

A MANUAL FOR PRESENTERS OF HOME ECO-PARTIES

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BACKGROUND

In 1995, Northwest Earth Institute and Recycling Advocates developed an innovative program for educating and motivating the public to prevent waste--the “home eco-party.” Since 1995, over 240 parties have been held.

Formed in 1987, Recycling Advocates is a citizen-based, nonprofit organization based in Portland, Oregon. Its mission is to involve people in creating a sustainable future through local efforts to reduce, reuse, and recycle. The Northwest Earth Institute (NWEI), founded in 1993, develops earth-centered, small-group discussion courses and offers them with its volunteers in Oregon, Washington, Idaho, and British Columbia. To share these courses and other programs with autonomous groups outside the Northwest, in 1997 NWEI created the National Earth Institute Network (the Network). The mission of the Network is the same as that of NWEI:

Motivating individuals

**to examine and transform personal values and habits,
to accept responsibility for the earth, and
to act on that commitment.**

This manual was prepared for use by affiliates of the Network and sister earth institutes – autonomous groups offering discussion courses in communities outside the Northwest – who want to start an eco-party program in their communities. This information represents years of experience by NWEI volunteers. If you have questions about these materials, or suggestions for improving them, please contact NWEI at 503-227-2807 or info@nwei.org.

OVERVIEW

The eco-party format adds excitement seldom found in recycling and waste reduction. A host invites eight to twelve friends, neighbors, or co-workers to a party. A local earth institute representative provides a checklist that covers waste prevention, toxics reduction, and energy and water conservation. Each participant completes the checklist for his/her own home. At the party, a trained volunteer takes the guests around the host’s home using the checklist as a teaching guide. The party concludes with dessert in the living room where printed materials are available for participants to take home.

The parties are effective for several reasons:

- 1) Participants, completing a checklist, are confronted with lifestyle issues they haven’t considered.
- 2) The host’s home presents real examples that stimulate discussion and new ideas.
- 3) Hearing stories from friends, participants are inspired to make changes in their own practices.

The program makes a strong push for waste reduction. Participants learn how to remember to take reusable bags to the store, buy in bulk taking their own containers, and improve their household recycling systems. They see recycled toilet paper and consider alternatives to other disposable products. The volunteer demonstrates how to successfully compost yard debris and food scraps.

For toxics reduction, the volunteer leads an exercise in label reading and shows safe cleaning products. Alternatives to pesticides are covered, particularly for slugs, fleas, and weeds.

In energy and water conservation, participants learn where to get the greatest savings. Since hot showers are a big user of electricity, the volunteer demonstrates how to determine the number of gallons per minute coming out of a showerhead.

Recycling Advocates and the Northwest Earth Institute have not attempted to measure results, but anecdotal evidence is compelling. One woman said her garbage output is now one-fourth of its prior volume as a result of what she learned at a party.

HOW TO ORGANIZE ECO-PARTIES IN YOUR COMMUNITY

1. Project Team. You will need to assemble an eco-party project team for your community. Your team will consist of a coordinator, marketer, scheduler, eco-volunteers, and trainer. (Note: These roles can be done by one person, but more than likely will be done by two or more people.)

2. Paperwork. Eco-volunteers need copies of the first four items. The fifth item goes to the scheduler.

- Eco-volunteer's script
- Question and Answer sheet with common questions
- List of what eco-volunteer takes to the party for show and tell
- Checklist for guests to complete before the party
- Information letter sent out to prospective host only if the host requests information in writing

3. The Eco-Party Process. Offering eco-parties includes the following steps:

a) Marketing

- The marketer identifies individuals who would like to host a party.
- The marketer gets the name, address, and phone numbers for use by the scheduler. (*See the Home Eco-Party sign-up sheet on page 11.*)
- In the Portland area, NWEI identifies hosts at introductory meetings for courses and other public meetings.

b) Scheduling

- The scheduler talks with the prospective host by phone, and explains how the party works.
- They set a time and date for the party at least one month in advance so the guests can be invited (*In a **few** cases a prospective host will want information in writing. See “Seven Easy Steps” on page 12.*)
- Three weeks in advance of the party, the host should call the scheduler to confirm that guests are committed to come.
- Right after the party is confirmed, the scheduler
 - identifies an eco-volunteer who can attend the party,
 - mails one copy of the eco-audit checklist to the host, and
 - asks the host to make copies and mail one to each guest.
(*Guests will need a little time to go through the checklist and look up water and electricity use.*)
- Each guest fills out a checklist and brings it to the party.
- One week before the party, the eco-volunteer calls the host.
 - He/she makes sure the host got the checklist and distributed it to the guests.
 - He/she confirms time, gets directions, finds out who is coming, and asks if there is anything the host specifically wants covered.

c) The Party

- The eco-volunteer shows up to conduct the party and places handouts on a table for participants to take either before or after the two-hour discussion.
- The eco-volunteer always ends formal discussion on time but may stay for questions.

4. Recruiting/Training Eco-Volunteers

a) Trainer. The trainer will work with and coach eco-volunteers as they gain experience. The trainer should accompany each new eco-volunteer to his or her first party and give feedback. (Some eco-volunteers may wish to go to a couple more in pairs just to gain experience.) In some cases in Portland, the volunteer has not had skills required and has dropped out of the eco-volunteer group by mutual agreement.

b) Recruit eco-volunteers. In Portland, eco-volunteers include NWEI volunteers, Master Recyclers, and members of Recycling Advocates. Ideally, volunteers will have a pre-existing background in waste and toxics reduction.

c) Expert consultants. To assist with the training, and to be an ongoing source of information and printed handouts, experts are needed.. They could be from agencies or non-profits working in the relevant area. Consultants with the following potential areas of expertise should be asked to help with the training:

- Waste reduction/recycling/composting
- Energy conservation in the home and in transportation
- Water conservation in the home
- Hazardous chemicals in the home

Before the training, the trainer should check with the experts to determine what handouts they can provide for use at the eco-parties. The trainer should read the potential handouts and select the best ones. Copies of those should be at the training. Names and phone numbers of experts can be printed at the bottom of the checklist if it is appropriate for guests to call with specific questions.

d) Demonstration eco-party. The trainer will conduct a demonstration eco-party. The party should have at least ten guests, including all of the eco-volunteers.

e) Training for eco-volunteers. The trainer will meet with the eco-volunteers before or after the party to provide additional background information. Beyond this initial training, special training can be set up on an as-needed basis. See “Eco-Party Training” on page 13 for more information on setting up and implementing the training for eco-volunteers.

5. Preparing Local Materials

Many of the materials in this manual should be “localized” for use in your community. Where specific items need to be checked or changed, they have been marked with a line in the left margin.

HOME ECO-PARTY CHECKLIST

Fill this out with regard to your home, and bring it to the eco-party.

Waste Reduction and Recycling:

_____ Do you have a durable, reusable shopping bag?

_____ Is it with you when you need it?

_____ How many items do you purchase in bulk using your own container?

(Grains, popcorn, pastas, dry beans, nuts, seeds, dried fruit, tea, spices, vegetable oil, honey, peanut butter, shampoo, body lotion, detergent)

_____ Is most of your stored food in large containers rather than packaged for individual servings
(oatmeal, popcorn, juices, raisins, chips).

Which of the following have you **not** purchased in the past two years?

- | | | |
|---|---|--|
| <input type="checkbox"/> Paper Plates | <input type="checkbox"/> Coffee Filters | <input type="checkbox"/> Paper Napkins |
| <input type="checkbox"/> Disposable Cups | <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Plastic Wrap |
| <input type="checkbox"/> Aluminum Foil | <input type="checkbox"/> Sandwich Bags | <input type="checkbox"/> Garbage Liners |
| <input type="checkbox"/> Disposable Diapers | <input type="checkbox"/> Baby Wipes | <input type="checkbox"/> Disposable Razors |

Do you have convenient locations for the following recyclables?

- | | | |
|------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Aluminum | <input type="checkbox"/> Newspaper | <input type="checkbox"/> Brown Bags |
| <input type="checkbox"/> Tin Cans | <input type="checkbox"/> Magazines | <input type="checkbox"/> Mixed Paper |
| <input type="checkbox"/> Glass | <input type="checkbox"/> Cardboard | <input type="checkbox"/> Plastic Containers |
| <input type="checkbox"/> Motor Oil | <input type="checkbox"/> Scrap Metal | <input type="checkbox"/> Milk Cartons |

_____ Have you reduced your “junk” mail so that you generally receive only what you want?

_____ Are any of the disposable paper products you purchased made of recycled fiber?

_____ How high is the post consumer recycled content of your toilet paper?

_____ Is your printing/writing paper recycled?

_____ Do you print/write drafts and take telephone notes on used paper?

Home Eco-Party Checklist (Continued)

- _____ What portion of your garments were purchased used rather than new?
- _____ Do you maintain a compost pile for yard debris?
- _____ Do you compost food scraps in a worm box, compost pile or by burying in the soil?
- _____ Do you use the compost?

How much garbage does your household discard each week?

- Up to one grocery bag (5 gal.)
- Up to a mini-can (20 gal.)
- Up to a 32 gallon can
- Over 32 gallons

Toxics Reduction:

- _____ Is most of the produce in your kitchen organically or locally grown?
- _____ Do you raise some of your own fruits and/or vegetables?
- _____ How many meatless dinners do you eat per week?

Which of these toxic cleaning supplies are **not** found in your house?

- Drain Cleaner
- Chlorine Bleach
- Carpet Cleaner
- Spot Remover
- Oven Cleaner
- Ammonia
- Deodorizer
- Furniture Polish
- Aerosols
- Metal Polish
- Floor Cleaner
- Disinfectant
- Toilet Bowl Cleaner
- Tub Cleaner

Which of the following pesticides are **not** found on your premises?

- Weed Killer
- Flea Collar
- Insecticides
- Weed-feed Fertilizer
- Wood Preservatives
- Slug Bait
- Moth Repellent

- _____ How many garments have you dry cleaned in the past year?

Energy/Water Conservation:

- _____ Do you walk, bike, bus, or carpool to work (or other regular trips)?

