



Recycling Update

Prevent food waste at home

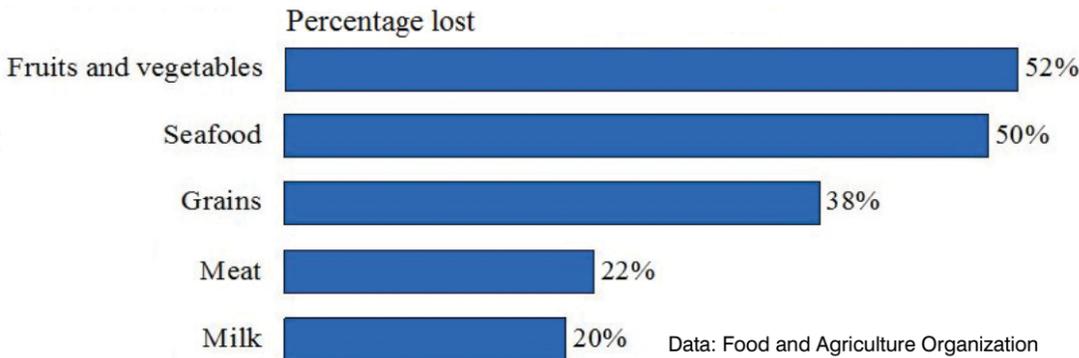
Each year, a quarter of all food purchased, about 300 pounds per person, is thrown away. According to the United States Department of Agriculture, twenty-five percent of all fresh water used in the U.S. goes to produce food that goes uneaten and is thrown away. And in the Metro area, food accounts for nearly 30 percent by weight of all household garbage going to the landfill.

Food is too important to throw in the garbage. By making small shifts in how households shop, prepare and store food, we can waste less, save money and conserve the valuable resources associated with food production.

One place to start is knowing how much your household is throwing out. Measure food that doesn't get eaten. Measure what leaves the table as well as what goes bad in the fridge or on the counter. If you have kids, get them involved. Chart the results where everybody can see. Once your household sees where food waste is coming from, try one or more of the steps on page five to see if your family can waste less.



The food Americans waste most



The average family of four can save more than \$1,500 per year by making changes in how they shop, prepare and store food.

Learn more

For more ways to waste less food, visit www.WashingtonCountyRecycles.org.

Recycling Update is produced by the Washington County Health & Human Services, Solid Waste & Recycling Program.

For more information go to www.WashingtonCountyRecycles.org, call 503-846-3605 or visit the office at 155 N First Ave, Ste 160, Hillsboro 97124.

Missed the last Recycling Update? Catch up online! Visit the website and click "Tools and Resources." Subscription to the online version is also available.

Share the roadside

Please share the roadside when placing your recycling, yard debris and garbage roll carts out on collection day. Roll carts should not block bicycle lanes or sidewalks. In the State of Oregon, bicycle lanes are considered a lane of travel and it is unlawful to block a lane of travel (ORS 374.305, 374.320, 811.550). Place roll carts at the curb by 6 a.m. on your scheduled collection day and keep them at least three feet away from cars, trees and each other. Help keep our streets safe by sharing the roadside.



Since you asked: Can I recycle plastic bags?



Plastic bags cannot go into your curbside recycling roll cart. Plastic bags get tangled in equipment at recycling facilities and workers are put at risk when they remove them. Most grocery stores have a location to recycle plastic bags. You can also find other locations to recycle plastic bags by going to Metro's www.OregonMetro.gov/FindARecycler or by calling 503-234-3000.

Why not reduce the plastic bags you use in the first place? Bring a durable bag to the store next time.

What do I do with plastic cups, lids and straws?



Don't be confused by recycling labels or symbols on plastic beverage cups, lids and straws. These items are garbage. The size and shape make them very difficult to sort out if they are put in the curbside recycling. When you are done using your plastic beverage cups, lids and straws, please put them in the garbage.

Looking for a different option? Try using your own durable beverage container.

