



IN THIS ISSUE:

- ▶ **Holiday Schedule Changes**
- ▶ **Holiday Waste Reduction Tips**
- ▶ **Plastics: Recycling Refresher**
- ▶ **Comprehensive Plan Update**

Portland Curbsider

Bureau of Planning and Sustainability • Sam Adams, Mayor • Susan Anderson, Director

Winter 2012



Meghan Drury and her kids make holiday cookies.

Make the most of festive meals

The holiday season is in full swing! As you get ready to share favorite traditions with family and friends — from decorating to exchanging gifts and enjoying festive meals — now is the perfect time to think about creative ways you can reduce waste and save money. And since food takes center stage at this time of year, you can make a big impact by starting with what’s in your fridge, on your menu and at your table. Two Portland families share their tips for reducing food waste during the upcoming holiday season.

Rethink portions

When Meghan Drury and Rob Tust prepare holiday meals, they avoid buying more food than needed and are realistic about the amount of food it takes to serve their family of four. Rob creates a grocery list to limit his purchases to the essentials. By checking the refrigerator and cupboards first, he helps ensure that only necessary food items make it on the list.

Use leftovers

Amy Hojnowksi doesn’t let her family’s leftovers go to waste. In her kitchen, last night’s roast chicken is tomorrow’s chicken salad. Amy is a champion at turning leftovers into several different dinners to last throughout the week. During the holidays, Amy likes to send her guests home with small containers of food so they can enjoy delicious extras. She stores her leftovers in airtight containers to keep them edible as long as possible. (Another tip: Keep the refrigerator set between 32–40 degrees Fahrenheit and freeze leftovers if you won’t have the chance to eat them before they go bad.)

Compost food scraps

Instead of throwing out the vegetable peels, eggshells and other food scraps from preparing holiday meals, Amy adds them to her kitchen compost container. “For us, composting has become routine. It’s easy to do and it feels good.” She makes it easy for holiday guests to compost their food scraps by keeping the kitchen container visible and accessible.

For Meghan, composting is a small thing of high value that her family can do for the environment during the holiday season and beyond. “We just scrape our plates into the kitchen container. We started making it a habit.” Meghan notes that by lining her kitchen container with newspaper, it is easy to rinse clean each time she empties it.



Find other green holiday tips on page 2 of this issue.



Holiday Schedule Changes

NO COLLECTIONS ON
TUESDAY, DEC. 25 OR
TUESDAY, JAN. 1.

If your regular pick-up day is

From December 25 to January 4, your pick-up day will be

Monday	Monday
Tuesday	Wednesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday

All other holidays are regular pick-up days. Questions? Call your garbage and recycling company or the Curbside Hotline at 503-823-7202.

CURBSIDE COLLECTION One year update



Portland residents have been composting at the curb for a year, with impressive results.

- Portland households are throwing away almost 40 percent less garbage.
- The amount of yard debris plus food scraps collected for composting has tripled.
- Close to 80 percent of Portland households are including food scraps in their green compost roll cart.
- Portlanders continue to be fantastic recyclers. 85 percent of all recyclable materials are placed in the blue recycling cart.

Great job Portland!

Holiday garbage, recycling, composting and waste reduction tips

Include the food!

As you plan your holiday meals and family gatherings, consider a few easy ways to reduce waste and make composting food scraps easy for your guests.



- Put recycling and kitchen compost containers in plain sight for guests.
- Ask your friends and family to bring food containers for their leftovers.
- Keep your kitchen compost container handy during food preparation, while scraping plates after meals and when you clean the fridge of leftovers.
- Keep your container tidy by lining it with newspaper, a paper bag or an approved compostable bag.



Extra garbage?

After all the holiday entertaining and gift giving, you may have extra garbage.

- Set out an extra bag or can of garbage on your collection day for \$5.
- Extra garbage must be 32 gallons or smaller and weigh 55 lbs. or less.
- Renters: arrange with your landlord to authorize extra garbage collection.

- To prevent odors, sprinkle a little baking soda inside your container and clean and empty it frequently. It also helps to set out your green Portland Composts! roll cart on the curb every week, even if it is not full.
- Instead of using plastic or paper platters, plates and cups, consider buying an inexpensive, durable set of dishes that you can load into the dishwasher and box up until your next party.

Holiday tree composting

After enjoying your tree and other holiday greenery, prepare them appropriately for compost pick-up. Please note that trees will not be accepted with garbage.

Prepare your tree for pick-up by removing all tinsel, lights, ornaments, wire, nails, stands and other materials that cannot be composted with the tree.



Curbside collection: Tree pieces

- Cut the trunk and branches into pieces less than 36 inches long and 4 inches in diameter. Bundles must be securely tied with string or twine; weight limit is 45 lbs.
- Please ensure that any tree pieces in your green Portland Composts! roll cart do not poke above the lip of the cart; weight limit is 100 lbs.
- Put extra bundles or cans at the curb on your collection day for \$3.75 each.

Curbside collection: Whole tree

- Trees that are 6 feet and under can be put out at the curb on collection day for \$4.50.
- Please cut larger trees down to 6 feet to ensure driver safety.

