

What can you do to save on food?

Imagine yourself in this situation:

You are pushing a cart through your local grocery store. It is the beginning of June and you spot a carton of tantalizing strawberries in the produce section. You weren't planning on buying strawberries today, but they look so good. In the cart they go. You take them home, wash them, and eat a few before putting them in your refrigerator.

A few days later you need room in your fridge but it is full of leftovers you forgot about. You pull the trash can over to the fridge and clean it out. You find those strawberries hidden in the back covered in mold. Into the trash they go.

Does this happen in your home? If so, you're not alone. Twenty percent of food brought into American households is never eaten. The average family of four throws away at least \$589 each year on uneaten food. Not only is this a waste of money, but it is a waste of water, fuel and labor used to bring that food to your table.

Ready to take action against wasted food? Here are tips to help you save both food and money:

1: Shop with meals in mind

Make a list, stick to it and don't cook more than you can eat or store. Find a system that works for you and your family.

2: Prepare now and eat later

Prep ingredients and meals over the weekend to make weeknight meals faster to put on the table.

3: Keep it fresh

Learn how to store your food in the right place to postpone spoilage.

4: Eat what you buy

Reimagine leftovers and extra ingredients. Need creative help? There are websites where you can find recipes based on using the ingredients in your pantry such as lovefoodhatewaste.com/recipes and bigoven.com.

Preventing wasted food is everyone's responsibility. To learn more, visit this regional resource: EatSmartWasteLess.com.



Master Recycler Spotlight: Alex Mihm

There wasn't one specific topic that attracted Alex Mihm to becoming a Master Recycler. Yes, he wanted to know what he could and could not recycle in the curbside bin. But there was more to it. "I'm a contextual learner," Alex admits. "I wanted to know what role I could play as an individual" in the world of reduce, reuse, recycle.



The Master Recycler Program is a volunteer corps in the Portland Metro area. Members take part in an 8-week course where they learn the skills to

make change in their community. Alex is a member of Class 62 from last spring and has already volunteered over 30 hours.

One thing Alex learned from the course was how many resources go into making products we buy daily. While recycling is important, Alex learned "the greenest products are the ones we choose not to buy at all." He now remembers these hidden resources when shopping.

Alex also believes his Master Recycler experience has helped him in his role as the chair of the West Linn Sustainability Advisory board (SAB). The Board is investigating curbside composting and an annual donation and recycling event. "I would not be able to contribute to the SAB work to the same extent had I not become a Master Recycler."

Most of all, Alex has enjoyed meeting new people through the program. "Really, I shouldn't call it a program; it's a community in every sense of the word."

Interested in becoming a Master Recycler?

Visit masterrecycler.org or call 503-742-4463 to learn more.

Inclement weather reminder:

Garbage and recycling service can be disrupted by bad weather

Contact your garbage company to see if collection has been postponed due to unsafe road conditions. Go to clackamas.us/recycling/garbage.html to find contact information.

DON'T TRASH IT. CASH IT!

KnowYourNickel.org

Brought to you by Oregon's Bottle Bill

Mix only these items in your **Recycling Container**

PAPER

- Newspaper
- Cardboard (flattened)
- Magazines and phone books
- Mail and catalogs
- Scrap paper
- Paper bags
- Cartons: milk, juice, soup (rinsed)
- Shredded paper (in a paper bag)



PLASTIC

- Bottles
 - Jugs
 - Tubs
 - Nursery pots (larger than four inches)
 - Buckets (five gallons or less)
- Ignore numbers on containers; they indicate plastic resin type, not recyclability*
- Empty and rinse containers*
- Six ounces or larger in size*



METAL

- Aluminum, tin and steel food cans
 - Metal paint cans (empty and dry)
 - Aerosol cans
 - Aluminum foil and pie plates
 - Scrap metal (smaller than 30 inches and less than 30 pounds)
- Do not flatten cans*
- Labels are OK*
- Tin tops are OK if crimped inside can*
- Empty and rinse containers*



In your **Garbage Container**

Plastic film and bags



To-go cups and containers (paper + plastic cups and clamshells)



Frozen food containers



Glassware, ceramics and incandescent light bulbs



Also in your garbage: food-soiled paper, pizza boxes, carpet, textiles, food scraps, containers labeled "compostable," pet waste and diapers. *Some items can be taken to a drop-off center to be recycled or reused.*

