

Trash Talk

A clean, green activity for the whole family:

Many common household cleaners contain harmful chemicals that are not healthy for people, pets or the environment. "Green cleaners" use simple and safe ingredients to clean all kinds of home messes. Choosing to swap out cleaners with harmful chemicals for green cleaners is easy: You may have all the ingredients you need already, and you can make your own at home.



Milwaukie resident Zoe Start mixes some green cleaners at home.

RECIPES

All-purpose cleaner (great for countertops and spills)

1/4 cup white distilled vinegar
1/2 teaspoon liquid soap
3/4 cup warm water
Mix in a spray bottle and shake gently to blend.

Soft scrub (use for tile, tubs, sinks)

1 cup baking soda
1/2 cup liquid vegetable-based soap (Dr. Bronners or Murphy's Oil Soap)

Mix ingredients to form a frosting-like paste. Scrub surfaces, rinse with water.

Glass cleaner

1 quart warm water
1/4 cup white distilled vinegar or 2 tablespoons lemon juice
Mix in a spray bottle and shake gently to blend.

For more info and recipes: www.oregonmetro.gov/tools-living/healthy-home/green-cleaning



WIN YOUR OWN "GREEN CLEANER STARTER KIT"!

Send a photo of the cleaning supplies you would like to replace with green cleaners to wasteinfo@clackamas.us by April 30, and be entered in a drawing to win the green cleaner starter kit pictured here!

GREEN CLEANER INGREDIENTS AND THE ITEMS THEY REPLACE:

Cleaner	Find it in:	Use it to:	It replaces:
Baking soda (sodium bicarbonate)	Grocery store baking ingredients aisle	Scrub sinks and pots to remove stains; polish sterling or silver plate	Abrasive cleaners like Ajax, silver polishes
White distilled vinegar	Grocery store condiments aisle	Clean glass; remove soap scum, grease and mineral deposits	Window cleaners like Windex; drain treatments like Drano
Hydrogen peroxide, 3 percent	Pharmacy or grocery store first aid aisle	Brighten whites in the laundry; disinfect surfaces	Chlorine bleach
Plant-based liquid soap (castile soap)	Grocery store natural products section	Wash cars; mop floors; wash clothes; clean marble counters	Liquid car wash, laundry detergents, floor care products
Washing soda (sodium carbonate)	Grocery store laundry supplies aisle	Cut oven grease; remove stains; boost cleaning power of laundry soap	Oven cleaners, all-purpose cleaners like Oxi-Clean



McLoughlin students proudly place the new utensils in a wash tub after lunch.

School District cafeterias come clean, say goodbye to disposable forks

was extremely supportive, and encouraged the students to bring the idea to Chris Davison, Oregon City School District Nutrition Services Director. Davison had already been considering the idea of switching to washable utensils, and the students at the McLoughlin Green Team inspired him to get started.

It all started with the student Green Team at McLoughlin Elementary in Oregon City. With Green Team leaders Nicky Potts and Regina Flynn, the students decided that they wanted to do something about the hundreds of plastic utensils thrown away every single day during lunch.

The students set out to research it. During a cafeteria waste audit, they collected all the disposable utensils that were thrown away, and found that their school used approximately 400 utensils every day. They did some math and determined the school was sending over 70,000 disposable utensils to the landfill each year!

The Green Team discussed possible solutions to the problem, and decided they wanted to use washable utensils during lunch. They brought the idea to their principal, Lisa Normand. She

McLoughlin started using washable utensils in fall 2015, and Davison plans to switch over to washables at all Oregon City elementary schools within the year. The district is reducing the amount of garbage they send to the landfill, saving energy and reducing greenhouse gases, and the washable utensils will save the district money over time. According to Davison's research, the utensils save money after 11 uses, which means the district enjoys cost savings in two weeks.

McLoughlin Elementary was recently certified as an Oregon Green School. Congratulations to the team for setting and achieving their waste reduction goals!

RECYCLE MORE PLASTIC WRAPS

Clean & dry plastic film packaging, bags and wraps are accepted at Safeway, Albertsons and other participating retailers > plasticfilmrecycling.org



Not in your curbside recycle cart

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, Damascus, Estacada, Gladstone, Happy Valley, Lake Oswego, Milwaukie, Molalla, Oregon City, Sandy, West Linn and Wilsonville, and local garbage and recycling companies.

Contact

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

Celebrate Earth Day While Saving Money – Try these six eco-friendly activities!