_____ Have you had an energy audit from your utility company and implemented the recommendations?

Home Eco-Party Checklist (Continued)

_____ Do you turn your thermostat off at night and when you are gone during the day?

_____ How many compact fluorescents are in your home?

_____ Is your water heater set at 120°?

_____ Does your shower head emit 2.5 gallons/minute or less?

_____ How many minutes are spent in the shower per person, per week? OR How many inches of water are filled in the bathtub each week?

_____ How many loads of laundry per person, per week?

_____ Do you use cold water for the wash and rinse cycles?

_____ How many dishwasher loads per person, per week?

_____ Do you hang your cloths to dry at least 1/3 of the year?

_____ Is your lawn mower a hand-push type?

_____ Do you have/practice any of the following?

- | | |
|---|---|
| <input type="checkbox"/> A displacement device in your toilet tank? | <input type="checkbox"/> A dual flush system? |
| <input type="checkbox"/> A low flush toilet? | <input type="checkbox"/> Minimal flushing? |

_____ Do you drip irrigate shrubs and/or vegetables?

_____ Do you **not** water your lawn?

_____ What was your electricity use in KWH last July (or another summer month when you were not on vacation)?

_____ How much water did you use in the 3 winter months (in 100 cu. ft.)?

_____ How much water did you use in the 3 summer months?

_____ How many cars per adult? _____ Average miles per gallon?

_____ Total miles driven per household per year?

Home Eco-Party Checklist (Continued)

Notes:

During the next month I will:

- 1.
- 2.
- 3.

FOR MORE INFORMATION

Recycling and Composting --- Metro.....503-234-3000
Energy --- OSU Extension Program.....800-457-9394

Water --- Your Local Water Bureau

Other --- Jeanne Roy.....503-244-0026

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HOST A HOME ECO-PARTY!

Bring 7 to 12 friends together, and a trained volunteer will join you to explore ways to make your homes more earth friendly. These are some of the topics that will be covered:

NOTE: Flyer with graphic is in a separate file, to save memory.

Waste Reduction- Effective composting, making an efficient recycling system, reducing packaging and junk mail

Taking out Toxics- Identifying toxic products and learning effective alternatives

Energy Savings- Weatherization audits, testing shower-head flow, and new technologies

Water Conservation- Savings through more efficient appliance use and yard irrigation

Handouts available.

Guaranteed to give new ideas to make positive changes

CALL TO SCHEDULE YOUR FREE HOME ECO-PARTY



HOME ECO-PARTIES

Now that sounds like fun!
I'd like more information about
hosting a Home Eco-Party.

Name: _____
Address: _____
City, Zip: _____
H Ph#: _____ W Ph# _____

Name: _____
Address: _____
City, Zip: _____
H Ph#: _____ W Ph# _____

Name: _____
Address: _____
City, Zip: _____
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Name: _____
Address: _____
City, Zip: _____
H Ph#: _____ W Ph# _____

Name: _____
Address: _____
City, Zip: _____
H Ph#: _____ W Ph# _____

Volunteer: _____

Location: _____

SEVEN EASY STEPS TO SET UP A HOME ECO-PARTY

Based on the experience of others who have hosted home eco-parties, here are a few pointers to make yours successful.

1. Don't be anxious. We're not evaluating your home. Each person evaluates his/her own home. Your home is needed just for props to facilitate the discussion.
2. Anticipate a good time. The party should be an occasion for learning something new, sharing success stories, and having fun in a group you feel comfortable with.
3. Set a date. Call your scheduler to see when there are openings on the calendar.
4. Invite your friends, neighbors, or co-workers. Below are a couple of sample invitations.
5. When you have at least six affirmative responses, call your scheduler back to confirm the date. We've found that a group of ten to twelve people works well; at least six are required for the eco-volunteer to come out. Your scheduler will send you a copy of the checklist.
6. Make copies of the checklist and distribute it to your guests so they have a few days to go through it and look up water and electricity use. Ask them to bring it to the party.
7. At the time of the party, the eco-volunteer will be there to go over the checklist with the group. He/she will show non-toxic cleaning supplies, test the showerhead, demonstrate composting, and discuss the questions of most interest to you.

Sample invitation over the phone:

"We're having a party on (date) to learn how to make our homes more eco-friendly. Northwest Earth Institute will provide the materials and have a volunteer here. All we have to do is have a group of friends over. Would you be interested in coming?"

Sample written invitation:

Learn how to:

- Set up an efficient home recycling system
- Choose effective alternatives to hazardous products
- Make composting work for you
- Test your showerhead to see if it meets low-flow standards

Come to a home eco-party at our house on (date). Northwest Earth Institute will provide the program and materials and has assured us that everyone will learn something new and have a good time.

ECO-PARTY TRAINING

A. Confirm that eco-volunteers will attend and send each a checklist before the training.

B. Contact speakers in the following areas to give a 20-minute briefing to the eco-party volunteers:

- Waste reduction/recycling/composting
- Energy conservation in the home and in transportation
- Water conservation in the home
- Hazardous chemicals in the home

Ask the speakers to send you one or two fact sheets for the general public, as you need to select the handouts that will be included in the Eco-Party Kit.. The sample fact sheets for eco-volunteers on pages 15-20 were given to volunteers in the Portland area to summarize talks by the experts.

C. Have the eco-volunteers write down their names, addresses, and phone numbers, and when they are available for parties.

D. Do role playing using Questions and Answers (*see page32-33*).

Then ask: “Is there any area in which you as a volunteer need more information?”

E. Go through the procedure for arranging parties.

1. A sign-up sheet is passed around at a NWEI discussion course introductory meeting. This sheet is given to the eco-party scheduler.
2. Scheduler calls each person who has signed up and explains how a party works. The scheduler then schedules the party. If partygoers want something in writing, “Seven Easy Steps to Set Up a Home Eco-Party” is available (*see attached sheet*).
3. Party host confirms three weeks in advance. (If host does not call back, scheduler needs to call. Sometimes the host may want to reschedule or cancel.)
4. Scheduler sends checklist to host and asks host to make copies and distribute to guests so they have a couple of days to fill it out and look up water and electricity use. Guests should bring checklist to party.
5. Scheduler calls eco-volunteer. One week before party, eco-volunteer calls host. He/she makes sure host got checklist, confirms time, gets directions, finds out who is coming, and asks if there is anything the host specifically wants covered. The volunteer tells the host that he/she will look at the recycling and composting systems, check the showerhead, and show some potentially hazardous products.

F. Go through Eco-Party Kit.

G. Pass out the following training materials:

- Fact Sheet: Nontoxic and Environmentally Safe Cleaning Ingredients
- Fact Sheet: Water Conservation
- Fact Sheet: Energy Conservation in the Home
- Fact Sheet: The Hazards of Household Chemicals
- Fact Sheet: Waste Reduction Chapter from Master Recycler Training Manual
- Flier -- Host a Home Eco-Party!
- Home Eco-Party Checklist
- Questions and Answers
- Eco-Party Kit list
- Home Eco-Party Script

ECO-PARTIES: SAMPLE TRAINING SCHEDULE

9:00 – 9:10	Introduction – Identify trainer, eco-volunteer, and experts.
9:10 – 9:35	Waste reduction and recycling – [name and phone number of expert]
9:35 – 10:00	Composting – [name and phone number of expert]
10:00 – 10:25	Hazardous products – [name and phone number of expert]
10:25 – 10:50	Energy – [name and phone number of expert]
10:50 – 11:15	Water – [name and phone number of expert]
11:15 – 11:25	Break
11:25 – 12:30	Trainer goes over process and hands out materials
12:30 – 1:00	Lunch
1:30 – 3:30	Demonstration eco-party at [_____'s home]

Fact Sheet: **Nontoxic and Environmentally Safe Cleaning Ingredients**

Baking soda: Bicarbonate of soda. Baking soda is an effective mineral cleaning agent that also deodorizes.

Borax: A mineral of natural origin consisting of water, oxygen, sodium, and boron. Borax has antiseptic, antifungal, and antibacterial properties. It is toxic if large amounts are consumed orally.

Castile soap: A mild vegetable-based soap

Vinegar: A liquid derived from the fermentation of fruits or grains. Its acid content makes it useful for cutting grease and dissolving mineral deposits.

Washing soda: A mineral, sodium carbonate, also known as soda ash and sal soda. A very effective cleaner of grease, oil, dirt, and many petroleum products. It is slightly caustic so one should wear gloves.

Beeswax: A wax that honey bees secrete to make their combs. It is carried at art stores and furniture- and instrument-making supply houses.

Carnauba wax: A wax made from the leaves of a Brazilian palm tree. It is the hardest natural wax known.

Diatomaceous earth: A powder made from the skeletons of diatoms, microscopic algae living in the ocean. It absorbs moisture. It can kill pests, such as fleas, by pulling out their bodily fluids.

Zeolite: A mineral found near volcanic activity. It is the only negatively charged mineral in its native state, which means it naturally absorbs pollutants from the air.

Clean & Green, Annie Berthold-Bond, 1990

Fact Sheet: Water Conservation

Portland, Oregon, 1995

Metropolitan area users get water from the following sources:

- 65% - Bull Run River (Portland, part of Washington County)
- 10% - wells (Wilsonville, Sherwood, Milwaukie, Fairview, Wood Village, Troutdale, Damascas, Boring)
- 15% - Clackamas River (Oregon City, West Linn, Lake Oswego, Tigard)
- 10% - Trask/Tualatin Rivers (Beaverton, Hillsboro, Forest Grove)

Why conserve? The more water we take from rivers, the less there is for fish. As population increases, our present supply won't be adequate. A new dam may have to be built on the Bull Run, which would flood old growth forest. Water fees will increase when new facilities are built. Finally, during summer draughts, Bull Run water runs out, and deep wells must be tapped. All ground water sources are limited because we draw water out faster than it can be replaced.

