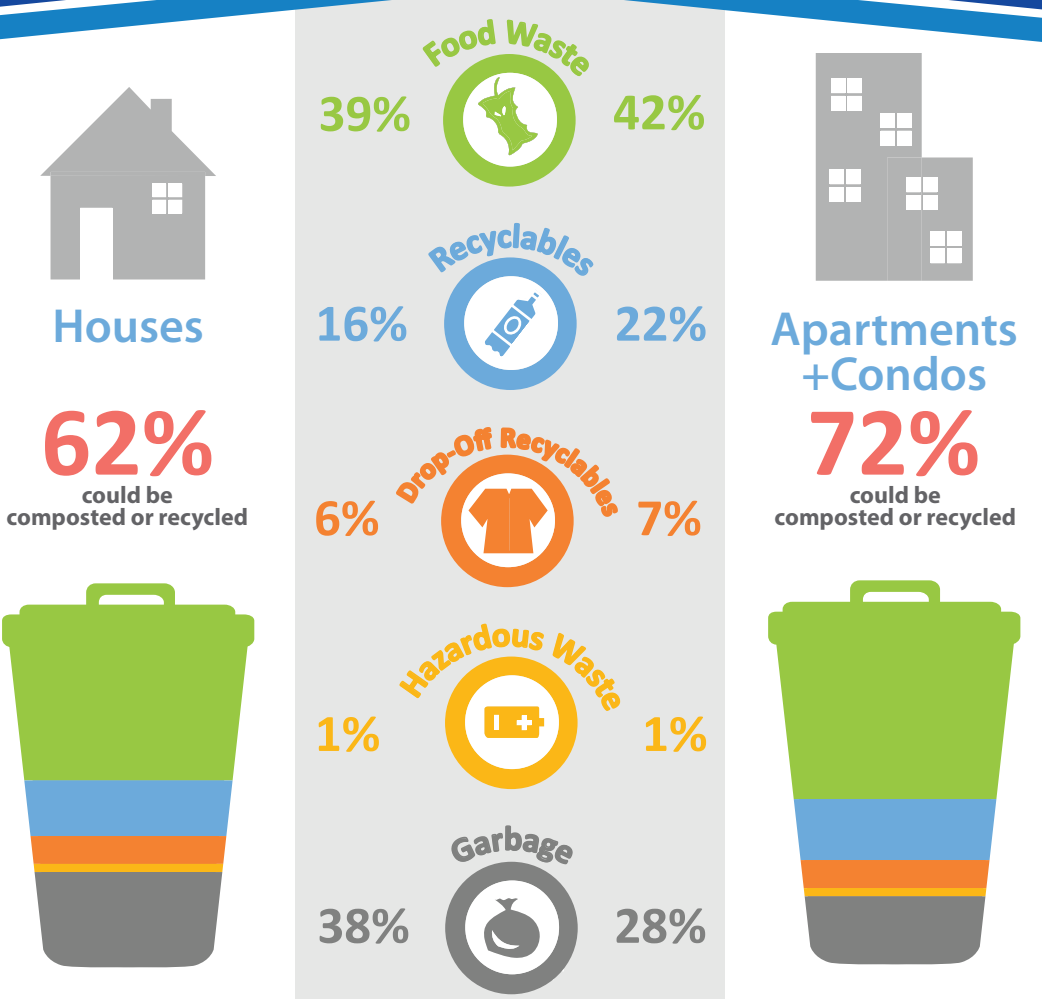


Most of what is in your garbage cart can be composted or recycled!



Source: Residential Waste Stream Composition Study 2014, Seattle Public Utilities

Q+A Your Recycling Questions Answered

- Q Can plastic bottle caps really be recycled?** I thought they were too small. I don't want to waste the plastic, but I want to be sure I'm recycling right.
- A Yes,** plastic caps can be recycled when they are put back on a plastic bottle. Empty the bottle before you screw the cap back on.
- Even though the caps and bottles are made of different types of plastic, they can be recycled together.
- Loose plastic and metal caps under 3 inches go in the garbage. They are too small to capture when being sorted at the recycling facility and end up as garbage.
- Q Are paper envelopes padded with bubble wrap recyclable?**
- A No,** put them in the garbage.
- They contain two distinct materials, paper and plastic, which are hard to separate for recycling.
- Online shopping often comes with a lot of packaging. **When possible,** request grouping items into fewer shipments to **reduce packaging.**

Where Does it Go?

Questions about recycling? Confused about what goes in the compost?

Find out where it all goes with the Where Does it Go tool:

seattle.gov/util/WhereDoesItGo



CurbWaste & Conserve



Less is More

Everyday choices that make a difference

We use a lot of stuff. Think about the amount of clothes you own, the food you buy, and the cups of coffee, tea or juice you drink. The number of things we use every day can seem small or insignificant, but all together and over time buying all that "stuff" can have a big impact! Buying less means we save more money. Using less means we conserve more natural resources and protect the environment. Start a "less is more" habit by practicing the three R's: Reduce, Reuse, and Recycle.

Reduce: Less stuff means less stress. Reducing the number of things you use means less clutter and more money saved. Buy only what you truly need.

Reuse: Find ways to use things to their full value. Using a refillable water bottle, avoiding disposable items, turning leftovers into new meals, and lending your ladder to a neighbor are all ways to get the most use out of your things.

Recycle: Give used items a chance to be made into something new by recycling them. Recycling cuts down on waste and the amount of new materials needing to be extracted from the environment to make new items.