How to prepare recycling

Put these materials in your curbside recycling roll cart and glass bin.

Paper and cardboard

- Boxes, magazines, newspaper, junk mail and rinsed cartons
- Shredded and scrap paper in a paper bag
- Flattened boxes — less than 3 by 3 feet



Metal

- Rinsed metal cans — lids and scrap metal contained in crimped can
- Empty aerosol cans — nozzles still on can
- Metal paint cans — less than 1 inch of dry paint
- Scrap metal — 30 pounds and pieces smaller than 30 inches long
- No household appliances*



Plastic bottles, buckets and tubs

- Rinsed containers
- Plastic paint containers — less than 1 inch of dry paint
- Sizes between 6 ounces and 5 gallons



Glass jars and bottles — place next to roll carts

- Rinsed containers with removed lids and corks
- In a separate container from mixed recycling



Motor oil — place next to roll carts

- In a 1-gallon see-through plastic container with a screw-top lid
- Take other hazardous liquids to a Metro hazardous waste facility*

Place roll carts and containers at the curb by 6 a.m. on collection day. Do not block sidewalks, bike lanes or driveways. Keep roll carts at least 3 feet from cars, trees and other objects.

*For items not accepted in the curbside recycling, go to www.OregonMetro.gov/FindARecycler to locate a drop-off recycling center near you or call Metro Recycling Information Center at 503-234-3000.

Take batteries to a drop-off recycling center

Household alkaline or rechargeable batteries are not accepted in curbside recycling. One local recycling sorting facility, Far West Recycling, has recently experienced several small fires caused by batteries in curbside recycling. These dangerous and costly fires are preventable. Take all alkaline and rechargeable batteries to a drop-off recycling center. Use Metro's "Find a Recycler" tool to find a location near you at www.OregonMetro.gov/FindARecycler or call 503-234-3000.



Recycle paper and cardboard

Most paper products can be recycled at home. Include the following materials in your curbside recycling roll cart:

- All colors of office and scrap paper — don't worry about removing staples or paper clips
- Receipts
- Junk mail and envelopes — no need to remove plastic
- Newspapers and magazines — be sure any plastic bags go into the garbage
- Catalogs and phone books — don't worry about the glossy finish
- Wrapping paper and cards — just make sure they are not made of plastic or foil
- Cardboard boxes — break or tear them down so they fit into your roll cart
- Paperboard boxes from cereal and other products
- Paper cartons that held milk or broth — rinse out the cartons and remove any plastic



Not all paper products are recyclable. Put the following materials in your garbage container:

- Frozen food boxes including butter stick boxes
- Coffee cups, disposable bowls and plates, or other paper products that have plastic or wax
- Paper towels and tissues
- Paper products with any food stains including takeout or pizza boxes

Learn more

Learn more about recycling paper, cardboard and other materials at www.WashingtonCountyRecycles.org.

Master Recyclers volunteers make a difference

From the North Plains Garlic Festival to the Tualatin Crawfish Festival, Master Recyclers are getting the word out about waste prevention and recycling. More than 1,300 Master Recycler volunteers have contributed almost 40,000 hours across Washington County by answering questions about how to prevent waste, reuse stuff and recycle or dispose of the rest. Some are teaching their neighbors how to compost with worms. Other Master Recyclers have created their own projects like organizing a swap event in Hillsboro, collecting recyclables at the Forest Grove Farmers Market and starting a Green Team in a Tigard business.



Master Recyclers take a 40-hour course over eight weeks that covers the most current information on waste prevention and recycling in the region. Then, they share this information with neighbors, co-workers and community groups.

It's easy to become a Master Recycler. Learn from the experts then share with your community.

Learn more

To learn more or to request email notifications about registration for the next class, visit www.MasterRecycler.org. The next class in Washington County will be fall 2015.