Seventy-five percent of home water use is in the bathroom. Here's the breakdown for the US average household **indoor** water use:

Toilet 38%, shower 22%, laundry 15%, tubs & sinks 15%, kitchen 10%

You can calculate your own use this way:

Shower - 5 gal/min (2.5 gal/min for low-flow showerhead)

Toilet - 5/gal/flush (1.6 gal/flush for low-flush toilet)

Laundry - 35 gal/load (19 gal/load for front loaders)

Dish washer - 11 gal/load (6 gal/load for European model)

Sink - 4 gal/min (2 gal/min with aerator)

Leaky faucet - 20 gal/day

There are four ways to reduce water use in the toilet:

1. A displacement device--either a capped bottle filled with rocks and water or a free toilet bag supplied by Portland Water Bureau (823-7513)--to put inside your tank. It saves about .7 gal/flush.
2. A retrofit, such as an early closure device (saves 1 gal), a fill cycle diverter (saves .5 gal), or a dual flush device (saves 3.4 gal/every partial flush).
3. A behavior change: If it's yellow, let it mellow; if it's brown flush it down (saves 5 gal/every nonflush).
4. Low-flush toilets are required for new construction and remodels (save 3.5 gal/flush).

Outdoor watering increases water use in the summer by an average of 30%, although for some people it's 100%. Replace grass with ground cover where possible. Put a timer on your sprinkler system, and water in the middle of night. Use soaker hoses or drip system. Drip systems do require maintenance, such as flushing out every year and watching to see that no emitters get plugged. For isolated plants, use a hand-held hose. Rain barrels are not much help for outdoor irrigation in our area because they can't store enough for the summer draught. They could be helpful if used to flush the toilet.

Oregon does not allow the use of gray water at this time.

Fact Sheet: Energy Conservation in the Home

Portland, Oregon, 1995

Energy use. Of total residential energy consumption, about 60% is for gasoline so cutting auto use should always be the first priority.

Here is the breakdown of household energy use, excluding transportation:

1. Home heating (50%)
2. Water heating
 - a. Showers/baths (15%)
 - b. Laundry and dish washing (10%)
3. Refrigerator/freezer (8%)

After these come cooking, drying clothes, and lighting--all about the same. This ranking is based on average usage. However, some households have other big energy users. A hot tub, waterbed, air conditioning, or large stand-alone freezer would rank ahead of the refrigerator.

How you can conserve. Heating requirements can be reduced through weatherization; the first step is a call to your local utility--electric, gas, or oil--for an audit. At night and when you are gone during the day, turn your heating thermostat off. Some people prefer automatic timers.

Make sure your water heater is set at 120°. (The reason dishwashing instructions say 140° is to prevent glassware spotting, but that's not likely to happen here with our soft water.) If your heater is electric, turn off power at fuse box, remove upper and lower covers and set both thermostats. If gas, set the dial to medium. Check water temperature out of the faucet with a meat or candy thermometer. When you are satisfied with the temperature, ensure that your heater has adequate insulation, even if it's indoors. When you've done these things it won't take much energy to keep the water hot.

Reducing hot water use may be the place you can get the biggest bang for the buck. Test your showerhead by holding a pail under the running water for 15 seconds. Pour the water into a quart jar. If you have more than two and one-half quarts, you should replace your showerhead with a low-flow type. Another opportunity for savings is shorter showers.

When washing clothes, always use a cold-water rinse and reduce the number of hot water washes. A hot water wash is generally necessary only for sanitation or greasy stains. Run a dishwasher only when full, use the shortest cycle possible, and use the "Air dry" or "Energy saver" setting. Pre-rinsing for many dishwashers is unnecessary and certainly doesn't require hot water. Hand washing dishes takes less water if you use dishpans but can take more if you leave the water running.

Fact Sheet: Energy Conservation in the Home (Continued)

Energy efficient European clothes washers and dishwashers are available locally that can cut water usage by half. Side loading washers that lift and drop the laundry, forcing water through it, don't require as much water as vertical agitators. Brands such as Asko, AEG, Miele, and Bosch cost more initially but save you money over their lifetime.

Keep refrigerator temperature no lower than 38° and stand alone freezers at 0°. Next time you buy a refrigerator, choose the smallest size you can live with and with the freezer compartment on the top rather than side to side.

Replace incandescents with compact fluorescents where lights are on more than 2 hours a day. (Turning them on and off shortens their life.) They last 10 times as long and use a quarter of the energy. Use halogens where spot lighting is desired.

Comparing home heating sources. One way of assessing environmental impact is by the amount of carbon emitted:

Natural gas - 1979 lbs/yr

Oil - 2718 lbs/yr

Electric - 2308 lbs/yr

Of course this does not consider habitat loss which would boost the impact of electricity from hydro sources.

Sources of electricity in Oregon. Our present mix is

43% hydro

3% nuclear

23% natural gas

31% coal

Fact Sheet: The Hazards of Household Chemicals

Jim Quinn, Metro, February 1995

About 70,000 different chemicals are used by industry today, of which probably 5,000-10,000 can be found in households.

What makes a product hazardous?

The definition focuses on human effects in four categories:

1) **Ignitable** (usually labeled "flammable," "combustible," "inflammable"), meaning they evaporate easily at room temperature and can readily ignite given heat, spark, or flame. These include solvents such as alcohols, toluene, xylene, acetone, and petroleum distillates.

2) **Corrosive**, which includes acids and bases (alkalis). They can destroy living tissue of the skin, eyes, mouth, etc. in liquid or vapor form. Strong acids are hydrochloric or sulfuric, and strong bases are sodium hydroxide (lye), caustic soda and ammonia.

3) **Reactive**, meaning they react vigorously with water, air, or common materials, creating lots of heat and/or hazardous vapors. Bleach is an example. That's why it must not be mixed with ammonia.

4) **Toxic**, meaning it has systemic effects on the human body. Toxicity is measured by determining what the lethal dose (LD50) is for 50% of rats exposed to the chemical. Effects may be acute, as in immediate respiratory problems, or chronic, showing up decades later as cancer or birth defects. In some cases there is no known minimum dose that will not cause cancer.

Which products are harmful to plants and animals?

Our knowledge is limited in this area, but the most concern is about toxins that bioaccumulate. They persist in the environment and can concentrate as they go up the food chain. DDT, which almost wiped out the bald eagle because eagles eat fish, and fish eat insects, is a good example. Chlorinated hydrocarbons are also in this category. Watch for "chlor" on labels.

Some chemicals, like the corrosives and reactives, are hazardous if they enter the environment in high concentrations, but upon dilution become easily handled by natural processes. Those that take a long time to biodegrade are more harmful to organisms. Some never break down, like heavy metals.

Phosphate is low in toxicity but in a water body becomes a nutrient for algae, causing algae blooms that block sunlight, resulting in fish dieoffs. CFCs are nontoxic but deplete the ozone layer, allowing ultraviolet radiation to harm organisms.

Fact Sheet: The Hazards of Household Chemicals (Continued)

Which common household products are hazardous?

1) **Paints and solvents.** This category includes stains, varnishes, other wood coverings, and strippers. Solvents are flammable, acutely toxic, chronically toxic, and harmful to the eyes. Methylene chloride in some paint strippers is a probable carcinogen. Oil-based paints are both flammable and toxic. Latex are safer, but those made before 1992 may contain mercury and those before 1979, lead.

2) **Pesticides and synthetic fertilizers.** Pesticides are produced at a rate of 6 billion pounds worldwide per year. They are generally the most toxic products found in a household, causing many poisonings, long-term health effects, and a lot of damage to plant and animal species. Inert ingredients can be just as toxic as the active. "Inert" means that the chemical doesn't produce the effect the product is made for. Fertilizers (other than "weed and feed") are relatively low in toxicity but can contaminate ground water and deplete the natural nurturing abilities of soils.

3) **Cleaners and polishes.** Solvents can be found in spot removers, furniture polishes, waxes, disinfectants, deodorizers, floor cleaners, and glues. Look for words like petroleum distillates, aromatic hydrocarbons, mineral spirits, benzene, toluene, and zylene. The corrosives are found in toilet bowl, drain, and oven cleaners. Detergents are relatively low in toxicity but because we use so much of them, ingredients such as optical brighteners and fragrances may be harming aquatic life. Phosphates are now banned statewide in laundry detergents but are still allowed in automatic dish detergents.

4) **Automotive products.** Most contain solvents, and fluids that come out of the car will also contain heavy metals.

5) **Miscellaneous.** Aerosol spray products can be hazardous to the user because toxic contents are easily inhaled. They are also explosive. Batteries contain heavy metals, which are dangerous when they leach from landfills. Recently, the amount of mercury in alkalines has been significantly reduced, but they are not recyclable whereas Ni/Cds are. Pool chlorine is one of the most hazardous materials found around homes. Toxics are common in photography, arts and crafts, and other hobby supplies.

How should the public dispose of toxics?

Almost all chemical products can be harmful to a septic system. If you are on a sewer system, you may be able to pour some water-based cleaners down the drain as long as they are well diluted. For specifics, call Metro at 234-3000. Paints can be put in the trash only if they are solidified. Other hazardous products should be taken to Metro Central on Northwest St. Helens Rd. or Metro South in Oregon City. They are open Monday through Saturday 9 a.m.-4 p.m. Some one-day special events will be held.

CHAPTER THREE

Waste Reduction

1. Introduction

Reducing Waste at the Source

Waste prevention is critical to the solution of our solid waste problems. Americans constitute about 5 percent of the world's population but generate 25 percent of the waste. Each American's share is nearly one ton per year. In the Portland metropolitan area, the tons of waste generated increased 65 percent between 1984-1990. What can be done to check this ever increasing flow?

Reducing waste before it enters the home is one of the most effective ways to decrease household garbage. It's easier to manage garbage by preventing it in the first place than to deal with it once it's there. Reducing waste this way is called waste prevention, or precycling. In the hierarchy of solid waste management techniques, this is the first step to take.

The goal of waste prevention, or **precycling**, is more than saving landfill space. It is saving natural resources and energy. Whenever we buy something, there is an impact on the earth. But if we buy products made to last, reuse things at hand instead of buying new, or select products with minimal packaging, we have less impact. We save resources and energy, and we avoid pollution caused by manufacture and disposal.

