



November News

The Upstream Costs of Food

The current Class 42 enjoyed a new course topic delivered by a familiar friend to old time Master Recyclers. Steve Cohen (Class 25), former Master Recycler Program Coordinator, addressed upstream costs of the production and waste of food. Steve is uniquely qualified to speak on this subject as he manages food policy and programs for the City of Portland. Visit the ["PowerPoints Presented in the Latest Class"](#) page of Master Recycler website if you would like to see [the whole PowerPoint](#).

Master Recyclers know the special concern regarding downstream costs of food waste. According to Jennifer Erickson of Metro, the region disposes of 180,000 tons of food per year at an annual cost of \$14 million. That wasted food would be worth \$327 million to a food bank. Worse yet, food breaks down in the anaerobic environment of a closed landfill and creates methane, a greenhouse gas 21 times more potent than carbon dioxide.

But what are upstream costs of wasting food? An estimated 40% to 50% of all food produced in the U.S. is not eaten, according to research by University of Arizona anthropologist, Timothy Jones. Twenty-five percent of that occurs in the home. That amounts to more than 29 million tons of food waste each year, enough to fill the Rose Bowl every three days. The average American wastes more than half a pound of food per day. That's a whole Quarter Pounder at both lunch and dinner.

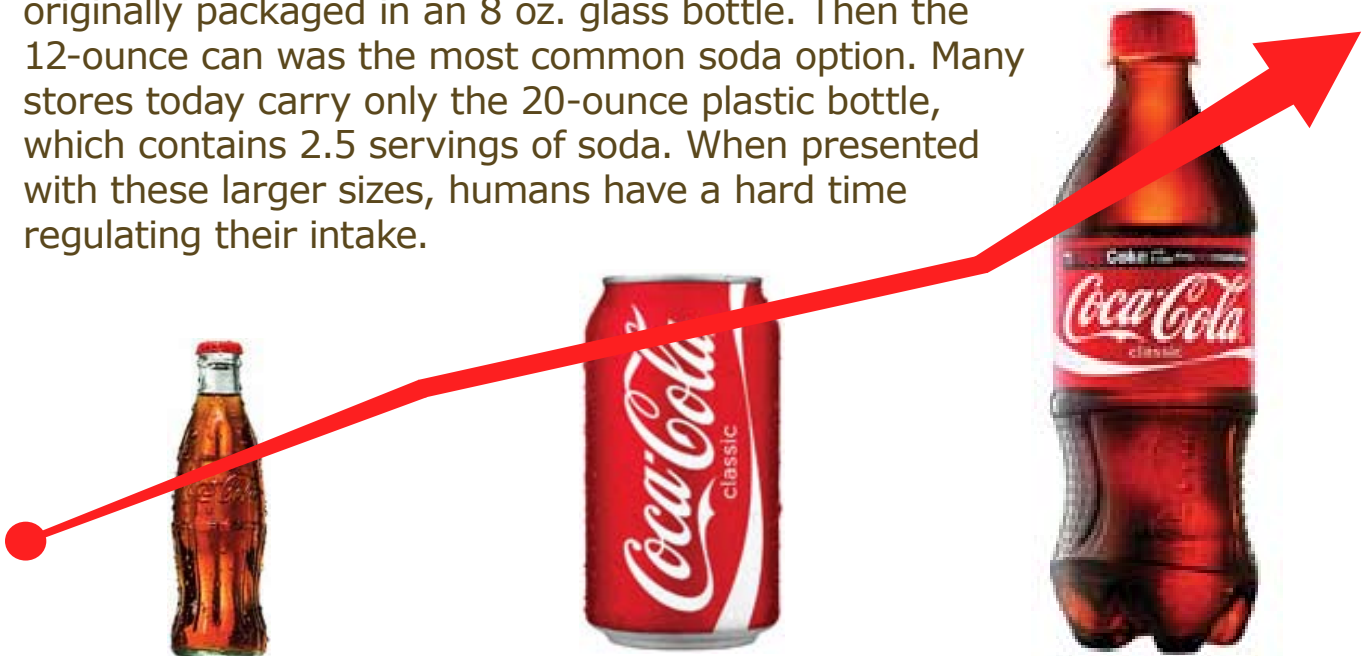


Food waste costs a family of four \$600 a year. Nationwide, Jones says, household food waste adds up to \$43 billion, making it a serious economic problem for U.S. families.