In your **Yard Debris Container**

- Leaves and flowers
- Grass clippings
- Weeds
- Tree and shrub trimmings (less than four inches in diameter and 36 inches long)

Do not include:

- ✗ Plastic bags
- ✗ Household garbage
- ✗ Metal
- ✗ Food scraps or food-soiled papers
- ✗ Rocks
- ✗ Dirt or sod
- ✗ Ashes
- ✗ Diapers
- ✗ Pet waste
- ✗ Oversized items
- ✗ Plastic
- ✗ Building lumber
- ✗ Stumps

*In cities and urban areas with yard debris service



In your separate **Glass Container**

GLASS BOTTLES AND JARS

- Empty and rinse containers
- All colors together
- Remove caps and corks
- Labels are ok



On the Side

MOTOR OIL

- Set used motor oil next to your glass bin
- Marked, see-through container with a screw-top cap
- No larger than two gallons

Single-family customers only, not at apartments or businesses



Metro's Recycling Hotline **503-234-3000**

Recycling and Reuse in Clackamas County

Below are some of the reuse and recycling locations convenient to Clackamas County. Call or visit the websites of these organizations for the most up-to-date information about hours, currently accepted materials and any possible fees.

Not sure where to take something? For information, call Metro's Recycling Hotline: 503-234-3000 or look up items on the Find A Recycler website: OregonMetro.gov/FindARecycler.

Rigid Plastics

Take non-curbide bulky plastics and rigid plastics to a recycle depot. Bulky plastics include: lawn furniture, crates and storage bins. Rigid plastics include: clean take-out trays, containers and cups.

- **Far West Recycling**
503-200-5411
FarWestRecycling.com
341 Foothills Rd., Lake Oswego
- **Far West Recycling**
503-238-1640
FarWestRecycling.com
4930 SE 26th Ave., Portland



Plastic Bags, Film and Wrap

A variety of plastic film can be returned to **grocery stores** that have bins for plastic bags. Some recycling depots also take this material. Accepted plastic includes produce and bread bags, dry cleaning bags, case wrap, newspaper bags, plastic wrap and air pillows.

- **Far West Recycling**
503-200-5411
FarWestRecycling.com
341 Foothills Rd., Lake Oswego
- **Metro South Transfer Station**
503-234-3000
OregonMetro.gov
2001 Washington St., Oregon City



Bulky Items

Options for getting rid of bulky items, such as furniture and appliances.

- **Donate:** Call **503-234-3000** or go online to search Metro's Find a Recycler OregonMetro.gov/FindARecycler.
- **Curbside pick-up** (by your garbage company). *Call for fees/details*
- **Take to a garbage facility:** Dispose of items at **Metro South Transfer Station** (503-234-3000) in Oregon City or **Clackamas County Transfer Station** (503-668-8885) in Sandy.



Medication

Keep your children and our water safe. Properly dispose of unused medication. It should not be flushed down the toilet! Many police and sheriff offices within Clackamas County have a drop box for unused medications. These drop boxes may not be used by businesses or care facilities.

- **Acceptable items:** Unwanted medications and samples.
- **Unacceptable items:** Thermometers, medical sharps, IV bags, bloody or infectious waste, inhalers and iodine.

Alternate medication drop site:

Metro South Hazardous Waste Facility
503-234-3000 | 2001 Washington St., Oregon City



Electronics

Oregon E-Cycles is a free recycling program for computers, monitors, printers, keyboards, mice and TVs. Take up to seven E-Cycles items at a time to a collection site for free recycling.

Locations in and around Clackamas County include: **Goodwill, Salvation Army, Teen Challenge Thrift Store, Deseret Thrift Store, Free Geek** and many other recycling locations.



Household Hazardous Waste

Only Oregon residents can dispose of household hazardous waste at Metro's hazardous waste facilities. Common types of household hazardous waste include paint, batteries, fluorescent light bulbs, solvents, medical sharps, pesticides, fertilizers, poisons and aerosol spray products. Metro has a \$5 fee to dispose of up to 35 gallons of hazardous waste.

Metro South Hazardous Waste Facility
OregonMetro.gov
2001 Washington St.
Oregon City
503-234-3000



Donate Your Stuff

Many materials can be donated for reuse in your community.

- **Evergreen Thrift**, Milwaukie
503-653-7510
- **Red White & Blue Donation Center**, Gladstone
503-655-3444 | redwhiteandbluethriftstore.com
- **Deseret Industries**, Happy Valley
503-777-3895 | deseretindustries.lds.org
- **Habitat Restore**, Canby
503-263-6691 | nvwrestore.org



Yard Debris

These facilities in Clackamas County accept yard debris, branches, untreated wood and other materials for a **fee**.