Before we get into specific ways to reduce waste, we will look at some of the factors that shape our purchasing habits.

Terms introduced in this chapter include:

=====

- Waste prevention
- Precycling
- Consumerism
- Green marketing
- Degradable
- Recyclable
- Durable products
- Consumable products
- Planned obsolescence
- Composite material packaging
- Disposable product
- Selective shopping
- Bulk buying
- Recycled content

2. Consumption

As consumers living in a market economy, we need to be aware of a number of influences on our product purchasing decisions. Two influences discussed here are the Gross National Product (GNP) and marketing.

A. Consumerism and the GNP

We are told that the well-being of our economy is linked to our consumption of goods. All consumption contributes to the

gross national product (GNP), the total value of all goods and services produced in the economy in one year. The concept of GNP is influential in shaping our attitudes toward consumption decisions. It suggests that the more products and services we consume, the better off our economy will be. Conversely, if we consume less, for example through waste reduction, the worse off we will be. This is a faulty argument for two reasons:

First, GNP is a quantitative measure, not a qualitative one. As such, it does not attempt to evaluate the products in terms of social or environmental benefits. Consider the following two examples:

*Buying cigarettes contributes to the GNP. So does the purchase of hospitalization services by a cigarette smoker who has lung cancer.

*An oil spill requires cleanup and restoration services which raise the GNP.

Second, there are many countries, such as Germany, Sweden and Switzerland, with equally high standards of living but with half the waste generation per capita as the U.S. Thus, much of the increase in our waste stream is not directly tied to improvement in the quality of our lives.

B. Advertising

Advertising is designed, among other things, to influence our wants and needs. While it provides us with information about new and improved products, it can also influence us to buy things we don't really need.

Advertisers rely on a few current themes: happiness, youth, status, success, luxury, convenience, and beauty. The convenience theme is especially prevalent in marketing products: household items, such as paper towels, or plastic wrap are just two examples. "Time-saving" instant/microwavable meals (many of which also include non-reusable microwave dishes) are becoming increasingly common on grocery shelves. Linking this theme with disposability, from a marketing point of view, is a golden apple. It ties the act of using with the act of using up. In our society then, waste becomes an inherent part of the consumption process.

Now that industry perceives an environmental conscience among consumers, **green marketing** campaigns are becoming prevalent. Unfortunately, they often have little bearing on the environmental soundness of the product or the product's packaging. Common green-marketing terms in products and packaging include the following:

- Biodegradable
- Photodegradable
- Recyclable
- Made of recycled content
- Environment friendly
- Earth-friendly
- Bio-green

Degradability has been a green marketing theme for plastic bags and disposable diapers. Yet a study at Cornell University showed that bags claiming to be photodegradable did not degrade after 10 weeks of exposure to sunlight.

"Recyclable" labels are showing up on packages without regard to local conditions. Recyclability requires collection, processing, and remanufacturing. If recycling collection for a particular package does not exist in your community, then that package is not "recyclable." Green marketing may make packages look "green" but can be misleading to the consumer. Fifteen companies have been told by the Federal Trade Commission to take the labels "recyclable" and/or "degradable" off their packages or products.

"Made of recycled content" could mean one percent recycled content, 100 percent recycled content, or any amount in between. It could also refer to industrial scrap material, which wouldn't have been landfilled anyway, instead of post-consumer material. "Environment friendly," "earth-friendly," and "bio-green" are essentially meaningless terms. Until standards are set for such terms, they may continue to be used as advertising gimmicks.

C. Types of Products

There are three basic types of products we produce as a nation and purchase as consumers: **consumable products, durable products, and disposable products.**

Consumable products are products such as food and fuel. When used (consumed), these products are permanently transformed into energy and waste product. Gasoline is an example of a consumable product. When consumed, gasoline propels our cars while producing air pollution as a waste product.

Another type of product is the durable product such as clothing, furniture, and tools. These products are designed to be used over and over again and can be maintained and repaired to insure longer life. Only at the end of their useful lives do they wind up in the solid waste stream. Take a sweater, for example. It can be maintained by washing and repaired by darning to last for many years. How well a product has been made and maintained will determine how soon it will be discarded.

A third type of product is the disposable product such as paper and plastic dishware and utensils, batteries, and personal-hygiene products. Disposable products are designed and produced for a one-time use. Among the first disposables to appear on the market were hospital-supply products, such as disposable syringes and gloves. They were promoted as being more sanitary than their durable counterparts, and their use was widely accepted as the preferred way of doing things.

In recent years, use of disposables has moved from the hospital into the home. Disposables for home use are often designed for convenience rather than hygiene. They were originally intended to serve as backup to durables, rather than as substitutes. Paper towels, for example, were designed to be kept on hand for the occasional "big spill." Today, however, in most homes the paper towel has replaced its reusable cloth counterpart. Likewise, disposable diapers were initially intended for use in emergencies or when traveling; yet now 85 percent of parents use disposables all the time. (Diapers in the Waste Stream, Carl Lehrburger, 1989) Gradually, these and other disposable

products have all but replaced their durable counterparts.

D. Product Obsolescence

Another more subtle form of the disposable product is the durable product designed for obsolescence. There is quite a difference between a product that is obsolete because it is truly worn out and a product that is obsolete because it is out of fashion. **Planned obsolescence**, is the result of marketing.

An advertising executive, Earnest Calkins, is often given credit for introducing the strategy of rapid, planned stylistic changes into 20th century business thinking. "The purpose is to make the customer discontented with his old type of fountain pen, kitchen utensil, bathroom, or motor car, because it is old-fashioned, out-of-date. The technical term for this idea is obsolescence. We no longer wait for things to wear out. We displace them with others that are not more effective but more attractive." (Modern Publicity, 1930) This strategy of planned obsolescence is now common in many industries, most notably clothing, sporting equipment, home interiors and automobile design.

And so, each year manufacturers of men's and women's clothing forecast which colors they expect to be popular in the upcoming season. And, year after year, consumers purchase the color that is "in." Louis Cheskin of the Color Research Institute contends that "most design changes are not made for improving the product either aesthetically or functionally, but for making it obsolete."

While design and marketing for obsolescence increases sales for manufacturers, it has the ultimate effect of turning otherwise durable products into commodities that are replaced in a matter of years or even months. Planned product obsolescence contributes to our garbage problem and increases consumption of energy and natural resources. We can do something about it only if we know what we need rather than being influenced by advertising and other people.

3. The Wrap on Packaging

Packaging is a major focus of solid waste planners and consumers these days. This is so for many reasons. First, it is the single largest contributor to the household waste stream. Packaging accounts for 30 percent by weight and 50 percent by volume of what we discard, according to University of Arizona garbage project research.

From 1980 to 1986, the amount of money industry spent on packaging doubled from \$32 billion to \$65 billion. According to Packaging magazine, the 100 corporations spending the most money on packaging "spend more than \$3 million every hour of every business day" on packaging. This is one of the reasons why packaging accounts for 13 percent of a family's food cost.

A. Purpose of Packaging

Packaging has different purposes and functions. Some are critical; others aren't. Here are a few examples:

Product protection. Sealed glass jars prevent spoilage of foods; wax, cellophane, or plastic wrap prevent loss of moisture. Rigid foam, cardboard, or paper padding keep delicate products from being damaged during shipping.

Identification. Packaging may serve to identify the product. For example, consumers expect beer bottles to be brown.

Convenience. Containers for ready-to-eat salads, other fast foods, and microwavable dinners are seen as time-savers.

Marketing. Packaging is designed to sell the product by making it look more desirable than its competitors.

It is often the marketing function which causes products to be overpackaged. Some women's pantyhose comes in plastic eggs to attract attention. Compact disks come on large boards so they will be noticeable. Teenage Mutant Ninja Turtles are thought to be more irresistible if they can be seen through hard plastic boxes.

B. Packaging Materials

There are five different materials used in packaging today: glass, paper, plastic, aluminum and steel. Approximately 75 percent of all glass, 40 percent of the paper, 29 percent of the plastic, 24 percent of the aluminum, and 8 percent of the steel produced is used for packages. Each material can be used in single-material as well as mixed-material packaging.

A good example of a single-material package is the aluminum can, made from

only one type of material. Single-material packages generally are easier to recycle than mixed-material packaging.

A mixed-material package is made of more than one type of material. Most of the products we buy come in mixed-material packaging. Beverages, for example, are often sold in bottles made of glass covered with a paper or plastic label and sealed with a metal cap lined with plastic--four different types of materials.

There are two types of mixed-material packaging. The first includes combinations of materials that are easily separated, for example, bottles where the caps can be easily removed. Another example is the cereal box from which the plastic or wax paper liner can be easily removed and the paperboard recycled.

The other type of mixed-material packaging is made from materials that are inseparable--composite materials. Examples of **composite-material packages** are milk cartons made of plastic-coated paper, and individual-sized juice containers ("brick packs" or aseptic boxes) fabricated from plastic-coated paper with aluminum foil backing and crimped metal ends. Separating the paper from the plastic or foil makes recycling such composites expensive. As of 1995 an industry subsidy is allowing paper from these containers to be recovered in the Metro area.

Trends in packaging are toward more plastic and aluminum and more composite-material packages and away from glass and steel. According to RIS/RCC consultants, packaging

production was made up of the following materials in 1987:

- Paper 56% (Up 2% from 1980)
- Glass 23% (Down 15% from 1980)
- Plastic 11% (Up 38% from 1980)
- Steel 6% (Down 25% from 1980)
- Aluminum 4% (Up 25% from 1980)

Since figures are based on weight rather than units of packaging or volume, glass is likely over-represented because of its high density, and plastic and aluminum under-

represented because of low density and thinness, respectively.