Westside drop-off recycling centers

You can recycle many of the items that don't go into your curbside recycling roll cart by taking them to a drop-off recycling center. Locations include Hillsboro, Beaverton and Sherwood. Fees vary depending upon location. Call ahead for items accepted, facility hours and directions. Find the drop-off recycling center closest to you by entering your address at www.OregonMetro.gov/FindARecycler.



Drop-off recycling centers:

Far West Recycling – Beaverton
10750 SW Denney Rd
Beaverton 97008
503-643-9944
www.FarWestRecycling.com

Far West Recycling – Hillsboro
6440 SE Alexander St
Hillsboro 97123
503-643-9944
www.FarWestRecycling.com

Pride Disposal Service
13910 SW Tualatin-Sherwood Rd
Sherwood 97140
503-625-0725
www.PrideDisposal.com

Buy a live Christmas tree



Have you ever thought about buying a live Christmas tree? Potted Norfolk pines or blue spruce are good options. Keep the tree indoors for no more than 10 days, and keep it watered and in a cool location such as near a window. Use low-heat lights or fewer strings and be careful not to damage the tree when decorating. When you are ready to move it outside, dig a planting hole twice as wide as the root ball and plant the tree so you can enjoy it for years to come.

Recycle wrapping paper, holiday lights and more



The holiday season doesn't have to result in an overflowing garbage container. Recycle greeting cards, cardboard boxes and wrapping paper in your recycling roll cart.

Metallic or plastic-coated wrapping paper, bows and ribbons are not recyclable. These non-paper products need to go into the garbage or be saved for reuse next year.

Broken holiday lights and foam shipping blocks can be taken to a drop-off recycling center near you.

Learn more

Call Metro at 503-234-3000 or go to www.OregonMetro.gov/FindARecycler for more information.

Give holiday trees and greenery a second life

If you are an urban resident with yard debris collection service, you can put holiday greenery and trees in the yard debris roll cart. Cut trees and greenery into 3-foot or shorter pieces so they fit in the yard debris roll cart and fall freely when picked up by your hauler. Tinsel, wires or other decorations need to be removed. Yard debris from the holidays will be collected on your regularly scheduled collection day. Excess yard debris may be set next to the cart for an additional fee. Contact your hauler for more information.

Alternatives:

- Take trees and greenery to a yard debris drop-off facility.
- Service organizations often offer a drop-off location or pick up trees for a fee.
- Compost or chip the trees and greenery and save the mulch for landscaping projects.



Learn more

To find a yard debris drop-off facility or collection event go to www.OregonMetro.gov/FindARecycler or call 503-234-3000.

Weather and holiday collection update

Winter weather:

When schools are closed due to winter weather, your garbage, recycling and yard debris collection service may be cancelled. If your collection service is cancelled, missed items will be picked up the next day. If conditions remain hazardous and schools are closed for more than one day, materials will be picked up on your next scheduled collection day.

If the cancellation is extended, go to www.WashingtonCountyRecycles.org and click on "Inclement Weather" for status updates.

Holidays:

If your collection day falls on a major holiday such as Christmas or New Years Day, haulers typically shift your collection service to the next day. If you have questions, call your hauler or visit your hauler's website. Contact information for your hauler can be found on page eight.



Get smart about food waste at home

Do you know how much food your family is throwing away? Families who measure their food waste are often surprised.

To learn how much food your household wastes, measure all of the food you discard over one to two weeks. Try using a large measuring cup or a small bucket that you know the volume of — is it 1/4 full, half full or more?

Add up your waste after meals and make a chart. Have the whole family help. Post it where everybody can see. You may be surprised by how much good food can be saved.

Take action by educating your family and by following the simple steps listed below.

- **Smart storage — keep fruits and vegetables fresh**
Keep fruits and vegetables fresh. Help your food stay fresher, taste better and last longer by storing it in the right place. See side bar.
- **Smart shopping — buy what you need**
Make a list with meals in mind and buy no more than what you expect to use. You will be more likely to use it up and keep it fresh.