Continue reading this issue for more tips to help you reduce, reuse and recycle everyday.

New at the North Transfer Station:



Community Viewing Room and Exhibit
Find out where your recycling, compost, and garbage go after it gets picked up from your home. See how a transfer station works and how garbage collection has changed in Seattle over the past 100 years.

Recycling and Reuse Center
Bring reusable household goods and electronics for donation at the Recycling and Reuse building.

Location and Hours
1350 N 34th St, Seattle, WA 98103
Open daily from 8:00 a.m. to 5:30 p.m.

Use only Green Bags Marked "Compostable" for Food Waste

Manufacturer's Coupon

Save \$1.00 on BioBag Food Scrap Bags

\$1.00 OFF

083112800-010409

Retailer: BioBag Americas, Inc. will reimburse you the face value of this coupon plus 8 cents handling, provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to support coupon submissions must be shown on request. Void where prohibited, taxed or restricted. Cash value is .001 cents. Send coupons to: Practical Processing B101, 1121 S Military Trail #298, Deerfield Beach, FL 33442. Limit one per customer. Not valid with any other offers. Expires 12/31/2018.

Love Your Food

Don't Waste It



3 ways to get the most out of your food:

Food tickles our taste buds, gives us energy, and connects us to friends and family. Food is valuable, yet as a country we waste 40% of our food!

That wasted food also means wasted resources. Think of the land, water, energy, labor, and money that it takes to grow, package, and transport food from the farm to the fridge. Wasting those valuable resources negatively impacts our environment and communities.

1 Buy what you need. Eat what you have.

Buying only what you need now means you're less likely to throw away food later.

Check your fridge and cupboards to see what you already have that needs to be used up. Next, make a meal plan using what you already have. Then, make your shopping list based on your plan, so you don't overbuy. At the store, stick to your shopping list. Don't get distracted by every sale, instead focus on the deals that fit into your meal plan, or choose foods that can be frozen for future meals.

40%
of food in the
United States
goes uneaten

Keep the food cycle going by eating the food you buy and putting all food scraps in the compost. This closed loop benefits our wallets, our communities and our environment.

2 Make it last longer.

Storing food correctly keeps it fresh longer—helping you waste less food.

- Store fruits and vegetables away from each other—fruits make vegetables go bad faster.
- Keep your fridge at or below 40° F, and your freezer at 0° F.

Check out the **Food Storage Guide** in this issue for more tips.

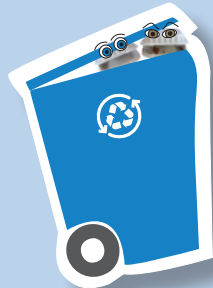
3 Compost food scraps.

Put all food scraps in the compost. When you throw food scraps in the garbage, you break the natural cycle of food returning to the soil—creating more greenhouse gases. Composting transforms your food scraps into nutrient dense soil that will help grow more food.

A Tale of Two Takeout Containers



Clean recyclables get made into new products. Using recycled items to make new products reduces the need to cut down trees, mine for raw materials and extract oil. That's why recycling is good for the environment.



Let's look at the journey of a clean and a dirty takeout container to see why it's important to keep recyclables clean.

After being tossed in the blue recycling bin, both containers get trucked to a recycling sorting facility south of downtown Seattle. There the recyclables are loaded onto a conveyor belt where sorting begins.

The sorting process is robust. There are conveyor belts, spinning discs, mesh screens, puffs of air, and shaking all designed to separate the different materials from each other. Whew! By the end of the process, all the stuff you put in your recycle bin has been sorted into mixed paper, cardboard, various types of plastic, metal, and glass.

A clean take out container is sorted with other similar materials, like paper or plastic, then compacted into a block, or bale. The bale travels by truck, train, or ship to a processing plant where the take-out container **becomes the raw material for a new valuable product.**



The next time you're about to toss an item into the recycling bin, remember:

1. **Recycle right.** Only accepted items in recycling.
2. **Keep it clean.** Clean, dry, and no food



Dirty recyclables contaminate the clean recyclables making them harder to recycle, and likely to end up as trash.

A dirty take out container will end up as garbage— but not before it causes problems in the recycling process. It contaminates the clean materials and must be sorted out and thrown away as garbage. That could happen at the recycling facility. If the dirty container gets baled with clean recyclables, it happens after it travels all the way to the recycling plant. Either way, a waste of time, effort and resources. **Taking a moment to clean out your take-out containers, ensures that they will be recycled!**



Food Storage Guide: Keep Food Fresh Longer

Most foods stay fresher longer in the fridge, but others are best kept at room temperature. Here are a few quick guidelines:



Store in the Fridge

1. **Cut fruits and vegetables**
2. **Ripe fruits:** stone fruit, tropical fruits, citrus, apples, pears, avocados
3. **Carrots, beets, radishes:** remove green tops.
4. **Milk, eggs, butter:** store near the back (colder)
5. **Meat:** store near the back or in meat drawer (colder)



Store at Room Temperature

1. **Bread:** keep in freezer, or room temperature (bread gets stale faster in fridge)
2. **Ripe bananas:** can make nearby fruit ripen faster. Store at room temp away from other fruit
3. **Onions:** can make potatoes ripen faster. Store at room temp away from potatoes
4. **Tomatoes, squash, eggplant, unripe fruit**

Want to Learn More? Find more waste prevention tips, and download our recycling and composting guides at seattle.gov/util/reducereuse

For resources to help you waste less food, visit seattle.gov/util/reducereuse

