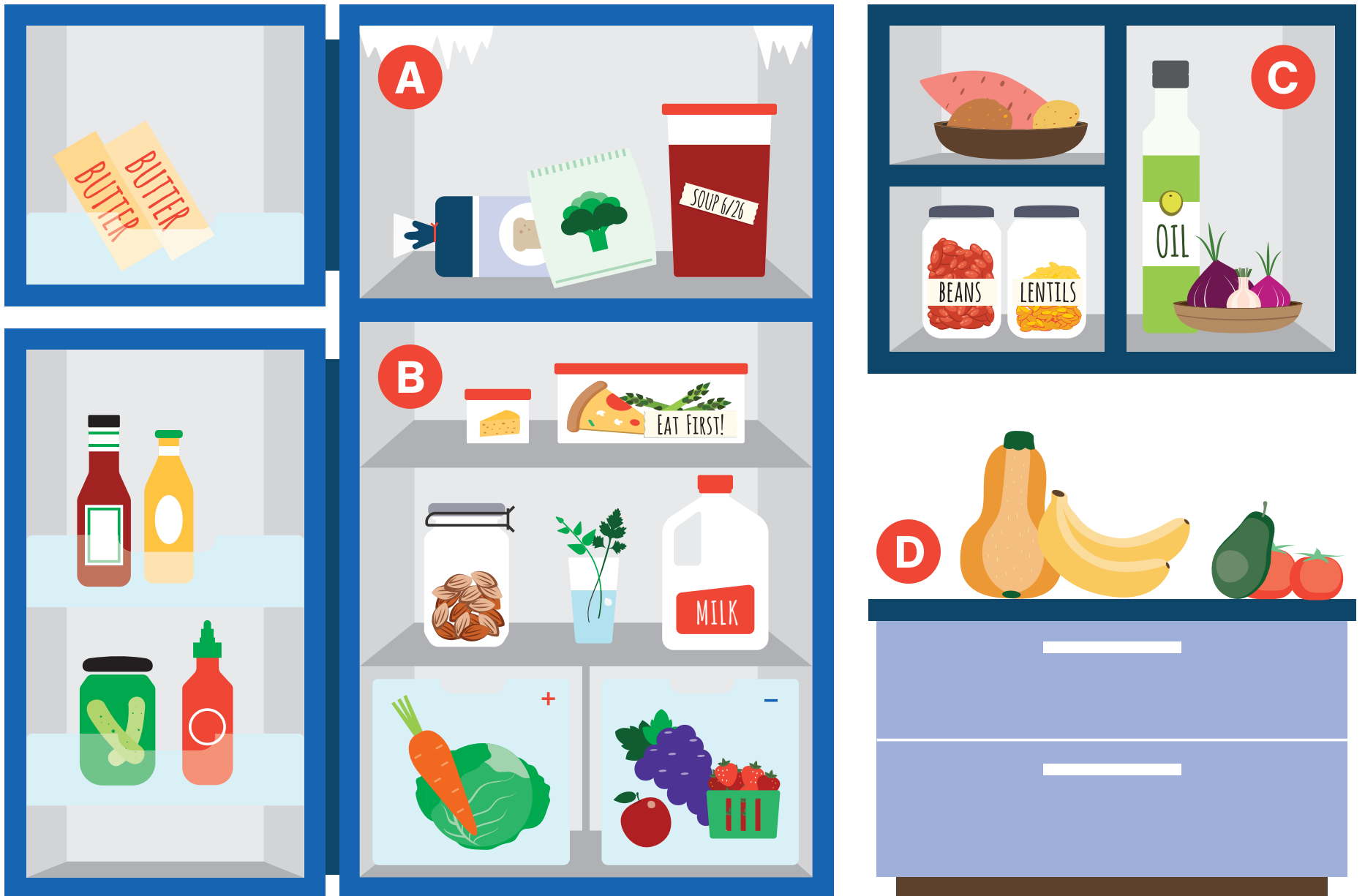


MAKE THE MOST OF YOUR FOOD

Have you ever opened a bag of moldy bread? Or found something funky at the back of your fridge? Avoid another stinky surprise and stretch your food dollars by following these storage best practices.



A THE FREEZER IS YOUR FRIEND

Tired of leftovers? Freeze them for lunch next week. Bread going bad before the loaf's end? Store it in the freezer, and pop frozen slices right in the toaster. You can even freeze butter to keep it fresh for up to 9 months.

Consider buying frozen instead of fresh: Frozen vegetables are nutritious, easy to cook with, and they don't mind if you forget about them for a bit (fresh broccoli lasts a week, frozen lasts a year). Plus, a full freezer uses less energy than an empty one.

B KNOW YOUR FRIDGE

Crisper drawers keep carrots crunchy and celery snappy; they're the best place for fruits and vegetables. Use the high-humidity drawer for produce that wilts and the low-humidity for fruit and veggies that get moldy. The door is the warmest spot in the fridge, so use it for condiments but not milk or other perishable items.

C COOL CUPBOARDS

Heat, light and humidity are the enemy of preserving flavor and freshness in herbs and spices, dried beans and grains and cooking oils. Store these items in a cool, dry, dark cupboard or drawer. The same goes for potatoes, onions and garlic.