Wasting food squanders the time, energy, and resources — both money and oil — used to produce that food. Increasingly, great amounts of fossil fuel are used to fertilize, apply pesticides, harvest, and process food. Natural resources are increasingly used to package the food to keep it fresh and intact after long voyages to consumers. Still more gas is spent transporting food from farm to processor, wholesaler to restaurant, store to households, and finally to the landfill.

Steve also points out that more food is produced *and consumed* in the U.S. than is healthy. [The USDA](#) recommends 5-6 oz of meat/fish/poultry/beans per day. For meat alone, Americans on average eat 8 oz daily. High consumption of conventionally produced and processed meat contributes to an increased risk of cardiovascular disease, obesity, diabetes, metabolic syndrome, dementia, and some kinds of cancer. Over-consumption of meat contributes to the overwhelming cost of the U.S. health care system (estimated to be \$147 billion for obesity management alone), as well as environmental damage such as climate change, water and air pollution.

Food portions have increased beyond single serving sizes. Because portions are now so large, it's hard to understand what a "serving size" is supposed to be. Today's bagel counts for three servings of bread, but many of us would consider it one serving. Studies indicate that when given food in larger packaging, people will consume more. Cola was originally packaged in an 8 oz. glass bottle. Then the 12-ounce can was the most common soda option. Many stores today carry only the 20-ounce plastic bottle, which contains 2.5 servings of soda. When presented with these larger sizes, humans have a hard time regulating their intake.



The Three R's of Food

Here are a few easy-to-implement strategies that Master Recyclers can use to encourage area residents to minimize both downstream and upstream costs of food waste.

- [Send food scraps to home compost and worm bins.](#)
- [Donate extra food to the Oregon Food Bank.](#)
- Support restaurants that participate in [Fork It Over](#) and [Portland Composts!](#)
- Use tools like package [serving size labels](#), scales, & measuring cups to ensure you prepare and/or eat the right amount.
- [Use some common items to help visualize portion size.](#)
- Don't "eat from the bag." When snacking, place a few chips, crackers or cookies in a bowl to help prevent overeating.
- Plan before you shop using a [shopping list](#), checking cupboards and planning out meals ahead of time.
- Identify meals you can cook once and eat twice (like pasta salad) and cook larger meals that can be reheated throughout the week.
- When shopping look at pull dates and buy food with dates that are realistic for you to get to in time.
- Store, freeze, and can foods to ensure they last longer.
- Keep a supply of staples that can fill out leftovers.
- Buy local food.
- Take sustainable food classes.
- Join Jonathan Bloom's blog www.wastedfood.com to stay informed.
- Check out www.lovefoodhatewaste.com for more tips and waste prevention recipes.

Class 42 and 43 Update

Welcome and congratulations to the 29 Master Recyclers who just completed the Fall Class 42 hosted by Washington County and the City of Hillsboro. This talented new bunch has some fantastic projects planned. They're also ready to jump into many of the upcoming Master Recycler



Shane Endicott inspires Class 42 during tour of the Rebuilding Center.

events! It will be great to see what impacts this class will have on reducing consumption and waste in the community.

If you know someone who works or lives in Clackamas County, let them know applications are [now being accepted](#) for the Winter Class held in Oregon City. The deadline is November 25th.

Certified Master Recyclers

Tom Bordenkirck (Class 40) wrote some of the most enthusiastic hours reports. He clearly had a great time tabling on topics such as the Community Warehouse, Junk Mail, Greener Cleaners, Portland Recycles! and Remodel it Green. There's no doubt that people walked away after talking to Tom with the key message that helping the environment is fun and easy.

Jimmy Jones (Class 39) was a hard working Master Recycler at the Intel Plastics Roundup last fall and a Free Geek collection one cold winter day. He rounded out his outreach helping the City of Portland with its tote bag survey this summer. Thanks for your efforts in reducing waste from plastics and e-waste to educating others about waste prevention.

