

# Make your food last and save some cash



The average family of four wastes \$1,500 each year on food that doesn’t get eaten. You spend your hard-earned money on food to make good, nutritious meals for you and your loved ones – so don’t let it go to waste!

One way to make sure food is fresh and ready to go when you need it is through proper storage. While putting away your groceries, take a few minutes to ensure you’re storing them in a way that maximizes their shelf life. Use these tips for storing and using common fresh foods:

- Apples:** Store apples in the fridge in the low humidity drawer or in a paper bag to extend shelf life (up to six weeks). One bad apple can ruin the whole bunch, so eat up the bruised ones first. For longer storage, place in a cardboard box covered with a damp towel.
- Bananas:** Store bananas on the counter for up to seven days, depending on ripeness. Store them away from other fruit because they produce ethylene gas, which speeds ripening in other produce. Bananas can also be frozen with or without their peel and used later in baked goods or smoothies.
- Bread:** If you struggle with moldy bread, remove it from the plastic packaging and store in a paper bag. After two days on the counter, you should store bread in an airtight container in the freezer and thaw in the microwave or toaster when ready to use.
- Eggs:** To test if an egg is still good, place it in a glass of water. If the egg...
- stays at the bottom, flat or at an angle, it is fresh
  - stands on its pointed end at the bottom, it is still safe to eat but best used for baking and making hard-boiled eggs
  - floats, it’s stale and is best to be discarded
- To freeze eggs, prepare them in portions that you’ll use (ice cube trays work well). If freezing whole eggs or yolks, whip them up with a fork.

- If freezing just the yolk, add a ½ tsp. of salt or 1 tbsp. of sugar per cup of yolks to keep them from clumping. Egg whites can be frozen as they are. Store in an airtight container for maximum freshness.
- Milk:** Store milk in the coldest part of your fridge, usually on a shelf and not in the door. Skim or low fat milk can be frozen to use in baking later.
- Onions:** Store whole onions in a cool, dark place like a cupboard. Good air circulation is best, so don’t stack them. Store partially-used onions in the fridge in an airtight container, leaving the papery outer layer on. Onions cause potatoes to sprout, so be sure to keep them separate.
- Potatoes:** Store potatoes in a cool, dark place somewhere slightly warmer than the fridge. A box in a dark corner of the pantry or a paper bag work well. Moisture and exposure to light causes spoilage. If your potatoes do sprout, they’re still safe to eat by cutting the sprouts off. Cooked potatoes can be frozen to eat later.

**More tips**

**Save the Food** offers additional storage tips at [www.savethefood.com/Food-Storage](http://www.savethefood.com/Food-Storage).

The **Eat Smart, Waste Less Challenge** helps you waste less food. Learn more at [www.eatsmartwasteless.com](http://www.eatsmartwasteless.com).

## Solving business challenges by going green

“Going green” is more than a trend for businesses – it makes financial sense. Businesses throughout Clackamas County are adopting sustainable practices to help them conserve resources, benefit their bottom line and improve efficiencies. From composting and lighting upgrades, to reducing paper use and increasing recycling, the following businesses demonstrate that applying creative solutions to unique challenges has many benefits.


**Babica Hen Café** shows their commitment to sustainability beyond their menu choices. While looking for ways to reduce their paper use, they switched from disposable napkins to cloth napkins and got creative by replacing individual coloring sheets for kids with a giant white board drawing wall.



**Checkpoint Motors** upgraded 55 fluorescent lamps to LEDs at a cost of only \$170 by taking advantage of incentives from the Energy Trust of Oregon. Now they save an average of \$125 on their energy bill each month and enjoy lighting that they say “uplifts your mood.”

**Rose Villa Retirement** community took their strong culture of sustainability to the next level by examining their operations for additional

improvements. Their food scrap collection program diverts 1,000 pounds a week from the landfill, and their new electronic kiosk for residents helps reduce their paper use by four cases a month, saving approximately \$1,400 per year.



**The Bomber Restaurant** is separating food scraps from their kitchen to be turned into soil amendments and energy at a compost facility instead of going to the landfill.