1 MAKE YOUR OWN CLEANERS TO SAVE MONEY, DETOX YOUR HOUSE AND LESSEN ENVIRONMENTAL IMPACT

Homemade cleaners are inexpensive, effective, easier on your health and the environment, easy to make and a good way to detox your home! Check out the green cleaner family activity on page 7 for a few recipes.

2 SPRING CLEANING? DROP OFF THOSE 'HARD TO RECYCLE' ITEMS AT A DEPOT NEAR YOU!

Declutter your house by removing those broken or unneeded items. See the Recycling Depot List below for locations to take electronics, paint and stains, light bulbs, various plastics and more.

3 STORE FOOD PROPERLY TO EXTEND ITS LIFE

This will help save you time and money while wasting less – and maybe even take fewer trips for groceries.

"Storing Food for Safety and Quality" from Oregon State University Extension is an excellent reference: you can find it at <http://extension.oregonstate.edu/fch/food-preservation>.

Want an app? Google "proper food storage apps" to find one that is right for you.

4 START A NEW TRADITION WITH LEFTOVER SUNDAYS

Every Sunday take a look in your fridge and repurpose your leftovers to make an easy meal or snack. This can spark the creative cook in your home and use food that would otherwise have been wasted.

5 BECOME BFFS WITH YOUR REUSABLE COFFEE CUP AND WATER BOTTLE

If you prefer filtered water, a home filter for your tap water is much less expensive than bottled water. Most coffee shops give a discount for bringing in your own travel mug and your drink will stay hot longer!

6 BYOB (BRING YOUR OWN BAG)

Remember to take your reusable shopping bags with you not only to the grocery store, but to any shop! And ditch those plastic produce bags; most fruits and vegetables don't need to be bagged—they have their own natural packaging.

Get two \$5 Healthy/Safe coupons!

Good for a free household hazardous waste drop-off at a Metro transfer station (if you bring a pesticide), and for natural garden products at participating stores. Call 503-557-6363 or email: wasteinfo@clackamas.us



RECYCLING Locations Convenient to Clackamas County

Drop-off locations for recycling and beyond. Confirm accepted materials and potential fees before you make the trip. For more locations, call Metro's Recycling Information Hotline: 503-234-3000 or go to OregonMetro.gov/FindaRecycler.

Deposit Containers

Return to BottleDrop Centers, retailers or grocery stores.

KnowYourNickle.org

Oregon E-Cycles

Recycling for computers, monitors, TVs, printers, keyboards and mice.

1-888-532-9253 • OregonECycles.org

Paints and Stains

Drop-off paint for FREE at PaintCare locations.

PaintCare.org

Prescription Medicine

Take medicine to a FREE Drug Drop Off Box location near you.

ClackamasProviders.org/drug-take-back-boxes

Metro South Hazardous Waste Facility also accepts medications for a fee.

Sharps (Needles, Lancets, Syringes)

Take to the Metro South Hazardous Waste Facility or call your collection company.

Check with your local pharmacy.

KEY	Appliances - Lg. & Sm.	Batteries (Alkaline & Rechargeables)	Electronics (TVs, Monitors & Computers)	Glass Bottles & Jars	Household Hazardous Waste	Light bulbs, CFLs, Fluorescent tubes, etc.	Motor Oil	Paper, Cardboard & Metal	Plastic Bottles, Jugs & Tubs	Plastic (non-curb-side, bulky & rigid)	Plastic Film, Bags & Wrap	Scrap Metal	Tires	Yard Debris
Clackamas County Transfer Station 19600 SE Canyon Valley Rd., Sandy 503-668-8885	✓/\$		✓	✓			✓	✓	✓			✓	✓	
City of Estacada Recycling Depot 800 NW Evergreen Way, Estacada 503-630-8286				✓				✓	✓					
Far West Recycling 341 Foothills Rd., Lake Oswego 503-200-5411 farwestrecycling.com 4930 SE 26th Ave., Portland 503-238-1640 farwestrecycling.com	✓	✓ <small>only rechargeable batteries</small>	✓ <small>also accepts misc. e-waste</small>	✓			✓	✓	✓	✓	✓	✓		
K.B. Recycling 9602 SE Clackamas Rd., Clackamas 503-659-7004 1600 SE 4th Ave., Canby 503-266-7903	✓/\$		✓	✓				✓	✓			✓		
McFarlane's Bark 13345 SE Johnson Rd., Milwaukie 503-659-4240 mcfarlansbark.com														✓
Metro South Transfer Station 2001 Washington St., Oregon City 503-234-3000 oregonmetro.gov	✓/\$	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
R.S. Davis Recycling, Inc. 10105 SE Mather Rd., Clackamas 503-655-5433	✓/\$		✓									✓		
S & H Landscaping Supplies 20200 SW Stafford Rd., Tualatin 503-638-1011 shbark.com														✓
Universal Recycling Technologies 10151 SE Jennifer St., Clackamas 503-722-2236 urtrecycles.com		✓/\$	✓ <small>also accepts misc. e-waste</small>			✓/\$								
West Linn Dan Davis Recycling Facility 4001 Willamette Falls Rd., West Linn 503-655-1928												✓		✓
Willamette Resources, Inc. 10295 SW Ridder Rd., Wilsonville 503-570-0626	✓/\$		✓					✓	✓		✓			