C. Effect of Packaging on Cost

In 1991 the Tellus Institute in Boston did a study to determine the alternative costs of packaging choices. Costs of purchasing the same product in large packages (bulk) versus single serving sizes and in disposable versus recyclable packages are shown below:

Product	Price/unit	Unit	Unit price difference	% Price difference
Apple Juice				
Mini-brick	\$9.36	gallon	\$6.02	180%
Brick	\$7.32	gallon	\$3.98	119%
Glass Bottle	\$3.34	gallon		
Coffee				
Premeasured filter	\$6.74	pound	\$2.79	71%
Metal can and 50 filters	\$3.95	pound		
Popcorn				
Microwaveable	\$3.64	pound	\$1.86	104%
Conventional	\$1.78	pound		
Ketchup				
Plastic	\$0.89	pound	\$0.20	29%
Glass	\$0.69	pound		
Ravioli				
Microwaveable	\$2.50	pound	\$1.49	82%
Conventional	\$1.81	pound		

Table III-1. Per Unit Product Prices of Disposables vs. Recyclable Packages.

(Source: "Isolating the cost of Excessive Packaging" by Paul Ligon, Biocycle, Nov. 1991)

D. Packaging Legislation

Oregon's most successful packaging legislation is the Bottle Bill, passed in 1971, which set a five cent deposit on all beer and carbonated beverage containers. This bill also banned detachable metal pull tabs and, by a 1977 amendment, required that plastic 6-pack rings decompose within four months. The deposit has been

extremely successful: over 90 percent of deposit beverage containers are returned to the store. When the Bill was passed many of the glass bottles were going back to the bottlers to be refilled, but now only a few brands do: Rainier, Blitz-Weinhard, Heilman, and some Pabst products. The others are returned to the distributor's warehouse and prepared for recycling.

Several unsuccessful attempts have been made to expand the Bottle Bill to include wine bottles or at least wine coolers. In the 1991 Legislature a bill was introduced to expand deposits to all non-dairy beverages as the state of Maine has done; this attempt failed as well.

Oregon's Recycling Opportunity Act (SB 405) makes it convenient for consumers to recycle glass, tin, and aluminum packaging.

This act requires a depot at every landfill and transfer station and curbside collection in cities of over 4000 population. "Recyclable materials" accepted are fixed by state rules. A recyclable material is defined as any material or group of materials for which the cost of collection and recycling is equal to or less than the cost of collection and disposal. In some parts of Oregon the cost of transportation to markets is so high that glass and tin cans are not on the recyclable material list.

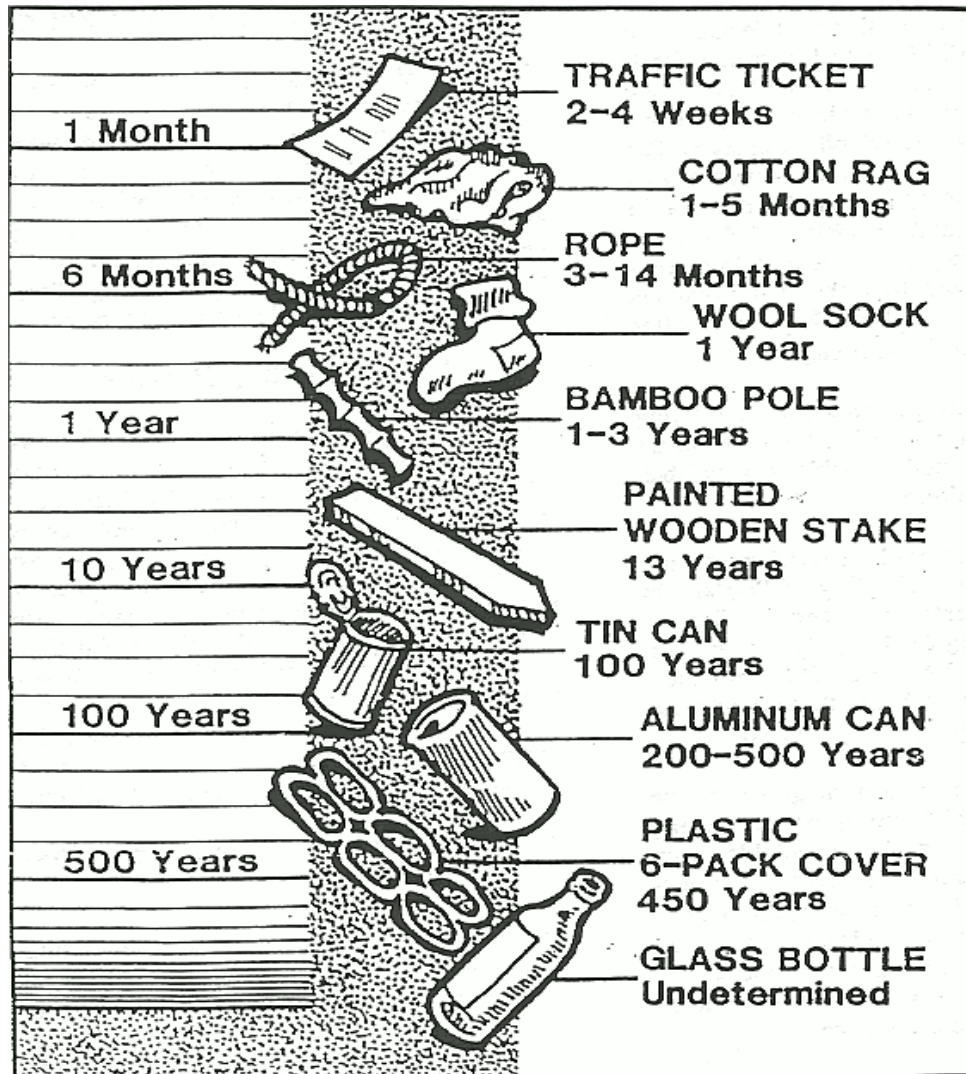


Figure III-1. How Long Does Litter Last
 (Source: "Recycling Bright Ideas" by Phoenix Clean and Beautiful)

High collection costs and poor markets are the reasons plastic containers have not been added to the recycled material list. The only plastic containers which have a significant recycling rate (in Oregon, over 20 percent) are the PET soft drink bottles, which have five cent deposits, and milk jugs. Senate Bill 66, which passed in 1991, requires local government to collect plastic containers when there is a stable market price that equals at least 75 percent of collection costs. The act also requires that plastic containers have a recycled content of 25 percent (or reach a 25 percent recycling rate) by 1995 and that glass containers have a recycled content of 35 percent by 1995 and 50 percent by 2000. It also requires that retailers who use plastic bags must offer customers the choice of paper bags.

The 1989 Legislature passed a law prohibiting state agencies from purchasing food containers which are not either biodegradable or recyclable, but it is not being enforced.

Several local governments have restricted the use of polystyrene foam. The City of Portland in 1990 prohibited restaurants and retail food vendors from serving food in polystyrene foam containers. Ashland has a similar ordinance. Multnomah County prohibits the use of these containers unless they are being recycled.

A packaging tax often has been suggested to state legislatures. If manufacturers use packaging which is excessive or non-recyclable, why shouldn't they pay more? However, proponents usually get bogged down in the complexity of establishing a fair formula. Florida requires an advanced disposal fee for problem packaging.

Containers not recycled at a 50% rate are to be assessed a 1 cent-per-container fee.

Package labeling is another area for potential legislation. Rhode Island, New York, California and other states have already established standards for use of the words "recyclable" and "recycled."

4. How to Start Precycling

We have taken a look at the daily influences which shape our purchasing habits. As we can see, many of these influences discourage waste reduction behavior. Awareness of these influences is a necessary first step before we can change our behavior. This next section discusses specific strategies--precycling habits--which encourage waste-reduction purchasing. These strategies involve a simple three-step process.

A. The Precycling Process

Precycling happens both at home, when we decide what we need to have, and at the store, when we select among products. The first step is deciding what we need; the second step is identifying alternatives to buying new products; and the third step is selecting the best product for the need. Most of the time, we make these decisions, with little prior thought or planning. As a result, we may find we have purchased products that weren't as useful as we had thought. They become clutter and eventually waste. This process contributes to excess use of resources and, in the end, increases our garbage.

B. First Step: Deciding What You Need

All of us are targets of alluring marketing campaigns that are designed to make us think we really need a particular product. When the "urge to buy" strikes, it is important to distinguish between what you really need and what advertising messages say you need. Take time to decide, and ask yourself the following questions:

- *Why do I want this?
- *How often will I use it?
- *What are my alternatives?
- *Can I get along without it?

C. Step Two: Alternatives to New Products

Once you've decided what you need, look at alternatives to buying a new product. Choosing alternatives to new products involves reuse of existing items. This includes renting or borrowing things you need, making something yourself, repairing something at hand, or reusing something to serve your current need.

Reuse is an important aspect of recycling. You can reuse things in three ways: First, you can reuse things simply by using items already around the home. Second, you can reuse things you no longer need by either giving them away, donating them to a charity, or reselling them at a garage sale or consignment shop. Third, you can reuse items by buying used goods.

Before purchasing a new item, ask yourself:

- *Is there something I already have that would serve the same purpose?

*Can I make it from things found around the house?

*Can I borrow or rent it?

*Can I buy it used?

D. Step Three: Selecting the Product and the Package

Sometimes a new product is the best option. When this is the case, it is important to select the product and package carefully in order to minimize waste. This is called **selective shopping**.

Since all manufacturers of products like to tell you that theirs is the best, it is helpful to use some independent criteria by asking the following questions before purchasing:

*How long will this product last? Some toys, for example, can be passed from child to child; others break before the first child is tired of them. Purchases of durables such as cloth napkins and lunch food containers can eliminate the need for disposables.

*Is it repairable? For example, can the shoes be resoled? Will I be able to get new parts for the appliance?

*Is it a classic I will be happy with years from now when new styles and models come out?

*What will happen to it at the end of its life? Is it made out of materials which can be safely returned to the natural environment?

*Is the product free of unnecessary packaging? Is the package refillable? Is it recyclable? Is it at least compostable?

Table III-2. Selective Shopping Tips

To be a selective shopper, you should:

1. Start with a shopping list and stick to it.
2. Buy long-lasting products which can be repaired.
3. Avoid disposables by buying reusable alternatives.
4. Carry your own reusable bag for your purchases.
5. Shop where you can buy in bulk.
6. Be picky about packaging:

*Select products in packaging you know you will recycle .

