

Green cleaners: A healthier and less expensive option

The average American uses 40 pounds of household cleaners each year.

Household cleaners promise us many things like shiny appliances, dust-free furniture and stain-free clothing. Commercials advertise cleaners that promise to protect us from germs and make our homes smell like wildflowers.

Yet, when you read the back label, most cleaners display some level of warning. Even reading the ingredient list won't tell the whole story because producers aren't required to list every ingredient. Some labels only list "active" ingredients. Others may only list "preservatives," "dyes" or "fragrances" instead of individual ingredients.

While occasional exposure to these ingredients may not cause harm, repetitive use can. Some chemicals cause immediate affects, such as headaches or upset stomachs. Others may build up in our body, causing health concerns over time.

You can avoid toxic chemicals by making your own cleaners. Doing so will save you money and you'll know exactly what's in them. Common green cleaning ingredients include baking soda, vinegar, hydrogen peroxide, liquid soap, washing soda and essential oils.

Try out this simple recipe to get started:

Multi-Surface Cleaner (32 fl. oz.)

- 2 cups white distilled vinegar
- 4 tsp liquid soap
- 6 cups warm water
- spray bottle

When you need household cleaners, consider buying ingredients to make your own for less! Find additional cleaning recipes at bit.ly/cleangreener.



Green cleaners improve indoor air quality with basic household ingredients.

Businesses recognized for sustainability

Our Leaders in Sustainability Program recognizes businesses with outstanding sustainable practices. Since 2015, over 30 businesses have been certified, with 20 currently in the certification process. The following organizations have implemented sustainable actions with a positive impact for their workplace, the environment and their bottom line.

For program details and sustainable actions for your business, visit clackamas.us/recycling/lis. To schedule a consultation with a Sustainability Advisor, email lis@clackamas.us or call 503-742-4458.

Lush Cosmetics



"We at Lush Clackamas were very happy to receive our award since we, as a company, are always striving to be more eco-friendly in every corner of our company, and show other cosmetics companies that not only can you be successful as a company, but you can be eco-friendly while doing it." — **Derrin Guerra, Sales Ambassador**

- **Recycle:** Created an incentive program for customers to bring back empty containers to be recycled into new containers for Lush products
- **Reuse:** Adopted use of reusable towels at demo stations instead of paper towels
- **Green Cleaners:** Adopted use of green cleaners used throughout the store

Marylhurst University



"Being recognized with Clackamas County's Leaders in Sustainability Gold Award means so much. We're thrilled to know our efforts are being noticed because reducing our environmental impact is one of the most important contributions we can make to our community and to our planet."

— **Melody Rose, President, Marylhurst University**

- **Energy:** Upgraded outdoor lighting to LED bulbs, with estimated savings of 140,534 kWh annually, with incentives from Energy Trust of Oregon,
- **Water and Reuse:** Installed filtered water bottle

filling stations across campus to minimize use of bottled water

- **Recycling:** Established a recycling center for hard to recycle items, batteries, bulbs, film plastic, office supplies and more.

Sandy Community Action Center



"We chose to get certified because [we] value sustainability and want to set a good example in the community. Because of the actions we implemented, we have been saving money, are able to serve more people and serve them better."

— **Dawn Loomis, Director**

- **Community and Food Recovery:** Directed service to rural communities (Welches and Boring), to reach more people in need of healthy free food and avoid multiple long distance trips into Sandy
- **Food Scraps:** Partnered with local farmers to use leftover food that cannot be donated
- **Energy:** Installed a programmable thermostat to regulate energy use and save money

West Linn Paper Company



"The mill is committed to reducing its impact and found the Leaders in Sustainability program a great way to step up our game and make our efforts more visible in the community." — **Penny Machinski, Environmental Manager**

- **Reuse:** Installed a recovery system on one of the production lines to capture and reuse materials that had previously gone to the waste stream
- **Materials:** Offers sustainable products for customers such as recycled-content and forestry-certified paper
- **Green Cleaners:** Collaborated with janitorial service to specify use of green cleaners

Pictured above in story order: Lush Cosmetics' Sydney Carlson; Waste station at Marylhurst University campus; Sandy Community Action Center Volunteer Peter Hoffman; West Linn Paper Company's Mike Heckman.

Schools: Grant money available

Schools in Clackamas County may apply for grants of up to \$500 to fund recycling or waste reduction projects. In the past, schools have purchased worm bins, washable flatware for school lunches, compost tumblers, reusable water bottles and green classroom party kits. **Find the application online at clackamas.us/recycling. Apply by June 2017.**



Classroom party kits use durable products to reduce disposable items.

