

**FIRST NATIONS**

**ZERO WASTE**

**AMBASSADOR PROGRAM**



# First Nations Zero Waste Ambassador Program

This program aims to promote a regenerative lifestyle, and to support your zero waste journey with practical tools, and concrete actions. The program includes five on-site sessions, and it can be customized. It also provides environmental curriculum resources for K-12 students through science and arts-based approaches, guided by Traditional Ecological Knowledge, enabling sensory and cognitive development, contributing towards a circular economy and regenerative practices.

## Session 1



Conduct a waste audit, create a baseline and plan an effective waste diversion program.

## Session 2



Learn unique painting and upcycling art techniques. Create an upcycled art project with recycled materials. Learn about different types of waste, landfills and their environmental impacts.

## Session 3



Create a vermicompost system using organic waste. Observe earthworms' anatomy, and behavior. Learn about the microbiology of the soil.

## Session 4



Learn about different gardening techniques to grow vegetables. Apply regenerative practices. Make soil amendments, and extracts from earthworms poop (castings), and compost.

## Session 5



Conduct a waste audit to compare it with the baseline and to calculate waste diversion rate achieved.



**Elizabeth Romo-Rabago, Co-founder and Director of Ciclomanias,** She is a passionate and dedicated environmental educator and impact entrepreneur with more than 15 years of experience leading social enterprises, developing, and implementing environmental educational programs in Canada and

Mexico. She holds a University of Calgary Master's degree in Sustainable Energy Development, a certified Lab-Technician and Soil Biology Advisor, Permaculture, and Ecosystem Restoration-trained by Dr. Elaine Ingham Soil Food Web School.

The First Nations Zero Waste Ambassador Program is developed in close collaboration with Elders and teachers of culture and language. The program aims to prevent and divert waste, strengthen food sovereignty rooted on Traditional Ecological Knowledge and values.

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