Recycling at Home and Work

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**

YARD DEBRIS

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

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 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
- In a 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

SPOTLIGHTING A GREEN BEST PRACTICE

Looking for ways your business can trim paper waste? Here are some tips from our expert business advisors that could save you money and reduce waste.

Preventing paper waste

- 1 Maximize use of electronic documents.**
Share them through email, online in the cloud, or on a shared hard drive or server.
- 2 Review your editing practices.**
You can use narrower margins, smaller fonts, and check page breaks or print preview to avoid printing unwanted pages.
- 3 Take advantage of your printer's abilities.**
Set printer defaults to double-sided and utilize pin or code printing. Ask customer support to explain the conservation features on your multi-function machine.
- 4 Eliminate individual desktop printers.**
Save money on toner, ink, energy and maintenance. Sharing a central printer may also encourage employees to print less often.



Recycling for Apartments

MEET RECYCLING REQUIREMENTS

Oregon law ORS 90.318c requires landlords to provide tenants with the opportunity to recycle and receive annual recycling education. In Clackamas County, landlords must also provide a two-sort recycling system, where glass is collected in one container and all other recyclables are collected in a second container.

As spring arrives, many people are cleaning and decluttering. This is a perfect time to orient new residents to recycling, update your property's collection area and remind everyone what goes where.

WE CAN HELP!

We are here to help you meet Oregon requirements. We have resources for residents to recycle more, tips to reduce waste and redirect trash, and strategize how to create a greener community. Contact us today!

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

Construction Waste Alert! Taking a load of remodeling, construction or demolition debris to a Metro transfer station? Proper documentation for loads that may contain asbestos is required from all customers. Loads with any material suspected of containing asbestos without proper documentation will be turned away. Find out more at oregonmetro.gov/asbestosrules

LOOKING TO RECYCLE AT YOUR EVENT THIS YEAR?



We can help you recycle bottles and cans. Clackamas County loans ClearStream recycling containers for events open to the public, such as races, tournaments, festivals, fairs and concerts. ClearStreams are simple to transport and set up, and an easy option to collect beverage containers that you can then redeem.

To reserve containers for your event, contact 503-742-4464 or rhale@clackamas.us.

Congratulations to these business leaders!



CERTIFIED

Lake Grove Car Wash
Shear Creations

SILVER

Danielsons Properties
Friends of Robinwood Station
Happyrock Coffee Roasting Co.
Lake Oswego Chamber of Commerce
Nicholas G. Dose, DMD
Sandy Community Action Center
Vandenburgh Jewelers

GOLD

Babica Hen Cafe
Bike Gallery - Lake Oswego
City of Happy Valley
Coffee Creek Corrections
General Sheet Metal
Gubanc's
Kyra's Bake Shop
Mary's Woods Retirement

New Seasons - Happy Valley
New Seasons - Mountain Park
Norris Beggs & Simpson
Microsoft - Perceptive Pixel
Rockwell Collins
Tucci Italian Restaurant
Wishbone Home and Design



PHOTO: Leaders in Sustainability, accompanied by County Commissioners and staff, were recognized at a County Commissioner Business Meeting.

Making it Easy for Your Business to Be Green



We help businesses find easy - often overlooked - ways to green practices. We work hand-in-hand with hundreds of Clackamas County businesses each year to save money and make your workplace a healthier place.

Get certified

Green your business

Be recognized



**Resource Conservation
& Solid Waste**

www.clackamas.us/recycling/lis
lis@clackamas.us
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