Grant idea: Green your classroom parties

Classroom parties generate a lot of waste! Just imagine garbage cans full of disposable cups, plates, bowls and flatware for a classroom with 30 students. Now imagine that every classroom had a party that day. Schools see their classroom garbage double or even triple on party days.

Some schools are using Green Classroom Party Kits to reduce their classroom party waste. A classroom party kit costs approximately \$55, can be used over and over again, and eliminates most of the waste associated with classroom parties. The classroom party kit above is used by a teacher at Spring Mountain Elementary in Happy Valley.

For your school's recycling, composting or waste reduction program, the county offers:

- Classroom presentations
- Recycling bins
- Recycling education for staff and students
- Green team guidance
- Assistance with Oregon Green School certification

Help reduce your school's environmental impact. Contact Laurel Bates, Waste Reduction Education Coordinator (lbates@clackamas.us, 503-742-4454).

Flammable, caustic, explosive, OH MY!

Safely dispose of toxic products at a hazardous waste facility.

Are you gearing up to dispose of pesticides, paints, motor oil, chlorine or bleach cleaners, batteries or other toxic household items? Most of our homes contain some of these hazardous materials.

The improper disposal of these chemicals in the garbage can result in fires, explosions or the release of toxins into the air, soil and groundwater. For the same reasons, it is important not to dispose of your household hazardous materials in the sink or toilet, on the ground or down a storm drain.

When you are ready to responsibly dispose of these materials, take them to the Metro South Transfer Station in Oregon City, or to another facility or local event that collects household hazardous waste in your community. Nominal fees may apply. For details, visit oregonmetro.gov/hazardouswaste.

Metro South Transfer Station
2001 Washington St., Oregon City, OR 97045
503-234-3000
Open every day from 7 a.m. to 6 p.m.

Reduce toxicity at home
Use these tips to minimize hazardous waste in your home:

1. Use safer alternatives
2. Read labels before you buy for both warnings and disposal/use instructions
3. Buy only what you need



Reserve your free 2017 disposal coupon!

Toxic products aren't just dangerous in your yard, but in the trash and down the drain too. You should safely dispose of these products at a hazardous waste facility. To learn more and to request a mailed coupon, call 503-742-4463.

Don't despair, repair!



Repair Fair volunteers fix items such as clothing, small appliances and bikes.

Buy. Use. Break. Toss. Repeat.

This cycle of consumption is now normal in our culture. When something breaks, we replace it. After all, many items cost more to repair than to replace. In addition, fewer people know the basic skills our grandparents knew for repair. For example, 7 out of 10 young adults don't know how to sew on a button. At one time, we could rely on previous generations or school classes to learn these skills. However, there are other ways of learning how to fix and reuse things to extend their useful life.

Repairers unite!

Many people are taking it upon themselves to ditch the throwaway culture, learn skills and meet friends while organizing repair events. These

events provide a space to meet your neighbors and fix or mend things together.

Visitors bring an item such as pants that need hemming, a broken coffee maker or a bike in bad shape. They meet with the repair volunteers and together they work to fix the item. Most of all, these events can show you how much fun it can be to repair. Consider giving it a try!

Upcoming repair events:

West Linn Repair Fair
Feb. 25, 2017; 10 a.m. to 1 p.m.
Robinwood Station
3706 Cedar Oak Drive, West Linn

Milwaukie Repair Fair
March 18, 2017; 10 a.m. to 2 p.m.
Wichita Center for Family and Community
6031 SE King Road, Milwaukie

Please bring just one item to an event. Volunteers will do their best to fix items, but do not guarantee a complete repair. Consider donating to the program if you are able to keep events like this going.

Items typically accepted for repair include:

- Garments and textiles
- Bikes
- Small appliances

And don't forget, you can also support local repair businesses by taking items like appliances, computers, phones and shoes to repair shops instead of buying new.


MASTER RECYCLER PROGRAM

Become a MASTER RECYCLER

Learn from the experts. Connect with others. Make a difference.

Registration is now open for the Clackamas County course starting March 29, 2017. Deadline for applications is Wednesday, March 8, 2017 at noon. Earn Master Recycler Certification by attending the course and volunteering 30 hours.

Details and application at masterrecycler.org

Recycle your electronics


oregon E-CYCLES
oregonecycles.org
1-888-532-9253

OREGON Bottle Bill


10¢ DEPOSIT

Effective April 1, 2017, the Bottle Bill deposit and refund value will increase to 10¢ per container. Containers redeemed before April 1 will be refunded at 5¢ per container.

Details on new Bottle Drop locations and getting your money back are at bottledropcenters.com.

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