West Linn Dan Davis Recycling Center (operated by Recology)
503-655-1928
4001 Willamette Falls Dr.
West Linn

McFarlane's Bark
503-659-4240
13345 SE Johnson Rd.,
Milwaukie

Metro South Transfer Station
503-234-3000
2001 Washington St.,
Oregon City

S & H Landscaping Supplies
503-638-1011
20200 SW Stafford Rd., Tualatin



About Trash Talk

Trash Talk pages are provided by Clackamas County's Resource Conservation & Solid Waste Program, on behalf of the Clackamas County Recycling Partnership: a cooperative of Clackamas County, the cities of Barlow, Canby, Estacada, Gladstone, Happy Valley, Lake Oswego, Milwaukie, Molalla, Oregon City, Sandy, West Linn and Wilsonville, and local garbage and recycling companies.

Contact

Clackamas County Resource Conservation & Solid Waste
503-557-6363 | wasteinfo@clackamas.us
clackamas.us/recycling

School Recycling Challenge

Schools and families: Recycle the most plastic film bags (bread bags and more!) and get a chance to win a bench for your school

How does the School Recycling Challenge work?

1. Get started

Interested schools should contact Laurel Bates (lbates@clackamas.us, 503-742-4454) for information and to get started.

The challenge will start on America Recycles Day, Nov. 15, and will end on Earth Day, April 22.

2. Start collecting plastic bags

Identify locations within your school where students, staff and families can bring their plastic bags. The school that collects the most, wins!

3. Weigh the bags

A school volunteer weighs and keeps records of the amount of material collected each month. We have scales to help you weigh.

4. Drop it off

A school volunteer takes the collected plastic to Safeway, Albertsons or other participating retailers.

What you can recycle

Clean and dry plastic grocery bags, packaging wrap, dry cleaning bags, ziploc bags, bread bags, produce bags, ice bags and bubble wrap.

Remember: Do not place plastic bags in your recycling at home or work! You may recycle film plastics like the ones pictured below at participating grocery stores.

Participating schools receive:

Three recycling bins, a poster, magnets for each student and a participation award. The winning school will receive a Trex bench.



Schools compete to collect plastic bags in the Trex School Recycling Challenge.



Produce bags



Plastic shipping envelopes



Bread bags



Dry cleaning bags



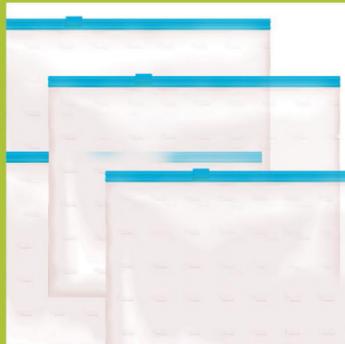
Case wrap



Air pillows



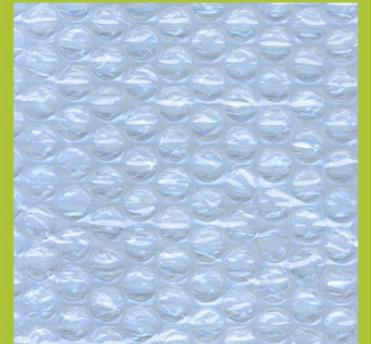
Newspaper bags



Food storage bags



Product overwrap



Bubble wrap

Recycling at your apartment community

Are you new to the area?

There's a good chance you are renting an apartment, buying a condo or living in a community of five or more units. How and where you recycle and dispose of trash may look different depending on where you live. What doesn't change is your right to recycle.

Oregon law requires landlords to provide you with recycling opportunities and yearly recycling education. You should also receive information on recycling when you move in.

As a resident, you can get help from Clackamas County to:

- Identify what to recycle and what belongs in the garbage
- Learn where to take things that don't belong in the garbage or recycling bin
- Improve the recycling program at your community

You can also contact your property owner or manager for free information and resources.

Are you a property owner?

Clackamas County is committed to enhancing recycling opportunities for your community. Please contact 503-557-6363 or wasteinfo@clackamas.us for free educational materials or assistance with your recycling program.

Order free resources and services online

We offer free recycling resources to meet the unique needs of multi-family communities. Order yours at clackamas.us/recycling/propertymanagers.html.

