

# ATHABASCA WASTE & RECYCLE NEWS

Prepared by: Athabasca Regional Waste Management Services Commission

## Part 1: " The 3 R's " Step One: REDUCE

### Reduce at School and Work

- ✓ **Buy recycled paper**, Use both sides, and then recycle it.
- ✓ **Get informed**, think of things you can do to make a difference.
- ✓ **A No-Waste Lunch** - Use a thermos for beverages, re-usable containers for snacks and sandwiches. A cloth napkin for clean up then pack it all in a reusable cloth bag or lunchbox.
- ✓ Use **electronic mail** to send memos, and messages.
- ✓ Establish and **support a collection program** for recyclables.
- ✓ When copying, **ask for double sided copies**.
- ✓ Encourage coffee and beverage drinkers to use **washable mugs**.
- ✓ **Solicit ideas** for reduction from employees and classmates.
- ✓ **Avoid** disposable food containers whenever possible - bring a travel mug when you purchase coffee to go.

### Reduce at Home

- ✓ **Use washable utensils and dishes** for picnics, parties and potlucks.
- ✓ **Use cloth napkins**. Reach for a dishcloth instead of paper towels for clean ups.
- ✓ When you have to use a battery powered appliance or toy, **choose rechargeable batteries** or use an AC adapter.

*"When spoilage is not a factor, try the following suggestions to reduce the amount of waste you bring home from the store"*

- ✓ Buy milk and other beverages in **returnable containers**.
- ✓ **Buy economy - sized** food packages and household products.
- ✓ For household chemicals, economy sizes aren't a bargain when you add in the cost and inconvenience of disposal. When buying paint, pesticides and other home chemicals, **buy the smallest amount that you need for your project**.
- ✓ Buy grains, beans, cereal, pasta and other items in **bulk whenever possible**. Items like these can be kept for a long period of time without spoiling.
- ✓ **Refuse** plastic bags for your purchases if it is not necessary.
- ✓ Buy products such as fruit drinks and detergents **in concentrate**.
- ✓ **Avoid** buying goods with unnecessary packaging, such as "**blister packs**" that wrap items in plastic seals with cardboard backing or "**double packaging**" such as a bottle inside a box.

The packaging in the waste stream has **doubled in the past 30 years**. New products introduced in "convenience" packages are increasing yearly. The cost of this packaging is often passed onto the consumer. This means that buying less packaged products **can save you money**.

## Waste & Recycle Facts

- Over 70% of residential waste can be recycled.
- 715,000 litres of Household Hazardous Waste was collected in 1999 in Alberta.
- Latex paint makes up the largest portion of HHW, followed by lawn care products.
- Compostable materials make up 40 - 60% of the waste stream.
- Compost can be used as a soil conditioner, fertilizer and seeding soil.

## PLEASE RECYCLE!

- Recycling reduces pollution, acid rain, and global warming.
- Glass materials are processed in Alberta to be used as a reflective surface in road construction and highway lines.
- Used oil containers are collected and recycled into plastic guard rail posts which are used in the town and county.
- The metal from tin cans is processed as rebar for housing construction and parking curbs.

Next issue of Recycle News: Part 2 " The 3 R's " Step Two: REUSE