Centurion

Rachel Zarfes (Class 35) really takes on the big projects! She completed her first 30 hours assisting students and staff at Mount Hood Community College to plan and implement event recycling at their sporting events. She has just completed over 100 hours and much of that was spent working with residents and staff to tackle recycling at New Columbia in North Portland. This housing community has the unique challenge of incorporating both multi-family and single family residences. Rachel and fellow Master Recycler **Bill Steimer (Class 34)** have stayed true to their goal of building stewardship and innovation as approaches to meeting the recycling goals there. They have helped organize Trash Amnesty Day tables, rain garden and National Night Out events, and got a grant from Cracked Pots to support more stewardship building. As if these larger projects were not enough, Rachel is always ready to jump in to support other efforts. Last year she organized community volunteers to go door-to-door, talking to Portland residents about their new roll carts, and this year she joined the tote bag survey. Rachel has proven to be an incredibly knowledgeable and energetic resource in the community. Thank you for your unrelenting commitment!

Conservation Factoid of the Month

95% of Portland area yard waste ends up in the right place!

Volunteer Opportunities

Cooperative Association of States for Scholarships Training

1333 NW Eastman Pkwy, Gresham

Monday, November 2nd 11 a.m. – 1 p.m.

In order to prepare a recycling committee of students from the Cooperative Association of States for Scholarships (CASS) program them to do recycling outreach in the Gresham community, the City of Gresham is asking for assistance from a Master Recycler.

Contact: Aubrey Lindstrom, (503)618-2206,
Aubrey.Lindstrom@greshamoregon.gov

Brooklyn Cooperative Preschool Precycling Presentation

2901 SE Steele St, Portland

Thursday, November 5th or Thursday, January 28th 6:30 – 7:15 p.m.

Offer a half-hour to 40 minute presentation on recycling and waste prevention (particularly precycling) to the parent board of this preschool. Literature and a kit are available for check-out.

Contact: Gina Ballard, (503)310-4470, geballard@yahoo.com
Contact for kit: Alicia Polacok, (503)823-7107, apolacok@ci.portland.or.us

PSU Farmers' Market

South Park Blocks, Portland

Saturday, November 7th 8:30 a.m. – 11:30 p.m.

Talk with local residents about recycling and waste prevention at one of Portland's busiest Farmer's Market.

Contact Audrey Desler, (208)371-1809, reuse.it.now@gmail.com

SW Neighborhood Cleanup

Portland Christian Center, 5700 SW Dosch Rd, Portland

Saturday. November 7th 8:30 a.m. – 1 p.m.

Southwest Neighborhoods Inc (SWNI) and the Bureau of Planning and Sustainability (BPS) are partnering on this fall cleanup to monitor materials that come to the cleanup and are set aside for reuse or recovery. We need two Master Recyclers to attend the cleanup and

capture which items are diverted for reuse by other organizations or for recycling as part of the cleanup.

You may be asked to meet with SWNI staff ahead of time. Checklist will be created by BPS.

Contact: Alicia Polacok, 503-823-7107, apolacok@ci.portland.or.us

Community Action Organization's Energy Fair

Cornelius Elementary School, Cornelius

Saturday, November 7th 9 a.m. – 2:30 p.m.

Help staff the Metro booth at this event.

Contact: Caran Goodall, 503-797-1693,
caran.goodall@oregonmetro.gov

Junk to Funk Recycled Fashion Show

Crystal Ballroom, 1332 W Burnside St, Portland

Saturday, November 14th 7 p.m. – midnight

There are three volunteer opportunities for this exciting yearly event:

1. One outgoing person needed to create waste reduction messaging and to wear a "Trash Monster" costume and interact with the audience at the event (estimated seven hours)
2. One person needed to research relevant and updated facts/figures/trends for use in messaging at the event (estimated four hours pre-event)
3. Two people needed to staff a Portland Recycles! table at the event (and to pick up the kit before hand) (estimated seven hours)

More on Junk To Funk: www.junktofunk.org

Contact: Lindsey Newkirk at (503) 789-2018

Contact for Portland Recycles! kit: Alicia Polacok, (503) 823-7107,
apolacok@ci.portland.or.us



Fix-It Fair

There's a topic for every Master Recycler at the upcoming Fix-it Fairs. These fun community events offer money-saving solutions and educational opportunities to low-income households while emphasizing healthy, environmentally friendly homes and gardens. This is one of

**Don't forget to log
your volunteer hours**

**Visit www.masterrecycler.org
and click on the Members tab.**

the most effective tabling opportunities for Master Recyclers. It reaches a diverse audience who come specifically to learn what you have to teach. Fix-it Fairs are sponsored by the Bureau of Planning and Sustainability.