- **Smart prep — prepare ingredients now and eat later**
Make it easier to prepare meals later in the week and save time, effort and money.
- **Smart saving — eat what you buy**
Use up leftovers and the ingredients you have before buying more. You'll waste less, save more and may even find a new favorite dish.

Learn more

For more detail about the steps to prevent food waste, visit www.WashingtonCountyRecycles.org.

Did you know ripe tomatoes stay fresher, longer in the refrigerator?



Proper storage of fruits and vegetables is one way you can get the most out of the food you purchase each week and it reduces waste. The average American household throws out more than a quarter of the food purchased. Once a tomato is ripe for example, it is best to store it in the fridge. It will last longer than being stored on the counter. If you aren't going to eat your tomatoes right away, cut them up into portions and store them in clear, sealed containers.

Store on the counter or table:

- Bananas
- Basil
- Winter squash — once cut, store squash in fridge

In a cool, dark place, like a cupboard:

- Mangos, papayas and pineapples
- Whole potatoes and onions
- Garlic

The rest of your fresh and ripe food should be stored in the fridge. Learn more tips to prevent food waste at home by visiting www.WashingtonCountyRecycles.org.

Give cheer this holiday season



Americans throw away an additional one million tons of garbage during the holiday season. Seventy percent of Americans say they would rather focus on something other than gift-giving and spending for the holidays. Why not try something different this year to reduce some of that holiday waste and help your community at the same time?

- Call friends and family who you don't see that often.
- Share your skills and time with someone in need.
- Donate food to food pantries.
- Volunteer your time with a charity.

Donate used goods to charities



Get the most out of gently used furniture and appliances you no longer want by donating them to a charity. If the items still have life left, why not let someone else appreciate and use them, and give yourself a tax deduction at the same time? Depending on what you have, some charities might come pick it up. Reuse conserves more resources than recycling.

Take workplace recycling to the next level



Washington County wants to help your business or organization reduce waste, conserve natural resources and prevent pollution with free assistance and resources. Contact a waste prevention and recycling specialist at 503-846-3605 or recycle@co.washington.or.us. Services include:

- Workplace waste and recycling evaluations
- Free recycling containers, posters, handouts and signage
- Staff presentations
- Garbage and recycling service coordination

Tuality Healthcare wins award

Tuality Healthcare of Hillsboro has been awarded the Washington County Solid Waste & Recycling Program's Recycle at Work Award for its dedication to reducing its environmental impact. The community hospital is being recognized for reducing waste, reducing energy consumption, controlling water run-off and providing alternative transportation access.

Tuality Healthcare has been a member of the Hillsboro community for nearly a century. Its downtown Hillsboro campus also provides space for Pacific University, Portland Community College, Virginia Garcia Memorial Health Center and the City of Hillsboro. It also participated in the development of the Hillsboro Intermodal Transit Facility in collaboration with the City and Pacific University.

The hospital prevents waste by:

- Planning meals carefully to avoid making too much food.
- Distributing its employee newsletter in an electronic format — saving more than \$80,000 annually in printing costs.



left to right — back row: Steve Krautscheid, Delma García, Leora Cubbison, Julie Aranda, Lois Pierce and Denise Renne; front row: John Lakanen and Steve Spencer

- Using electronic medical records and security forms to reduce paper waste.
- Offering employees and volunteers discounts on beverage items when durable containers are used.

Learn more

To read more about what Tuality Healthcare is doing to reduce its environmental impact, visit www.WashingtonCountyRecycling.org and click on "Recycle at Work."

Green businesses receive awards

Congratulations to the following organizations for their efforts to prevent waste, recycle and purchase environmentally-friendly products:

Aloha Dog & Cat Hospital
 American Lung Association of Oregon
 Ash Creek Forest Management
 Banks Trail Café
 Capital One
 City of Cornelius
 City of Hillsboro – Hillsboro Fire Department, Jones Farm Fire Station No. 5 and Cherry Lane Fire Station No. 6
 City of Hillsboro – Parks Maintenance and Senior Center
 City of Tigard
 City of Tualatin
 Clean Copy
 Clean Water Services
 Club Sport
 Consumer Cellular
 DeAngelo's Catering & Events
 DianaPlantSciences
 EID Passport
 EPSON Portland Inc.