*Prefer packages with at least 50 percent recycled content.

*Avoid individually packaged products, each for a single serving.

*Avoid packages made of composite materials.

*Say "no" to bags you don't need. When you do need a bag, give preference to brown paper which you can recycle.

As you can see, precycling involves reducing waste at the source by prethinking our purchases. We are living in a society where the old saying, "Use it up, wear it out, make it do, or do without" has been replaced by a marketing strategy that stimulates impulse buying. That's why the above strategies need to be taught.

Spread the word and encourage others to do so. People acting together can make a difference.

For example, if just one-fourth of U.S. households used 10 fewer plastic bags a month, 2.5 billion fewer bags would go to landfills each year. (50 Simple Things You Can Do to Save the Earth, 1989)

Don't be hesitant to speak up. Ask clerks not to double and triple bag your purchases. Tell store managers what kinds of products and packaging you prefer. Contact companies producing products which won't last or wrapping their products in packaging which is excessive or nonrecyclable. If enough people do this, manufacturers will change.



PRECYCLE

Source: *Recycling Advocates*

Table III-3. Precycling Strategies

This chart offers a list of precycling strategies with examples to illustrate how they might be practiced. It is not intended to be exhaustive. As you read it, you may think of other examples you currently practice.

REUSE ACTIONS

EXAMPLES

Make your own

Scrap paper for note pads, canisters from glass jars or plastic tubs, relabeled envelopes and notebooks

Rent or borrow

Ladders, slide projectors, party supplies, yard care and camping equipment, books and tapes from the library

Maintain and repair

Automobiles, shoes, clothing, appliances, furniture, tools.....everything!

Buy or resell

Kitchenware, appliances, clothing, furniture, toys, musical instruments, sports and camping equipment

Donate or resell

Charitable organizations offering pick-up services or drop boxes, rummage or yard sales, consignment shops, classified ads.

SELECTIVE SHOPPING TERMS

EXAMPLES

Recyclable products

Cardboard and brown paper bags, aluminum cans, glass jars and bottles, tin cans

Recycled content

Recycled content greeting cards, paper, glass jars, aluminum cans, many paperboard cereal and cake boxes, toilet paper

Durable products

Cloth diapers, refillable razors and pens; cloth napkins, towels, and rags; covered food containers, travel mugs, rechargeable batteries

Minimal packaging

Unpackaged produce, hamburger wrapped in thin paper rather than a foam clam shell, cookies on paperboard wrapped with cellophane rather than in a molded plastic tray in a box

Bulk buying

Loose produce, meat from a meat counter, grains and other food from self-serve bins, unpackaged hardware supplies, large packages such as blocks of cheese, bags of rice, cans of vegetable oil

Eco-Party: Questions and Answers

Note: The answers on this sheet were prepared for the Portland area.

Where appropriate, you should prepare answers with your local area in mind.

1. Where can I find a durable shopping bag?

Natural Wonders (Washington Square), Limbo (39th and Holgate), and Daily Grind (Hawthorne and 41st). Also, many larger grocery stores, such as Nature's, Fred Meyer, Trader Joe's, and Zupans, plus other stores, such as Seventh Generation and L.L. Bean.

2. Does it matter which I take at the grocery store, paper or plastic?

In Oregon, paper is preferable because it is conveniently recycled at the curb. Used paper bags are purchased by Oregon mills to make into new bags or boxes. They can go through the cycle eight times before the fibers are too short. It is very difficult to recycle plastic bags because they have no value in the marketplace.

3. How do you buy in bulk without using the plastic bags provided in the store?

Take your own paper bags, plastic bags, glass jars, or plastic containers. If the weight of the container is significant, weigh it on the scale and mark the weight with a grease pen.

4. Where can I find detergent in bulk?

Nature's, Earth Mercantile, Food Front, People's

5. What is the best wrap for sandwiches? Is waxed paper better than plastic?

Waxed paper is preferable because it decomposes quickly and returns to the earth. Plastic remains in the ground for future generations to deal with.

6. What kind of deodorant has the least packaging?

A deodorant crystal available at natural food stores.

7. Why is organic food more expensive?

The price of food does not consider the true cost of growing it. There are many government subsidies that benefit large-scale chemical agriculture, such as low-cost water, and programs to pay for its effects, such as halting erosion and cleaning up drinking water and hazardous waste sites.

8. Why do you have a question about meatless dinners?

Thirteen times as much land is required to get protein from meat compared to vegetables. That means that all the impacts of large-scale agriculture – water, fossil fuel, and chemical use – are magnified. Eighty percent of all herbicides used in the US are sprayed on corn and soybeans, the primary feed crops for animals.

9. What do you use for washing clothes? Dishes?

For laundry: Bi-O-Kleen, Ecover.

For automatic dishwasher: Bi-O-Kleen, Seventh Generation, or the lowest-phosphate detergent you can find.

Eco-Party: Questions and Answers (Continued)

10. What is the difference between soap and detergent?

Soaps are produced by the action of an alkali, such as caustic soda or potash, on a fat or oil. Detergents are usually petroleum-based products.

11. What's wrong with bleach? Ammonia?

Chlorine bleach is reactive and very toxic to fish. It breaks down fairly rapidly once in the water system by combining with other substances. Some of these are suspected carcinogens. Alternatives are oxygen bleaches or borax. Ammonia is an irritant to the respiratory tract, eyes, and skin.

12. How do you keep hair from clogging the drain?

Get a drain strainer from a hardware store.

13. What do you use for wood floors?

Most modern floors have a no-wax finish, either polyurethane or Swedish. They should be cleaned with a solution of 1 part vinegar to 10 parts water. Do not use Murphy's Oil Soap on no-wax floors. It leaves a residue that is difficult to remove.

14. How do you clean copper and brass?

Make a paste of 2 tsp. salt, 1 Tbsp. flour, and enough vinegar to make a paste. Rub it on, let dry completely. Rinse in hot water. Dry.

15. How do you clean silver?

Place a sheet of aluminum foil in the bottom of a pan, add enough hot water to cover the silver, and add 1 tsp. baking soda and 1 tsp. salt. Wait a few minutes until silver is shiny again, then remove, rinse and buff dry with a soft cloth. Do not use this method on silver plate.

16. How do you disinfect kitchen counters and sinks?

It is not necessary to disinfect them, but if you want to, use our household cleaner recipe that contains soap, borax, and vinegar. If you are concerned about bacteria, clean the meat cutting board with hot water and soap, and wash dish rags and sponges frequently. Sponges can go in the top of a dishwasher.

17. What about those washing disks for laundry? Do they work?

The disks are filled with electrically charged ceramic chips that reportedly break up water molecules into ions, allowing water to deeply penetrate fabric and remove dirt and odors. People who use them say they work; however, Consumer Reports couldn't verify that.

18. Are there some low flush toilets that work better than others?

Where water pressure is not very strong, the air-pressure-assisted type will work better than the water-force type, although it is noisier. You should pay between \$100-\$200 to get good quality.

19. What are good resale shops for men?

Goodwill at SE 6th and MLK and in Gresham.

Eco-Party: Questions and Answers (Continued)

20. Do new water heaters need to be wrapped with insulation?

If the heater has only 1 inch of insulation and a 5-year warranty, insulate it. Most new heaters have 3 inches of insulation plus a 10-year warranty and don't need additional insulation.

21. Where can I find compact fluorescents?

They can be found at lighting shops, Home Depot, Platt Electric stores, and many hardware stores. Check the selections at Pacific Lamp Wholesale in Beaverton, Fox Lamp and Fixture in SE Portland, Earth Mercantile in SW Portland, and Globe Lighting and Lighting Specialties, both in NW Portland.

22. What can I do about cat litter?

Buy litter made of plant material and place spent litter on shrub beds, after flushing feces down the toilet.

23. What can I do about fleas?

Use a flea comb, have the pet sleep on something that can be washed frequently, and for an infestation use boric acid or diatomaceous earth.

24. What can I do about moles?

Use a trap.

25. What is the best remedy for aphids?

A solution of 4 Tbsp. liquid soap to 1 gallon water in a spray bottle.

26. How do you prevent weeds without using herbicides?

Digging out the roots is best. Don't let them go to seed. Pick off seeds even if you don't have time to dig them. If you have a large area of weeds like blackberries, after cutting them down, cover the area with layers of newspaper (20 sheets deep), top dress with a mulch, and leave for at least a year. A least toxic chemical method is painting the leaves with Roundup.

27. What is the yeast recipe that attracts slugs to a trap?

2 Tbsp. flour, 1/2 tsp. yeast, 1 tsp sugar, 2 cups of water.

28. Why is my electric bill higher than average?

Do you have air conditioning, a hot tub, or a water bed?

29. Is Simple Green a good cleaning product?

Several attorneys general have filed suit against Simple Green challenging its non-toxic claims. Therefore we don't recommend it.

Eco-Party Kit

Bucket and quart container

Safe cleaning kit

Liquid Castile soap (made from olive oil and sodium hydroxide)

Baking soda

Distilled vinegar

Borax

Olive or almond oil

Solution of 1 tbsp. vinegar and 1 pint water in a spray bottle

Solution of 1 tsp. soap, 1 tsp. borax, and 1 tsp. vinegar in a spray bottle for general cleaning

Resource materials

Note: this is a sample list from Portland, Oregon. The trainer should prepare a list for the local area.

Recycling Advocates brochures

Northwest Earth Institute brochures

Low Cost Steps to Cut Utility Bills brochure – OSU Extension office

Recycling brochure – Recycling Advocates

Use It Again brochure – Master Recycler Program

Donating and Selling Household Items brochure – Master Recycler Program

Junk Mail – Recycling Advocates

What to Do about Plastic Packaging – Recycling Advocates

Safe Household Cleaners – Recycling Advocates

Composting with Worms – Metro

Compost at Home – Metro

Dispose of Household Hazardous Waste Safely – Metro

Natural Gardening – Metro

The Hazardless Home Handbook – Metro

Home and Garden Resources – Metro

Buying Locally Grown Produce – Recycling Advocates

To pass around at end

Sign up sheet for newsletters

HOME ECO-PARTY SCRIPT

Put handouts on table and encourage people to take what they want before you start.

