

## December News

### Portland Composts!

#### **A new place to scrape your plate**

It's been over seven months since Master Recyclers read about the Portland Composts! food scrap pilot project (see [January](#), [February](#) and [May](#) 2010 newsletters). The City of Portland has been busy implementing and evaluating the program to assess the best model for a city-wide roll out. Below you will find an update on the pilot and messages you should know as a Master Recycler.



#### **How is the pilot going so far?**

Since the beginning of the pilot, the city has gathered a considerable amount of data to evaluate the program, including how often the 2,000 pilot residents set out material in garbage, recycling and composting containers. Feedback and opinions were collected through calls, e-mails, phone surveys and focus groups.

According to survey results, more than 80 percent of residents in the pilot areas are regularly adding food scraps to their green roll cart. And so far, households have collected over 30 tons of food scraps to be made into compost. That's a lot of compost!

- More than 90 percent of households surveyed think composting food scraps is a good idea because the compost is made into valuable fertilizer.
- More than 60 percent of households surveyed found that collecting their food scraps helped them reduce their garbage.
- Garbage collected from the households dropped almost 30 percent.
- Households want more detailed information regarding materials that are accepted as food scraps.

## **Frequently Asked Questions for all Portlanders:**

### **Q If I am not in the pilot, can I still compost my food scraps in the yard debris container?**

**A** Not yet! Please wait until next year when the program starts for the rest of the City. Until then, non-pilot yard debris still goes to facilities that do not have the special equipment and permits necessary to compost food scraps. Currently, yard debris is picked up every-other-week; adding food scraps to yard debris requires more frequent pickups.

### **Q Can I use my garbage disposal for my food scraps in the meantime?**

**A** Resist using garbage disposals for food scraps. Disposals aren't meant to handle large amounts of food. Sending solids (food) to the sewer system puts added stress on the system and those solids must then be removed at a later date. Grease, fats and oils are especially harmful. These should be disposed of with your garbage. Give our sewer system a break and compost your food scraps instead!

### **Q Will a city-wide curbside program replace backyard composting?**

**A** Household composting is still as it turns yard trimmings and food scraps into a beneficial soil amendment you can use in your own yard and garden. With the addition of food scraps to your green roll cart, meat, bones, dairy products and grains--items that don't belong in your backyard compost pile--can be composted curbside.

## **There's lots of help available for pilot area residents. They can:**

- find their collection schedule,
- learn what is accepted in the green Portland Composts! roll cart,
- learn about options to line the green roll cart and kitchen pail
- learn strategies to reduce odors and pests.

## **3 Easy ways for pilot residents to get answers:**

1. Call: 503-823-7202
2. E-mail: [wasteinfo@portlandoregon.gov](mailto:wasteinfo@portlandoregon.gov)
3. Visit [portlandonline.com/bps/foodscraps](http://portlandonline.com/bps/foodscraps)

## Chinook Book Green Gift Guide & Be Resourceful

Chinook Book searched the Portland area to compile creative, inspiring, and thoughtful gifting ideas for everyone on your list. Chinook Book Green Gift Guide is filled with exclusive special offers that help you shift your shopping to gifts of experiences. It also features Be Resourceful and the In the Kitchen themes.

*Get More of the Good Stuff  
in the kitchen this holiday season*

People are beginning to shift their priorities — elevating experiences over stuff— and enjoying better memories, healthier lifestyles and stronger relationships.

Here are some simple ways you can get more of the good stuff in the kitchen this holiday season:

- 1 Eat Unprocessed Foods — Especially Fruits, Vegetables and Grains:** Make sustainable food choices. Take advantage of the delicious food available locally: pears, apples, hazelnuts, and much more.
- 2 Reduce Wasted Food:** Consider your guest list when preparing or ordering food so you'll have the food people most enjoy in the right quantities.
- 3 Practice Good Food Preservation Techniques:** Fruits and vegetables that you canned yourself make special gifts.
- 4 Buy Durable and Used Goods for the Kitchen:** Reusable cloth napkins and durable plates and silverware make holiday meals special. Ask guests to bring their own containers to take home leftovers.
- 5 Prepare and Eat Meals Together at Home:** Ask friends to help prepare food and then serve it family-style.
- 6 Grow and Share Your Food:** If you have a winter garden, share your bounty with friends and family.
- 7 Reduce Packaging Related to Food:** Control the clutter by bringing tote bags to the store, using durable containers and eating less processed foods.

Do you have holiday stories and ideas? Share your story at [portlandonline.com/tips/beresourceful](http://portlandonline.com/tips/beresourceful).