You can also arrange with a nonprofit organization to collect your tree. Fees may range from \$4-\$10. Call Metro's recycling hotline at 503-234-3000 for drop-off or pick-up information.

YOU CAN REDUCE JUNK MAIL

The holidays bring unwanted catalogs, advertisements and mail that add waste and clutter to your home. Metro and Catalog Choice offer a free online service to help stop the waste.

Get started with these easy steps:

1. Sign up for a free account at oregonmetro.catalogchoice.org.
2. Search for companies from which you no longer want to receive mail.
3. Find a company, follow the prompts and submit your request. Catalog Choice takes it from there.
4. Track your opt-outs online to see which have been delivered and which are still pending.



**BE RESOURCEFUL
SAVE MORE. LIVE MORE**

Looking for creative, eco-friendly holiday tips? Here are some great ways to save more and live more this holiday season.

Give the gift of experience

- * Massage, pedicure or restaurant gift certificates are perfect for loved ones who like to be pampered.
- * Tickets to the zoo, OMSI, aquarium, art museum, a play or movie are great for those who like a local adventure.
- * Kayaking or rock climbing lessons, a membership to the gym or yoga classes are fun gifts for the active people on your list.
- * Memberships to sharing organizations, like tool libraries or the local swap shop will come in handy for the do-it-yourselfer.

Give local crafts and vintage finds

- * Shop at school and church craft bazaars, Saturday Market or stores that sell locally made goods.
- * Look for one-of-a-kind gifts at estate and garage sales or resale and vintage shops.



Be creative with handmade gifts and holiday décor

- * Sew or knit a scarf or mittens using recycled or scrap materials.
- * Bake, can or pickle food items.

Reduce holiday clutter by borrowing or renting

- * Borrow dishes, flatware and linens for larger parties and gatherings.
- * Rent equipment for skiing, snowboarding and snowshoeing on your next trip to the mountain.

For a map of local resources and even more green holiday tips, visit www.resourcefulpdx.com

Plastics: Recycling Refresher

Plastics accepted at curbside

Portland residents can recycle many plastic items along with paper and metal in the blue Portland Recycles! roll cart. Glass should be placed in the yellow bin.

Please do not put plastic bags, lids, plastic take-out “clamshell” containers, Styrofoam™, coffee cups or glass in your blue roll cart.

Why can't I recycle these plastics in my roll cart?

- ❑ The equipment used to separate mixed recycling is unable to properly sort items such as plastic lids and “clamshell” containers. Plastic bags jam machines, adding time and expense to the recycling process.
- ❑ Help make it easy to turn your recycling back into something new by placing only materials that are accepted in the blue cart.

View the full recycling guide at www.portlandoregon.gov/bps/carts



Plastic recycling options beyond the curb



Here's where to recycle items that don't belong in your blue Portland Recycles! roll cart:

Total Reclaim

6427 NE 59th Place
503-281-1899

Styrofoam™ blocks

Visit www.totalreclaim.com for more information, hours and fees.

Recology Oregon Material Recovery

Foster Road, 6400 SE 101st Ave, Bldg. #4-A
503-774-1418

Suttle Road, 4044 N Suttle Rd
503-285-8777

Styrofoam™ blocks, rigid plastics (such as clamshells, lids, CD cases, etc.), bags and other film plastics (such as paper towel wrappers).

Visit www.recologyoregonmaterialrecovery.com for more information, hours and fees.

Far West Fibers

4930 SE 26th Ave
(only location accepting Styrofoam™)

12820 NE Marx St

2005 N Rosa Parks Blvd

503-643-9944

Styrofoam™ blocks, Styrofoam™ sheets, food trays (meat, take-out, cups, egg cartons), rigid plastics (such as clamshells, lids, CD cases, etc.), bags and other film plastics (such as paper towel wrappers).

Visit www.farwestfibers.com for more information, hours and fees.

Polystyrene packing peanuts

Many mailing and shipping businesses reuse polystyrene packing peanuts. Some may also accept clean and dry cornstarch peanuts.

Metro | Making a great place

Many grocery stores accept plastic bags for recycling. Some recycling centers take lids, rigid plastics, Styrofoam™ and other materials. Find more recycling options beyond the curb by contacting Metro at 503-234-3000 or visit www.oregonmetro.gov/recycling.



Please sort recycling and composting carefully and dispose of all garbage in the garbage container.

Local sorting facilities have reported finding some household garbage in the recycling and composting. As a reminder, garbage poses a health and safety problem for workers who handle these materials.

Do you rent and have questions about your garbage service? We can help!

Property owners are responsible for setting up composting, recycling and garbage service for their renters. Call your landlord if you need to make changes to your service level or set out extra garbage.

If you have questions about your service, visit us online to:

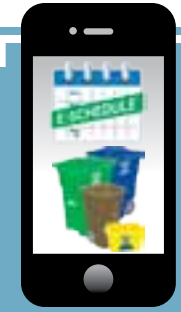
- ❑ Find your collection schedule.
- ❑ Access the guide to composting, recycling and garbage with a detailed list of what goes in each cart.
- ❑ Sign up to receive weekly email reminders about your pickup day.
- ❑ View helpful videos about composting your food scraps.



