dustbins for dry and wet waste at appropriate places.
- Before throwing any food waste in the bin, remember to remove any packaging it may have and throw the packaging appropriately.
- Keep two bags for dry waste collection if possible – one for paper, plastic and other items which are recyclable and one for the rest of the household waste.
- Keep plastic from the kitchen clean and dry and drop into the dry waste bin.
- Keep glass/plastic containers rinsed of food matter.
- Send/dispose of wet waste out of the home daily through the garbage collector.
- Store and send dry waste out of the home, at least once a week.
- Keep a paper bag for throwing the sanitary waste, or throw it after wrapping it in a paper bag.

Discuss with the group on what are the arrangements of garbage disposal in their locality and village. Do they have common garbage dumps, how often are they cleaned, who does the cleaning, is there a garbage collector who comes door to door; are the streets cleaned regularly, etc.

Step 4:

Discuss with all the participants to share their understanding on Safe disposal of household waste. There should be understanding in the group that there are different disposing methods for dry waste, wet waste and waste water and that the household should make adequate arrangements for both. The best **methods of safe disposal** are segregation and composting. After segregating the waste and separating materials for reuse and **recycling**, the **waste** material should be **disposed** of. Care must be taken that waste disposal does not pollute the air, groundwater, surface water and land.

Safe Disposal of Household Waste – Composting

This is one of the effective methods of disposing waste at home, especially if there is a nutri garden or any green patch in the house. Compost produced by this method is the most natural form of manure with no additional expense. The simple steps to be followed are –

- Separate your edible kitchen waste (vegetable peels, fruit peels, small amounts of wasted cooked food) in a container.
- Collect dry organic matter (dried leaves, sawdust) in a small container.
- Take a large earthen pot or a bucket and drill 4 – 5 holes around the container at different levels to let air inside. Line the bottom with a layer of soil.
- Now start adding food waste in layers alternating wet waste (food scraps, vegetable and fruit peels) with dry waste (straw, sawdust, dried leaves).
- Cover this container with a plastic sheet or a plank of wood to help retain moisture and heat.
- Every few days, use a rake to give the pile a quick turn to provide aeration. If you think the pile is too dry, sprinkle some water so that it is moist.



- Within 2–3 months, your pile should start forming compost that is dry, dark brown and crumbly and smells of earth. This can be used as manure for your green patch of land.

Step 5:

Now start a discussion on waste water accumulation around the house and its impact on health.

Waste water from kitchens, bathrooms and other washing areas need to be channelized properly to avoid any stagnation, which is the main breeding site for mosquitoes and insects that spread diseases. This water can be taken to the kitchen garden of the house or be connected to the main community drain outside so that there is no stagnation of water inside the house.

The presence of microbial pathogens and breeding vectors including mosquitos in wastewater effluents creates a human health risk. If one ingests water contaminated with bacteria, viruses, or other microorganisms such as giardia and cryptosporidium, it can result in serious illnesses.

Direct contact with sewage or surfaces contaminated by sewage can result in illnesses such as gastroenteritis.

Waste water can majorly be disposed of in three ways –

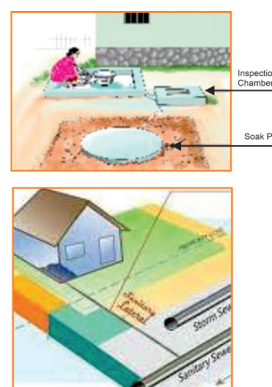
1. Connecting by drains as a watering arrangement for kitchen gardens or other green patches.
2. Connecting by a drainage channel to the main community/village drain outside the house that disposes water safely.
3. Having individual soak pits at home, these are also provided under MNREGS.

Step 6:

Initiate discussion with the group on the effective way of management of waste water by developing soak pits within the household as a simple method of disposing waste water. Let the participants know that this is a safe and simple method for waste water disposal which may otherwise get stagnated in open drainage and this will serve as a breeding site for mosquitoes.

To prevent water stagnation within the household premises and in the drainage channels, Individual household Soak Pits are provided under Mahatma Gandhi National Rural Employment Guarantee schemes. The soak pits can be made by using easily available materials such as sand, gravel and small pieces of bricks. **For more information on these, connect with the concerned Panchayat Officials.**

There are Community Soak Pits also, constructed near public taps and fountains, overhead tanks and hand-pumps. These also help in recharging the ground water table.



Step 7:

Explain to the group that a simple way of contributing to Swachh Bharat Abhiyan and making a small difference towards appropriate waste disposal is to adopt the **3 R's** – Reduce, Reuse and Recycle. **Reduce** means to cut back on the amount of waste we generate. **Reuse** means to find new ways to use things that otherwise would have been thrown out. **Recycling** means to turn something old and useless into something new and useful. Repurposing your household waste is a good way to reduce waste. For example, instead of throwing away the plastic bottles, use them to decorate your house and make other plastic showpieces.



- Plastic and paper bags can be reused while shopping. Plastic bottles and containers can be reused in the kitchen.
- Repair the usable items instead of throwing them away. Don't throw away the things you don't want anymore. Give it to someone in need or sell it. Use old wood and pallets to build compost bins.
- Reuse toiletries like shampoo bottles as cell charging stations, old toothbrushes as cleaning tools, etc.

It is therefore very important to understand that minimising waste in our houses is very important; whatever waste is generated should be segregated and disposed off properly; and wastewater generated in the house needs to be effectively used and channeled. Keeping these things in mind will prevent a lot of infection related illnesses for family members.

Role of Self Help Group

- ▶ The group should ensure that all members understand the importance of proper waste management at household level.
- ▶ It should be ensured by the group members that waste is properly segregated in the households and disposal of wet waste is done by composting.
- ▶ The households of all group members should ensure that there is no stagnation of waste water in their houses and that waste water is properly channelised through drains.
- ▶ The family members of all SHG members should ensure that they minimise waste generation in their houses and all family members contribute in ensuring the same.

Note: The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

Session concludes: End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies-TA- NRLM (PCI) and inputs from ROSHNI-Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program-Project Concern International (JTSP-PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

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