D COUNTERTOP TIPS

Leave tomatoes and avocados on the counter to ripen, then move to the fridge to keep them from going bad.

TOOLS TO TRY

- **Painter's tape & permanent marker:** Label and date like a pro. (It's how restaurants keep track.)
- **Air-tight containers:** Clear, air-tight jars, containers and bags keep food fresh and easy to see.
- **Phone camera:** Snap a shelfie of your fridge, freezer, cupboard or spice drawer before heading to the store, so you don't double-buy.
- **Lists:** Keep lists on the fridge to make notes as you run out of things. An "Eat Me Soon" list is also helpful to avoid forgotten fruit and hidden leftovers.

Find more food saving tips that are good for your wallet and good for the planet at

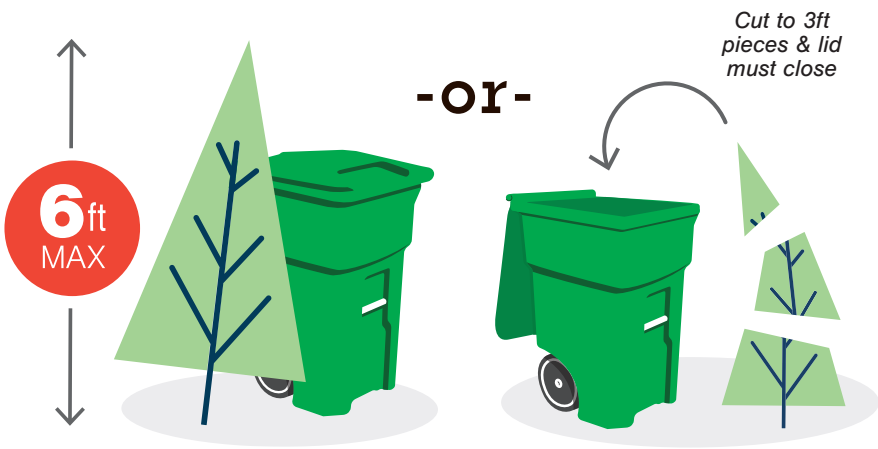
- EN www.eatsmartwasteless.com/storage-tips
- ES www.eatsmartwasteless.com/conservar

WINTER TIPS & SCHEDULE CHANGES

HOLIDAY TREES

Remove all trimmings, including tinsel, lights, ornaments and stands. Set out the whole tree (6' max) for \$5.10 or cut it into 3' pieces and put it in your compost bin.

*Put artificial trees and trees with fake snow at the curb for garbage pick-up.



EXTRA AND BULKY GARBAGE

Set out extra bags or cans (32 gal and 55 lbs max) for \$5 each. Renters, ask your property manager before setting out extra garbage and bulky items.



NEVER MISS A PICK-UP

Go to www.garbage reminders.com to sign up for day-before email reminders or download a printable schedule.

PARTNER MESSAGES

GETTING MORE DELIVERED TO YOUR DOOR?

PLASTIC-PADDED MAILERS GO IN THE GARBAGE.

Wondering if other items belong in the garbage or recycling? Go to RecycleOrNot.org or send a photo of the item to @recycleornot on Instagram.

Visite ReciclarONo.org o envíe una foto del artículo que usted quiere reciclar a @reciclarono en Instagram.



HOLIDAY DELAYS

If your regular collection day is Friday, expect pick-up on Saturday after Christmas and New Year's Day. All other days remain the same.

MON	TUE	WED	THU	FRI 12/25 & 1/1	SAT
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Holiday schedule change information online at www.portland.gov/holiday-schedule

Información en línea sobre el cambio de programa para los días festivos

在线假期日程变更信息

Thông tin về thay đổi trong lịch nghỉ lễ hiện có trực tuyến

См. праздничные изменения расписания на сайте

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Informații online despre schimbările de program din timpul sărbătorilor

Інформація на сайті щодо змін у графіку у святкові дні

معلومات تغيير مواعيد العطلات موجودة على الإنترنت

SNOW OR ICE

Pick-up may be delayed; leave bins at the curb. Your garbage company will come as soon as they can.



THANK YOU to garbage and recycling company staff for working through snow, smoke and the COVID-19 pandemic to serve our community.

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CHECK BEFORE YOU BURN

BEFORE BURNING WOOD IN A WOOD STOVE, FIREPLACE, CHIMINEA OR OUTDOOR PIT, CHECK:

multco.us/WoodSmokeStatus

If air quality is poor, burning may be restricted by law (see website for exceptions). Wood smoke makes it harder for people to breathe, especially children, older adults, and people with lung conditions, and makes symptoms and recovery from COVID-19 more difficult.

Sign up for notifications: bit.ly/GetAlertsForBurnRestrictions



GARBAGE

RECYCLE

COMPOST

GLASS



HOLIDAY HIGHLIGHTS



HOLIDAY HIGHLIGHTS



HOLIDAY HIGHLIGHTS



HOLIDAY HIGHLIGHTS



GARBAGE

Coffee cups/lids/pods, paper/plastic plates, take-out food containers/wrappers, drink cups/straws, cutlery, frozen food packaging/trays, plastic caps/lids, plastic bags, facial tissue, wipes (all), painted/stained wood, plywood, incandescent light bulbs, garden hoses.