Finnegan's Village Toys
 Fujimi Corp.
 Genentech
 GeoDesign Inc.
 Gerber Gear
 GHD (formerly Winzler & Kelly)
 GreenSpace
 Huron Consulting Group
 ID Experts
 IKON Office Solutions
 INLINE Commercial Construction Inc.
 Insomnia Coffee Co.
 Intel – Ronler Acres, Jones Farm, Hawthorn Farms and Aloha
 Jackson Elementary School
 Jones & Roth CPA
 Key Knife
 MARCO Ideas Unlimited
 Montes Management & Consulting
 Montinore Estate
 New Seasons Market – Orenco Station and Raleigh Hills
 Nike Inc. World Headquarters
 Norm Thompson
 Oregon Scientific

Pacific Landscape Management
 Pacific Natural Foods
 Portland Catering Company
 Prepaid Legal Services
 Raptor Ridge Winery
 REI – Hillsboro
 Republic Services of Lake Oswego
 RFM Seating
 Salesforce
 Scholls Valley Native Nursery
 Shari's – Farmington, Hillsboro, King City, Sherwood, Sunset, Tanasbourne and Tualatin
 SolarWorld
 SOLV
 Swatco Sanitary Service
 Tualatin Valley Water District
 Virginia Garcia Memorial Health Clinic
 VWR International
 Washington County
 Whole Foods Market – Tanasbourne
 WHPacific
 Woodfold Manufacturing
 World of Smiles Pediatric Dentistry
 WSC Insurance

Make your own cleaners

According to Metro's "Healthy home" website, the average person in the U.S. uses nearly 40 pounds of household cleaners each year — many with harmful or toxic ingredients. Protect your family and the environment by choosing less toxic products to clean your home. You can easily make toxic-free cleaners with some common ingredients.

Learn more

For more recipes, visit www.OregonMetro.gov/GreenCleaners.

All-purpose cleaner

Combine:

- 1/4 cup white distilled vinegar
- 1/2 teaspoon liquid soap
- 3/4 cup warm water

Shake to blend.



Air freshener and deodorizer

- Cooking odors: Boil 1 tablespoon of white distilled vinegar in 1 cup of water.
- Bathroom: Mix 10 to 20 drops of essential oil into a 1-pound box of baking soda. Place open box under sink or near toilet. Add more essential oil as needed and replace baking soda every three months.
- Sink garbage disposal: Grind up used lemons.



Antiseptic soap spray

Combine in a spray bottle:

- 3 tablespoons liquid soap
- 20 to 30 drops of tea tree oil
- 2 cups water



Bathroom soft scrub

Combine:

- 1/2 cup baking soda
- Enough vegetable oil-based liquid soap to make a frosting-like mixture
- 15 drops of tea tree oil (optional)

Scoop the mixture onto a sponge and scrub the bathtub, sink, Formica countertops or shower stall. Rinse.



Automatic-drip coffee maker cleaner

- Run 1 cup white distilled vinegar through the machine
- Followed by two pots of water to remove any vinegar taste

Leather cleaner

Mix in a spray bottle:

- 1/2 cup olive oil
- 1/4 cup vinegar

Shake before each application. Rub with soft cloth into leather for cleaning and conditioning. Do not use on suede.



Metro's website provides tools for living



Metro recently updated its website, including the "Healthy home" page. You can now browse www.OregonMetro.gov/Tools-for-Living for tips to reduce the amount of toxic products in your home. Learn less toxic ways to clean, control pests, care for pets, and maintain, repair and improve your home.

Read the label to see if it's hazardous



To avoid hazardous household products, look for the words **danger, warning or caution**. Hazardous products can catch fire, burn skin and eyes, or contaminate drinking water. Products that don't list these words are usually the least hazardous. Call Metro for more information about hazardous household products and alternatives at 503-234-3000 or visit www.OregonMetro.gov/Tools-for-Living and click on "Healthy home."