**Want to get started?**

Have these examples inspired you to explore green practices at your business? If you're looking for even more inspiration, many other businesses in the county have earned a Leaders in Sustainability certification for their positive impact in our environment and community. Check out their accomplishments at [www.bit.ly/certifiedLiS](http://www.bit.ly/certifiedLiS).

We can help you make easy upgrades at your workplace that could save you money, time and precious natural resources. Contact us today at 503-742-4458 or [lis@clackamas.us](mailto:lis@clackamas.us).

## The Bottle Bill expands, Jan. 1



Starting Jan. 1, 2018, bottle redemption centers will accept more types of glass and plastic bottles!

You will soon be able to redeem your tea, coffee, hard cider, fruit juice, kombucha, coconut water, sports drink bottles and more at redemption centers.

For more information, visit [www.bit.ly/orbottlebill](http://www.bit.ly/orbottlebill).

### Inclement weather reminder: Garbage and recycling service can be disrupted by bad weather

Contact your garbage company directly to see if your collection has been postponed due to unsafe road conditions. Go to [clackamas.us/recycling/garbage.html](http://clackamas.us/recycling/garbage.html) to find contact information and our policies.



# 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.

Bulky Items

Options for getting rid of bulky items, such as furniture, appliances, tires, mattresses, etc.:

- Donate:** Call **503-234-3000** or go online to search Metro’s Find a Recycler [www.OregonMetro.gov/FindaRecycler](http://www.OregonMetro.gov/FindaRecycler).
- Curbside pick-up** by your garbage company. *Call your collector for fees and 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.



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.



oregon

E-CYCLES

oregonecycles.org

1-888-532-9253



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**  
[www.OregonMetro.gov](http://www.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 | [www.redwhiteandbluethriftstore.com](http://www.redwhiteandbluethriftstore.com)
- Deseret Industries**, Happy Valley  
503-777-3895 | [www.deseretindustries.lds.org](http://www.deseretindustries.lds.org)
- Habitat Restore**, Canby  
503-263-6691 | [www.nwvrestore.org](http://www.nwvrestore.org)




**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: [www.OregonMetro.gov/FindaRecycler](http://www.OregonMetro.gov/FindaRecycler).

Plastic Bags, Film and Wrap

A variety of stretchy plastic film can be returned to **grocery stores or recycling depots**. Accepted plastics includes empty and dry produce and bread bags, dry cleaning bags, case wrap, newspaper bags, plastic wrap and air pillows.

- Participating** grocery stores  
Find one close to you at: [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org)
- Metro South Transfer Station**  
503-234-3000  
[www.OregonMetro.gov](http://www.OregonMetro.gov)  
2001 Washington St., Oregon City




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 (fee applies):*  
**Metro South Hazardous Waste Facility**  
 503-234-3000 | 2001 Washington St., Oregon City



Yard Debris

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

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

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

**S & H Landscaping Supplies**  
 503-638-1011  
 20200 SW Stafford Road,  
 Tualatin

**McFarlane’s Bark**  
 503-659-4240  
 13345 SE Johnson Road,  
 Milwaukie



Notice: Rigid Plastics Change

Due to weak plastics pricing, recycling depots have suspended accepting bulky and rigid plastics. **These plastics belong in the garbage.**

Bulky and rigid plastics include lawn furniture, crates and storage bins, take-out trays, containers, cups, etc.

Limit plastics going to the landfill by remembering to use reusable containers whenever possible. Bring your own containers to the store.







## 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*)

**Instructions:**

- *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 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)

**Instructions:**

- *Do not flatten cans*
- *Labels are OK*
- *Tin tops are OK if crimped inside can*
- *Empty and rinse containers*



## 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:**

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

In cities and urban areas with yard debris service.

\*Lake Oswego and City of Milwaukie residents may include food scraps in yard debris containers.



## In your separate Glass Container

## GLASS BOTTLES AND JARS

### Instructions:

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



## On the Side

# MOTOR OIL

### Instructions:

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

*Single-family customers only, not at  
apartments or businesses*



## 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, Styrofoam packaging, 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.*



# Make a difference in YOUR community. Become a Master Recycler!

Over the last year, Master Recyclers have volunteered over 750 hours and talked with 11,600 people in our county



Master Recycler Kayla Schaefer talks about natural cleaners with a resident.