PLASTIC

Bottles with a neck (6 oz or larger), tubs (6 oz or larger), plant pots (4" diameter or larger), buckets (5 gal or smaller).



FOOD SCRAPS

Meat, poultry, seafood, bones, cheese, eggshells, bread, pasta, grains, beans, nuts, fruits, vegetables, coffee grounds, spoiled food.



GLASS

Place in yellow bin or other plastic container with a "glass only" sticker.



MUST BE BAGGED

Pet waste, cat litter, diapers, feminine hygiene products, ashes, sawdust, packaging peanuts, broken glass, disposable gloves and masks.



METAL

Aluminum, tin and steel food cans, empty dry metal paint cans, empty aerosol cans, aluminum foil, scrap metal (shorter than 30" long and less than 30 lbs).



YARD DEBRIS

Weeds, leaves, vines, grass, small branches, flowers, house plants, plant clippings.



JARS & BOTTLES

All colors of glass. Labels are OK too.



PUT IN SEALED CONTAINER

Put kitchen fats/oil/grease in sealed container before putting in garbage.



PAPER

Newspapers, magazines, catalogs, phone books, flattened cardboard boxes, scrap paper, cartons (milk, juice, soup), shredded paper (in paper bag).



OTHER

Paper napkins, paper towels, coffee filters, tea bags, pizza delivery boxes.



DEPOSIT BOTTLES

Redeem at BottleDrop Centers or recycle at the curb.

MOTOR OIL Put in a clear plastic jug with lid and place next to bins for recycling.



NO: Computers, monitors, TVs, batteries, compact fluorescent lightbulbs (CFLs), hazardous waste, chemicals, batteries (Call for disposal options: 503-234-3000).



NO: Plastic bags, plastic caps/lids, diapers, propane cylinders, coffee cups/lids/pods, take-out containers, styrofoam, containers under 6 oz, medicine bottles.



NO: "Compostable"/"Biodegradable" containers, household garbage, pet waste, diapers, plastic bags, lumber, dirt, ashes, rocks, branches larger than 4" thick and 36" long.



NO: Light bulbs, drinking glasses, vases, broken glass, ceramics, Pyrex.





MEALS THAT SAVE MONEY (AND THE PLANET)

Did you know that food can fight climate change? Reducing food waste and eating plant-rich diets are two of the top five global solutions to reduce carbon emissions. They also save you money — \$1500 a year for a family of four!

Ready to get cooking?

Master the mix-and-match so nothing goes to waste. Stir fry and frittatas are flexible, fast meals that can be made with whatever veggies you have left in the fridge or freezer. Try adding these or other adaptable recipes to your regular rotation.

Embrace the benefits of beans. Beans and lentils are inexpensive, long-lasting, filling and nutritious. They can be a flavor-rich main dish or a quick add-on to transform soups, salads and pasta into hearty meals.

Find recipes and more

Go to www.foodhero.org/recipes to try the Mix and Match Stir-Fry, Lentil Taco Filling or other quick, low-cost, healthy recipes.

Encontrará cientos de recetas rápidas, saludables y de bajo costo en www.foodhero.org/es.



Bureau of Planning and Sustainability
Innovation. Collaboration. Practical Solutions.

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www.portland.gov/bps | 503-823-7202

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INSIDE

- **Recycling Guide**
- **Survey (win a \$100 gift card!)**
- **Food Saving Tips**
- **Encuentra recursos adentro**

Portland Curbsider

THANK A FOOD HERO, BE A FOOD HERO

Thank you food workers! Grocery staff, delivery drivers, farm laborers and food processors have worked on the frontlines throughout the coronavirus pandemic, making it possible to feed our families.

We can honor their work by making the most of our food.

Look inside for tips, and then go to www.foodhero.org and www.eatsmartwasteless.com for more.

THANK YOU!

TELL US WHAT YOU THINK!

**Is a printed recycling guide helpful?
A yearly garbage schedule? Would you
prefer email or text reminders?**

Take our short survey between now and January 1, 2021 and get entered to win one of three **\$100 gift cards** to Fred Meyer.

www.surveymonkey.com/r/curbsider

View rules at www.portland.gov/prizerules. For assistance taking the survey by phone call 503-823-7202.

The Bureau of Planning and Sustainability is committed to providing meaningful access.

For accommodations, modifications, translation, interpretation or other services, please contact at 503-823-7700, or use City TTY 503-823-6868, or Oregon Relay Service 711.

Traducción o interpretación
Письмовий або усний переклад

Chuyển Ngữ hoặc Phiên Dịch
翻訳または通訳

翻译或传译
Turjumida ama Fasiraadda

Письменный или устный перевод
الترجمة التحريرية أو الشفهية

Traducere sau Interpretare
ການແປພາສາ ຫຼື ການອະທິບາຍ

www.portland.gov/bps/translation-interpretation-and-accommodation