Contact Information

Call your hauler for garbage and recycling questions



In Washington County, garbage and recycling are collected by private companies. Each hauler has a specific service area. If you have questions about your service, schedule or bill, contact your hauler. Don't know who your garbage and recycling hauler is? Check using Metro's "Who's My Hauler" tool at www.OregonMetro.gov/Hauler, or call Washington County at 503-846-3605 for help.

Find your hauler

503-234-3000
www.OregonMetro.gov/Hauler

Aloha Garbage Co., Inc.

503-649-6727
www.AlohaGarbageCo.com

Cornelius Disposal Service

503-357-3510
www.CorneliusDisposalService.com

Garbarino Disposal Service

503-647-2335
www.GarbarinoDisposal.com

Hillsboro Garbage Disposal, Inc.

503-648-4219
www.HillsboroGarbage.com

Pride Disposal Company

503-625-6177
www.PrideDisposal.com

Republic Services, Inc.

503-636-3011
www.RepublicServicesNW.com

Swatco Sanitary Service, Inc.

503-324-0230
www.SwatcoSanitaryService.com

Valley West Refuse Disposal

503-649-5252
www.ValleyWestRefuse.com

Walker Garbage Service

503-531-6330
www.WalkerGarbage.com

Waste Management of Oregon

800-808-5901
www.WMNorthwest.com

West Slope Garbage Service

503-292-8173
www.WestSlopeGarbage.com

Questions about waste prevention and recycling for home and work

Washington County Solid Waste & Recycling Program | 155 N First Ave, Ste 160, Hillsboro 97124
503-846-3605 | 800-735-1232 (English TTY) | recycle@co.washington.or.us

Recycle and dispose of other items

Items not accepted in curbside recycling

Find a drop-off recycling center that will recycle items that don't go in your roll cart. For a full list of items and locations, call 503-234-3000 or visit www.OregonMetro.gov/FindARecycler.

Medical syringes, lancets and needles (sharps)

Help protect workers who collect and sort garbage or recycling by storing and disposing of sharps properly. Used sharps must be contained in an approved, rigid, leakproof container that is clearly labeled — available from a pharmacy, exchange program or collection site. Dispose of used sharps at a household hazardous waste facility, collection event or by joining a pharmacy exchange program. For more information, visit www.WashingtonCountyRecycles.org and click on "Recycle at Home."

Electronics

Recycle computers, monitors, laptops and TVs for free through the Oregon E-Cycles program. Starting January 1, 2015, recycle keyboards, mice and printers too. Learn more at www.OregonEcycles.com or by calling 888-5-ECYCLE.

Unwanted medications

Take back unused prescriptions, over-the-counter medications and vitamins to secure drop-off boxes at the Washington County Sheriff's Office in Hillsboro and police departments in Beaverton, Forest Grove, Sherwood, Tigard and Tualatin. Hours and acceptable items vary by location.

Disposal facilities

Forest Grove Transfer Station

1525 B St
Forest Grove 97116 | 503-992-1212
No hazardous waste.

Tualatin Valley

Waste Recovery Facility

(co-located with Hillsboro Landfill)
3205 SE Minter Bridge Rd
Hillsboro 97123 | 503-640-9427
No household garbage, kitchen waste or hazardous waste.

Metro Central Transfer Station and Household Hazardous Waste Facility

6161 NW 61st St
Portland 97210 | 503-234-3000

Metro South Transfer Station and Household Hazardous Waste Facility

2001 Washington St
Oregon City 97045 | 503-234-3000

Please call ahead for rates and hours.



WASHINGTON COUNTY
OREGON
Solid Waste & Recycling Program

This publication is produced in cooperation with the cities of Banks, Cornelius, Durham, Forest Grove, Hillsboro, King City, North Plains, Sherwood, Tigard and Tualatin.