"I'm Jeanne Roy representing Recycling Advocates and the Northwest Earth Institute, the sponsors of this project. Recycling Advocates is a grass roots citizens organization that educates the public and lobbies local governments for better recycling systems. For six years it wrote the 'Reduce, Reuse, Recycle' newspaper column. Northwest Earth Institute is a non-profit organization that offers discussion courses in workplaces, such as deep ecology and voluntary simplicity."

"As we go through the checklist tonight, keep in mind that this is not a competition. We're all at different levels depending on our expertise and our circumstances. And we can all learn something new."

Waste Reduction and Recycling:

___ Ask host: *"Do you have a reusable shopping bag?"*

___ Ask host: *"Is it with you at the store when you need it?"* Find someone who can answer "yes" and ask how they accomplished that. *"Some people keep a bag in a purse or briefcase, hang it by the door, or place bags back in the car after unpacking."* Talk about how to develop a new habit.

[Paper bags are preferable to plastic because they are purchased by Oregon mills for recycling into new bags. Plastic bags have no value in the marketplace.]

___ Ask group: *"How many items do you purchase in bulk using your own container? Where are you able to find a good selection? Who takes your own containers? Can you describe how you do it?"*

[One out of every \$11 spent for food pays for packaging. Packaging accounts for about one-half of household waste.

Those who take their own bags and containers to the store can avoid over 500 packages per year.]

___ Is most of your stored food in large containers rather than packaged for individual servings?

___ Ask group: *"Which of the following disposables have you not purchased in the past two years? Who has not purchased paper towels or uses hardly any? What do you use instead? How about plastic wrap? What do you use instead?"*

[One-half of the Northwest forests cut each year goes into paper products.]

___ Ask host: *"Do you have convenient locations for the following recyclables?"* Take group to look. *"Does this work well for you? Do others have systems that work well?"* [Commingle in one container and sort later; have storage containers in one place; have storage container where each material is generated.] *"Does anyone have a question about any of these recyclables?"*

___ Ask group: *"Does anyone receive more junk mail than you want?"* Tell how to reduce:

Send notice to Direct Mail Advertising. (See fact sheet.)

Call all catalog numbers.

Use postage-paid return envelopes. Put everything inside & mail back. It costs them \$.52.

Keep a stack of postcards with the message "Please take me off your mailing list."

Home Eco-Party Script (Continued)

___ Are any of the disposable paper products you purchased made of recycled fiber?

___ Ask host: *“Do you use recycled toilet paper? Do you know what the post-consumer content is? Does anyone? Explain if they don’t know what “post-consumer” means. “Where do you buy it?”*

___ Is your printing/writing paper recycled?

___ Do you print/write drafts and take telephone notes on used paper?

___ Ask group: *“What portion of your garments were purchased used rather than new? Where do you recommend shopping for used clothing?”*

___ Ask host: *“Do you have a compost pile?”* Take group to look and have host describe. *“Are you satisfied with your composting? Do you use the compost? Do others have different systems that work well?”* Tell how to speed up the process: air, water, 2:1 mixture of browns to greens, 3’x3’ size, keep material pieces small. Tell about compost demonstration sites.

___ Ask group. *“Does anyone use a worm box?”* Have them describe. Refer to brochure.

___ Ask group: *“How much garbage does your household discard each week? How many have a 32-gallon can? Mini-can? Less frequent pickup?”* Make sure everyone is aware of service options.

Toxics Reduction:

___ Ask host: *“Is most of the produce in your kitchen organically or locally grown? Where do you buy it? Who knows of other good places?”* Tell about farmers’ markets and Community Supported Agriculture. (See fact sheet.)

[Organic may cost a little more, but it avoids dangerous chemicals, saves energy, replenishes the soil. Local saves fuel (average food comes from 1300 miles away), avoids fungicides used to prevent spoilage, and preserves local farming.]

___ Do you raise some of your own fruits and/or vegetables?

___ How many meatless dinners do you eat per week?

___ Which of these toxic cleaning supplies are **not** found in your house? Ask host: *“Do you have some cleaning supplies you could bring out for us to look at?”* Pass out the products to individuals. Ask them to read labels and tell us any words that indicate the product is hazardous. *“There are three signal words that indicate level of toxicity to humans: **caution** means 2 Tbsp. to a pint could kill you; **warning** means 1 Tbsp. could kill you; **danger** means 1 tsp. could kill you. These don’t tell you about chronic effects such as cancer or birth defects; nor do they tell about harm to wildlife. Does everyone know where to take hazardous products you don’t want?”* Tell about transfer station sites. (See brochure.)

Home Eco-Party Script (Continued)

“Our research and experience has shown us that we don’t need a specific commercial product for each task.” Show alternative cleaning kit:

Soap: woodwork and other general cleaning.

Vinegar: windows, floors [Consumer Reports says vinegar and water are as good or better than commercial products.]

Baking soda: sinks, tubs, toilets, tile, drains, ovens [Washington Toxics Coalition says using disinfectant in toilet is a futile exercise.]

Borax: When baking soda isn’t strong enough.

[For washing clothes we recommend Bi-O-Kleen or Ecover.]

___ Ask group: “How many garments have you dry cleaned in the past year? The solvent is one of the most hazardous used in our society. So wherever you can, spot clean or wash garment with a cold-water soap.”

___ Which of the following pesticides are **not** found on your premises? Ask group: “Who does not use weed and feed, slug bait, insecticides, or flea killers and would like to tell what you do instead?”

[Slug control: search & snip, barriers (copper), traps (beer)]

[Flea control: flea comb, designate one sleeping area and wash bedding regularly; vacuum with strong vacuum every week, use nontoxic products (Order fact sheet from Metro.)]

[Aphid control: A solution of 4 Tbsp. liquid soap to 1 gal. of water in spray bottle]

Energy/Water Conservation:

___ Do you walk, bus, or carpool to work?

___ Ask host: “Have you had an energy audit from your utility company and implemented the recommendations?” Have them, or someone else in the group, describe how it worked.

[Free audits are available through the company that supplies your heat. The state also offers low-interest loans or rebates for the work done.]

[About 1/2 of total energy used in the home is for space-heating, so this is the most important step you can take.]

___ Ask group: “Do you turn your thermostat off at night and when you are gone during the day? If your home is insulated, it won’t take long to heat up again.”

___ Ask the host: “Do have any compact fluorescents in your home?” Have them show what they look like. “They use 1/4 the energy and last 10 times as long as incandescents. They are best put wherever a light is left on for 2 hours or more.”

___ Ask the group: “Is your water heater set at 120°?” Tell them how to do it or refer to brochure *Low Cost Steps to Cut Utility Bills*.

___ Does your shower head emit 2.5 gallons/minute or less? Take everyone to the bathroom and do demonstration. “Anything below 2.5 gal/min is low flow. The lowest we’ve seen in our eco-parties is 1 1/4 gal/min.”

Home Eco-Party Script (Continued)

___ How many minutes are spent in the shower per person, per week? *“Hot water accounts for about 1/4 of home energy use. Most of that is for showers and baths. Low-flow heads is one way to save; the other is decreasing the time spent in the shower. Does anyone take showers of 5 minutes or less? 3 minutes or less?”*

___ Ask group: *“How many loads of laundry per person, per week? Most people from our parties have 1 load/person/week. Each load you can cut out will save you about 45 gallons of water.”*

___ Do you use cold water for the wash and rinse cycles?

___ How many dishwasher loads per person, per week?

___ Ask group: *“Do you hang your clothes to dry at least 1/3 of the year?”* Have them describe.

___ Is your lawn mower a hand-push type?

___ Ask host: *“Do you have a displacement devise in your toilet tank?”* If they don't, tell about them. *“Toilets are the biggest water user in the house--about 38%. A typical flush is 4.5 gal. Displacement devises save about .5 gal a flush; low-flush toilets (1.6 gal) and minimal flushing save even more.”*

___ Ask group: *“Does anyone drip irrigate shrubs and/or vegetables?”* Have them describe.

___ Ask group: *“Does anyone not water your lawn? How did you decide to do that?”*

___ Ask group: *“What was your electricity use in KWH last July or other summer month? The average for our eco-parties is 500.”*

___ Ask group: *“How much water did you use in the 3 winter months? The average for our eco-parties is 16.8.”*

___ Ask group: *“How much water did you use in the 3 summer months? The average for our eco-parties is 29.4. It is common for people to double their water use in the summer because of grass. To conserve, some people are replacing grass with native plants, vegetables, or flowers.”*

___ How many cars per adult?

___ Ask group: *“For your car, how many miles per gallon do you get? The average for our eco-parties is 27.2.”*

___ Ask group: *What are the total miles driven/household/year? The average for our eco-parties is 14,200.”* If someone is quite low, ask them how they do it. *“Since gasoline accounts for about 60% of residential energy use, this is the area where you can have the biggest impact.”*

Thank the host and tell the group: *“I want to affirm you for participating. It takes courage to be willing to examine your habits and to make small changes that are sometimes uncomfortable. Those of who are volunteering our time to do these parties believe that making small changes will prevent us from having to make more drastic changes later. If you have questions along the way, you'll find some numbers at the end of this form. I'm going to pass around a sheet for you to sign if you would like a complementary copy of a newsletter from Recycling Advocates or the Northwest Earth Institute. Would anyone be willing to give a party for a different group of friends? Indicate that on the sign-up sheet.”*

“Before you leave be sure to see whether you want any of the handouts on the table.”

JUNK MAIL

If you are an average American, you will spend eight months of your life just opening and sorting junk mail. More than 400 pieces of advertisement and solicitations arrive at a household each year. Much of this goes directly into the recycling bin or trash can.

What is junk mail?

Junk mail is anything that comes in the mail box that you don't read. It doesn't matter how classy the catalog, how convenient the product, or how much your support is needed to save the rain forests. If you don't want it, it's junk.

One of the worst offenders is the catalog. Some consumers report receiving up to 500 in one year. How could one person possibly get on that many mailing lists?