Call or email to request print versions of the schedule and guide or with questions about your service.

Online: www.portlandoregon.gov/bps/carts
Hotline: 503-823-7202
Email: wasteinfo@portlandoregon.gov

Note: These curbside services apply to residential households with four or fewer units.



Never forget another garbage day!

- ❑ Get weekly email reminders.
- ❑ Look up your schedule.

Sign up at

www.portlandoregon.gov/bps/eschedule

Did you download your schedule to a mobile device or personal calendar?

The 2011-12 “add to calendar” option has been phased out and no longer includes up-to-date collection information. For quick and easy collection day reminders, please sign up for weekly email alerts.



Portlanders are bringing their reusable bags

A year ago, Portland banned single-use plastic checkout bags at many grocery stores and large pharmacies. Those stores have reported a 300 percent increase in reusable bag use!

Recently, City Council voted unanimously to approve the expansion of the City's plastic bag policy to include all retailers, food providers and restaurants by October 2013. The policy will be implemented for larger establishments by March 1, 2013 and the rest by October 1, 2013. Portland joins other cities including Corvallis, Eugene, San Francisco and Seattle by including all retailers and restaurants in the policy affecting single-use plastic bags.

Why reduce the use of plastic bags?



Plastic grocery and shopping bags may offer short-term convenience, but they have long-term costs. Not only do single-use bags require resources such as petroleum and natural gas to manufacture, plastic bags create major problems at recycling facilities, jamming and shutting down machinery.

Plastic bags litter our parks and trees, enter storm drains and can eventually end up in rivers and

oceans where they break into small, toxic bits. Plastics have found their way into all five of the world's major ocean current systems and are one of the most common types of litter found on Oregon's beaches. Sea animals often mistake plastic particles for food, causing harm to the animals and potentially affecting the seafood we eat.

Here are tips to remember your reusable bags for all your shopping trips:

- Store bags where you can see them or near your house keys.
- Return bags to your bike or car.
- Put a reminder on your grocery list.
- Keep a small bag in a purse or backpack so it's with you when you need it.



Many Portlanders have already made the switch to reusable bags.

Story time!

What do a tool librarian, a baby-toting bus rider and an eco-savvy cleaning lady have in common? They're all part of OMSI's new Local Voices, Clever Choices story project, featuring two-minute stories focusing on the real-life challenges and unexpected benefits of making simple choices that protect the environment, improve a family's finances and bring the community together.

The City of Portland and 25 local organizations worked with OMSI to make this project happen.

To hear a story told by Karen, a Portland mom who figured out how "swapping" could be an affordable and eco-friendly way to provide for her kids, call 503-797-4686, story 118 or visit <http://omsi.co/1har4>



Want to learn more? Visit OMSI's bilingual Clever Together Exhibit: Our Everyday Choices, the museum's latest permanent installment. The exhibit uses fun, hands-on activities to help us practice making more sustainable decisions by weighing the environmental, economic and social impact of our choices.



Hear other clever stories and learn more about the project at www.omsi.edu/choices.

Para escuchar otras historias ingeniosas y aprender más acerca del proyecto, visita www.omsi.edu/decisiones.

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RON RUSSELL MIDDLE SCHOOL | 3955 SE 112TH AVE

SATURDAY 9:30 A.M.-3 P.M.

WWW.PORTLANDOREGON.GOV/BPS/FIF

Presented by the City of Portland Bureau of Planning and Sustainability

Portland's Comprehensive Plan and our new path forward: What it means to you and your neighborhood

City Council has officially adopted the Portland Plan, developed in response to some of the city's most pressing challenges, such as income disparities, high unemployment, low high school graduation rates and environmental concerns. We are now focusing our efforts on carrying these new priorities forward into our communities. In the next stage of our work together, we must update the city's Comprehensive Plan to ensure that public investments — such as transportation, parks, natural resources, sewer and water systems and other vital services — are in sync with our new strategic path towards a prosperous, educated, healthy and equitable Portland.

What is Portland's Comprehensive Plan? It is the City's blueprint for our community's future growth and development over the next 20 years. It guides all major public investments to manage population and employment growth.

What does that mean for you, your family and your neighborhood? The Comprehensive Plan guides major decisions — from the creation and expansion of pedestrian-friendly roads, to the location of parks, protection of natural resources and equitable access to safe transit.



How can you participate in the Comprehensive Plan Update?

Every Portlander is invited to review the Working Draft, available by January 2013:

- Online at www.portlandoregon.gov/bps/pdxcompplan.
- Via email request to pdxcompplan@portlandoregon.gov.
- At your local library or neighborhood coalition offices.
- At a Comprehensive Plan Update workshop in early 2013.

To request a presentation to your neighborhood, business, interest-based or community group, please call 503-823-7700.

Staff will make reasonable accommodations for people with disabilities. Please notify us no fewer than five (5) business days prior to the event by phone 503-823-7700, by the TTY line at 503-823-6868, or by the Oregon Relay Service at 1-800-735-2900.