This is a big effort so everyone is invited to join in! Three dates, four information tables and several shifts:

November 21 | Roosevelt High School | 6941 N Central St
(Just one slot left for ReBuilding Center in the afternoon)

January 9 | David Douglas High School | 1001 SE 135th Ave

January 30 | Parkrose High School | 12003 NE Shaver St

All table shifts are 8 a.m. - 12 p.m. and 11:30 a.m. - 2:30 p.m.
(shifts include set up and take-down assistance)

Topics:

- Metro's Healthy Homes
- Remodel It Green
- The Rebuilding Center

Free food and childcare available for everyone!

Contact: J Lauren Norris, (503)823-7530, masterrecycler@ci.portland.or.us

Conservation News

The Community Warehouse Estate Store New Location and Hours

The Community Warehouse Estate Store is now open for business at a new location, 3969 NE MLK Jr. Blvd Portland

Open Saturday to Wednesday, 10 a.m. to 4 p.m. Community Warehouse still carries a great selection of antiques, collectibles, vintage and retro furniture, and one-of-a kind items - all priced to sell. Proceeds from the store support the Community Warehouse program. Stop by soon to check out the new space and see if there's something we have that you can't live without!



Visit the useful, creative and hilarious Community Warehouse blog at <http://communitywarehouse.wordpress.com>, or see special market items on eBay: <http://shop.ebay.com/merchant/estatestore-communitywarehouse>.

DEQ Water Bottle Life Cycle Analysis

Portland Building, 1120 SW 5th Ave. Auditorium (second floor), Portland
Thursday, October 29th, noon – 1 p.m.

Oregon Department of Environmental Quality has conducted a life cycle analysis on 48 different methods of delivering water to consumers (plastic water bottles, "biodegradable" water bottles, pipes etc). DEQ has published its report and David Allaway will be presenting the findings at a Portland Water Bureau Brown Bag lunch.



The Nines, 525 SW Morrison
Thursday, October 29, 5:30 p.m.

Incognito is SCRAP's first ever Auction and Awards Dinner Party fundraiser that will celebrate creativity, sustainability and a little mystery. With delectable drinks and dinner, fascinating items will be auctioned and honors bestowed to local leaders. Junk to Funk fashion will be on display and The Transcendental Brass Band will perform. Prepare to go incognito – black tie is not a requirement but costumes are welcome, and masks are a must—the more intriguing and creative, the better. But should you arrive without one, one-of-kind masks created by talented SCRAP volunteers will be on sale at the party.

Order your tickets today! <http://scrapaction.org/events>

Community Action's Annual Energy Fair

Cornelius Elementary School, 200 N. 14th Ave, Cornelius
Saturday, November 7th 9:30 a.m. – 2 p.m.

Free and open to everyone. Gain information on saving energy, furnace basics, lead poisoning prevention, greener cleaners, reducing your carbon footprint, and controlling household mold. Free cholesterol screening and blood pressure checks.



Activities for children, including face painting and a drawing contest. Hourly door prizes, including gift baskets, energy-savings kits, and a \$50 gift card. There will be free refreshments in the morning and a free hot dog lunch at noon. For more information, please visit www.communityaction4u.org.

Contact: Margaret Rodriguez Springer, (503)693-3269,
mspringer@caowash.org

Job Opportunities

Metro Temporary Recycling Education Assistant

Deliver waste reduction activities to elementary students at metro-area schools. For more information, please visit www.oregonmetro.gov/jobs.

Washington County Recycling Program Educator

Provide education and information on Washington County's recycling programs. For more information, please visit http://agency.governmentjobs.com/cowashingtonor/job_bulletin.cfm?JobID=190337.

MORE JOB OPPORTUNITIES

can be found in Job Seekers at the
Master Recycler Forum.
www.MasterRecycler.org