An innocent request for a catalog can result in two things. First, your name and address go into the computer whose memory never goes bad. This means you may receive every periodic, seasonal or specialty catalog published by the company. Second, the company may rent or sell its mailing list to other catalog advertisers, who in turn may pass your name and address on to others.

Reduce what you can

Your best strategy is to reduce the amount of junk mail coming to your home. Here are some steps you can take:

- Write to DMA Mail Preference Service, PO Box 9008, Farmingdale, NY 11735. This is supposed to stop your name from being sold to large mailing list companies.
- If unwanted mail is accompanied by a return envelope, fold up everything you received, place it in the return envelope and mail it back. A note next to your address label should state that you want to be removed from the mailing list.
- Call the sender to request that your name be removed from the mailing list. Many catalogs include 800 numbers. When you order from a catalog, tell them how many catalogs per year you are willing to accept.
- If you are being overwhelmed with credit card offers, call Equifax at 1-888-567-8688. Ask to have your name removed permanently.
- Keep a stack of postcards handy with this message: "Please take me off your mailing list." Tape the label with your address onto the postcard and send it off.
- Cancel all publications you don't have time to read.

Keep your name off lists

The best way to keep off lists is to be very careful whenever you give out your name and address. Information that you send on warrantee cards, or in entering contests may go directly to a marketing firm. When filling out forms for credit cards, subscriptions, or memberships, state that you do not want your name released to any other business.

SAFE HOUSEHOLD CLEANERS

Look under the kitchen and bathroom sinks, and you're likely to find an array of cleaning products, each one "guaranteed" to make some cleaning chore easier.

None of us would consciously risk our health or wildlife just to keep our home spotless. Yet, we do so when we fill our shelves with disinfectants, polishes, stain removers, and toilet, drain and oven cleaners. Damage can result from their production, use or disposal.

Not only are these products hazardous, most are not needed. For example, Consumer Reports found that plain water was more effective than half the commercial glass cleaners on the market.

Most household cleaning needs can be met with five simple ingredients: liquid soap, borax, vinegar, baking soda, and vegetable oil. Use these to create your own "miracle" cleaning formulas.

Miracle cleaning formulas

All-purpose cleaner: 1 quart warm water, 1 teaspoon liquid soap, 1 teaspoon borax and 1 teaspoon vinegar. This solution will clean most surfaces including countertops, floors, walls, rugs and upholstery. Keep it in a spray bottle for ready use on small jobs.

Toilet bowl: Scrub with a toilet bowl brush. For more thorough cleaning, empty the water in the bowl by pouring a bucket of water into it, sprinkle baking soda on a wet rag, and scrub the bowl inside and out. According to the Washington Toxics Coalition, using disinfectants serves no useful purpose.

Tub, sink and tile: Sprinkle baking soda on a wet rag and rub. Rinse well to avoid leaving a hazy film. If a stronger cleaner is needed, use borax in the same way.

Glass: Use a spray bottle and solution of 2 tablespoons vinegar to 1 quart water. Wipe dry with old newspapers to avoid leaving lint on the glass.

Floors: For vinyl floors damp mop with a solution of 2 tablespoons vinegar to 1 quart water. For wood floors, use 1 tablespoon liquid soap to 1 quart water.

Drains: Prevent problems by not letting grease or hair go down a drain. If a drain becomes clogged, use a plunger. Or pour in one-quarter cup baking soda, followed by one-half cup vinegar, and let them fizz for a few minutes. Flush with boiling water. This combination should break down any fatty deposits. If something else is clogging the drain, use a mechanical snake, available at most hardware stores, or rent a water ram or power snake.

Oven: Avoid spills by placing a metal tray underneath. If that fails, sprinkle baking soda on spills when they are warm; scrub off when cool. Periodically clean surfaces with moistened baking powder and a nylon scouring pad.

Mold and mildew: Prevention is the best solution. Keep shower area dry by using the fan and by wiping moisture off the tile once a week. If mildew still appears, scrub with baking soda or borax.

Wood furniture: On unvarnished wood use a natural oil such as almond oil. Let soak into the wood an hour or so and remove excess oil with a soft cloth. Varnished surfaces don't need to be oiled. Clean with a damp cloth and rub dry.

WHAT TO DO ABOUT PLASTIC PACKAGING (For Portland Area Only)

If you are confused about what to do with plastics, you are not alone. Many plastic containers are marked with a number inside a triangle which leads many consumers to believe the containers are recyclable. However, the number merely identifies the type of plastic. The symbol does not mean that the plastic can be recycled.

Because of an industry public relations campaign, the public has an unrealistic perception about plastics recycling. The truth is that, except for bottles, nobody wants to pay the huge costs of collecting the light-weight, bulky containers and sorting them into many categories. Even when that's done, it's hard to find buyers.

The two plastic containers most commonly recycled in Oregon are the carbonated beverage bottle and the milk jug. Because of the five-cent deposit, beverage bottles get back to the stores. They may find their way into carpets, fiberfill, or clothing. Markets have also developed for milk jugs since they are so plentiful and easy to identify. They may be made into flower pots, pipe or toys.

Bottles. In 1995 many communities began curbside collection of all bottles once automatic sorting equipment became available. The equipment was provided by the plastics industry to meet the requirement of Oregon's recycling law. Collection does not assure markets, however. In 1998 there were no buyers for number 3s.

Tubs numbered 2 and 5 are accepted at only a few locations because they must be sorted by hand.

Bags can be taken to a Safeway, Fred Meyer, or Thriftway stores, but their destination is uncertain.

How you can help

Reduce. The best option is to avoid purchasing plastic packaging in the first place. Look for products in easily recyclable glass, metal and paper. Frequently you have a choice: When buying salad dressing, juice, and condiments, select brands that use glass containers. Even when plastics get recycled, it's generally only once, whereas paper has many lives, and glass and metal can be recycled forever.

Recycle. Save only those containers that your hauler or depot will accept. Throw away other containers and all lids. Call Metro, 234-3000, for updates on depots.

Respond. The company responsible for packaging is the one that chooses it. When you end up with packaging you can't recycle, send it back to the manufacturer. If that seems too radical, send a letter or make a phone call. Ask the company to switch to a recyclable package.

Where to recycle plastics

Number 1, 2, 3, 4, 5, and 7 rigid food containers

Portland Recycling Team

- 2005 N Portland Blvd, Portland
- Northwest 15th and Kearney, Portland
- 341 Foothills Rd, Lake Oswego, 8:00-6:00

Numbers 2, 4, and 5 plus all bottles

Nature's Fresh Northwest stores

- 4000 SW 117th, Beaverton
- 6344 SW Capitol Hwy, Portland
- 3016 SE Division, Portland
- 3449 NE 24th, Portland
- 17711 Jean Way, Lake Oswego

Numbers 1, 2, 4, and 5 containers

Last Saturday of the month

- Wilsonville Thriftway, 8255 SW Wilsonville Rd, 9:00-4:00
- Lamb's Thriftway, 7410 SW Oleson Rd, 10:00-2:00

Note that no one accepts number 6 containers.

From the column, *Reduce, Reuse, Recycle*,
by Jeanne Roy ©1998 Jeanne Roy

Sample handouts for the Eco-Party Kit

BUYING LOCALLY GROWN PRODUCE (For Portland Area Only)

Here is something you can do that is good for your health, good for the environment, and saves money: buy locally grown food directly from the farmer.

Locally grown produce is tastier, fresher, and free of fungicides used to preserve supermarket produce. When you buy directly from the farmer, you pay for food, not marketing. Buying direct also avoids food transported over long distances. According to *World Watch* magazine, a typical mouthful of food in our country travels 1300 miles from farm field to dinner plate. Certainly, we who live in the midst of berries, apples, and beans, have no need to follow that norm. By preferring local produce, we help keep small Oregon growers in business around the cities. That's the only kind of agriculture that's sustainable in the long run.

Make a weekly visit to your closest farmer's market open each Saturday morning June through October:

Beaverton	SW Washington between 3rd and 5th	8:00-1:30
Cedar Mill	NW Cornell Rd. & Saltzman Rd.	8:30-1:30
Gresham	Roberts Ave. between NE 4th & 5th	8:30-2:00
Hillsboro	NE 2nd & E Main St.	8:00-1:00
Hollywood	NE Hancock between 44th & 45th	8:00-1:00
Portland	SW Broadway at Montgomery St.	8:00-1:00
Lents	SE 91st & Foster Rd.	9:00-2:00
Tigard	SW Hall Blvd. at Oleson Rd.	8:00-1:00

Become a shareholder in an organic farm. There are ten that serve the Portland region. You pay an annual fee and receive your share of the produce each week.

Elysian Fields, SE Portland, 503-774-3945. Pickup at farm.

47th Avenue Farm, Portland, 503-777-4213. Pickup at farm.

Grinning Goat Community Farm, Portland, 503-297-6328. Pickup at farm or delivery to NE & SE Portland.

Inner Ecology Homestead, Clackamas, 503-658-8231. Pickup at farm.

Morning Star Farm, Forest Grove, 503-357-7886. Pickup at farm.

Pumpkin Ridge Gardens, Cornelius, 503-647-5023. Delivery to door in most of Multnomah & Washington counties year round.

Urban Bounty Farm, Portland, 282-4245. Delivery to NE, SE, and SW Portland year round.

Sauvie Island Organics, Portland, 621-7921. Pickup at farm or SE & NW Portland.

Buy from a farmer's produce stand or pick it yourself. The "Tri-County Farm Fresh Produce Guide" that comes out in the Oregonian FoodDay in May lists 67 farmers who offer produce already picked or U-pick. A map shows you where the farmers are located. Your county Extension Service will have extra copies. Or check the newspaper classified ads under "Fresh Produce."

Stop at commercial produce stands on the fringes of the urban area. Learn where these are so you can schedule a stop when your travels take you close by:

Cherry Tree on 99W near Sherwood

Rikz at intersection of 224 and 212 east of Clackamas

Growers Outlet at NE 162 & Glisan

Berry Good Produce on Hwy. 26 between Sandy and Gresham

Ask for local produce at your favorite grocery store.

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