# 2010 Chinook Book® Green Gift Guide

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offers  
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*Give experiences*

# Thank You to the Master Recyclers Who Certified This Month

**Astrid Ollerenshaw** (Class 41) spent her 30 hours making Master Recycler messages more accessible to those who speak Spanish in the region. She translated and copy-edited brochures for the City of Gresham and Portland's Fix-It Fair. She also tabled at Explorando el Columbia Slough and created a Spanish PowerPoint presentation for a class in Gresham. And now, Astrid has moved to Michigan. *iBuenos suerte en Michigan, Astrid, y muchísimas gracias!*



*Astrid and Helena Lee (Class 41) at Explorando el Slough.*

**Tania Hunter** (Class 43) moved to Lake Oswego and immediately found her niche with the Lake Oswego Trash Team. This group

of highly energized Master Recyclers has been assisting the Farmers' Market recover waste and they added waste prevention, recycling and compost to the City of Lake Oswego Picnic this summer.

**Quinn Taylor** (Class 45) is the first of his class to certify! Quinn volunteers to help manage the [Montavilla Farmers' Market durable dish project](#), which fellow Master Recyclers helped start. He also joined the first Fix-it Fair in November. He plans next to help the Hollywood Farmers' Market duplicate the innovative dish project.

## Volunteer opportunities

### Community Warehouse Home for the Holidays Campaign

Looking for an easy and meaningful Master Recycler payback project this month? Consider setting up a collection for gently used household goods for the Community Warehouse at your office, school or place of faith. This will count towards your Master Recycler payback hours.

Community Warehouse serves people who transition into homes with limited household goods, and is the only free furniture bank in the Northwest.



Home for  
the  
Holidays

It's easy for you to help with the campaign. Simply send out an email with the flyer linked below, and print and place the poster on your lunch room or community board as well as on the collection box. You can also make announcements at community gatherings.

Be sure and fill in your group's name at the top and include the deadline and location of the box. Then bring the collected goods to the Community Warehouse during their regular hours.

[www.communitywarehouse.org](http://www.communitywarehouse.org)

[www.masterrecycler.org/PDF/MRCommunitywarehouseposter.pdf](http://www.masterrecycler.org/PDF/MRCommunitywarehouseposter.pdf)

## Build, Remodel and Landscape Show

Oregon Convention Center, 777 NE ML King Blvd, Portland

Friday, January 7th 12 p.m. – 8 p.m.

Saturday, January 8th 10 a.m. – 7 p.m.

Sunday, January 9th 11 a.m. – 5 p.m.

Talk to residents about this important reuse organization and their many programs.

Contact: Rosie McGown, 503-467-4985, [volunteer@ourunitedvillages.org](mailto:volunteer@ourunitedvillages.org)

## Region-wide Whole Foods Market Post Holiday Recycling Event

Fremont 3535 NE 15th Ave, Portland

Pearl 1210 NW Couch St, Portland

Hollywood 4301 NE Sandy Blvd, Portland (afternoon shift only)

Laurelhurst 2825 East Burnside St, Portland

Tanasbourne 19440 NW Cornell Rd, Hillsboro

Bridgeport 7380 SW Bridgeport Rd, Tigard

Saturday, January 8th 10 a.m. – 4 p.m.

This post-holiday recycling event will collect non-curbside plastics, electronics, Styrofoam, clothing and household items. Set up a table to inform participants about curbside recycling and locations for reuse and recycling of non-curbside materials year-round.

**Don't forget to log  
your volunteer hours**  
Visit [www.masterrecycler.org](http://www.masterrecycler.org)  
and click on the Members tab.

Contact the Whole Foods representative listed below to let her know which store you want, then contact Alicia or Michelle to set a time to check out and return a recycling kit and literature.

Volunteer contact: Dena Hastings, 503.287.3545 ext. 213,  
Dena.Hastings@wholefoods.com

Portland display kit contact: Alicia Polacok, 503-823-7107,  
Alicia.Polacok@portlandoregon.gov

Washington County display kit contact: Michelle Pimentel, 503-846-3651,  
michelle\_pimentel@co.washington.or.us

## Conservation News

### ReBuilding Center Volunteer Training

ReBuilding Center Offices, 3625 North Mississippi Ave, Portland  
Wednesday, January 5th 6 p.m.

Polish up on your knowledge of the ReBuilding Center and its many great programs at this training for their volunteers. Helpful if you're interested in working at any of the tradeshow between January and March.

Contact: Rosie McGown, 503-467-4985, volunteer@ourunitedvillages.org

## Job Opportunities

### Oregon Food Bank Event Planner

Plan and implement a comprehensive Community Events program. For more information or to apply, visit [www.oregonfoodbank.org](http://www.oregonfoodbank.org). Closes December 8th.

**MORE JOB OPPORTUNITIES**  
can be found in Job Seekers at  
the Master Recycler Forum.  
[www.MasterRecycler.org](http://www.MasterRecycler.org)