Every spring, Clackamas County hosts a class of 30 people who inspire neighbors and coworkers around recycling and sustainability – and inspire they have!

In 2017, Master Recyclers were busy in all areas of the county, engaging residents about: recycling, reuse and repair, cleaning with greener cleaners for a healthier home, and ways to waste less food and save money. Some of the terrific things they’re doing include:

**Adopting farmers markets:** They hosted monthly (and sometimes weekly!) booths at the Milwaukie, Canby, Oregon City and Mt. Hood farmers markets.

**Hosting Repair Fairs:** A passionate group of Master Recyclers in Milwaukie hosted the city’s first ever Repair Fair, where people could have broken items repaired by volunteers. Another group hosted one in West Linn, and others volunteered at one in Oregon City. Visit [www.bit.ly/repairfairs](http://www.bit.ly/repairfairs) for upcoming events.

**Outreach at community events, workplaces, movie screenings and presentations:** Master Recyclers attended over 110 events to share information and answer questions.

**Writing articles for newspapers and community newsletters:** Reaching new audiences about important recycling topics.

**Door-to-door outreach at apartments:** Recycling at apartments can be a challenge, but our rock star volunteers helped answer questions and improve recycling at 10 apartment complexes.

“I think it is important for all of us to get involved in our communities,” says Kayla Schaefer, Master Recycler from Class 62. “I really enjoy talking about ways to reduce our material consumption and also learning about what others do to reduce their waste ... it’s a great way to connect!”

Being a Master Recycler is about more than recycling – it’s about being part of a family of passionate people, helping communities, and inspiring others to think about conservation in new ways.



Master Recycler Paivi Panttila-Vargas promotes recycling at the Canby Farmers Market.

## JOIN THE TEAM!

Join 1,500 Master Recyclers!

Registration for the Clackamas County class opens in January. To learn more and register, visit [www.masterrecycler.org](http://www.masterrecycler.org).

# School Recycling Challenge begins Nov. 15

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

## 1. Get started

Interested schools should contact Laurel Bates ([lbates@clackamas.us](mailto:lbates@clackamas.us), 503-742-4454) for assistance and to get started.

The challenge will start on America Recycles Day, Nov. 15, and end on Earth Day, April 22, 2018.

## 2. Collect plastic bags and wrap

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, Fred Meyer, Albertsons or another participating retailer.

**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.

*Please do not place plastic bags in your recycling at home or work! You may recycle them at many grocery stores.*

**All participating schools receive:** Three recycling bins, a poster, magnets for each student and an award. The winning school will receive a Trex bench made from recycled plastic bags!



# Empower your inner fixer, learn to repair online



Repair fairs build community with local volunteers fixing household items.

You can find guidance online to repair almost anything. We often throw away and replace broken things without giving them much thought, but now we have more information at

our fingertips about how to fix things than ever before! Fix-it resources can empower us to try to repair, save money and keep items out of the landfill while learning something new. What do you have to lose? It’s already broken!

**YouTube:** A wide variety of fix-it channels are dedicated to repair, ranging from electrical and plumbing to appliances and sewing. These channels are geared toward people who have never fixed something and will walk you through the process step-by-step to help approach a repair project with confidence. Search for popular channels like *HouseImprovements* for big house projects, *FIX IT Home Improvement* for new homeowners, and *Professor Pincushion* for sewing skills.

**How-to articles and discussion forums:** Similar to YouTube, how-to articles often come with step-by-step pictures. Discussion forums are also a great resource. Chances are good that others have had similar questions on these

forums. A quick online search can help you find a forum specific to your repair project. Popular forums include *PC Tech Bytes* and *SewingForum*.

**iFixit:** This website aims to empower people to fix electronics like computers, cameras, cellphones, game consoles and cars by providing free repair guides as well as selling necessary tools and parts as a kit. This is a great resource for fixing cracked phone screens or computer speakers at home.

Still not ready to repair something on your own? Local options include repair shops or learning how to fix your broken item at a Repair Fair – events where skilled volunteers fix household items. To learn more about Repair Fairs in Clackamas County, visit [www.bit.ly/repairfairs](http://www.bit.ly/repairfairs).

Remember, repairing can save you money and reduce your environmental impact, and you can impress your friends with your new skills!