



Sustainability Newsletter

Green babies?

March 2017

One of the biggest life changes we can face is welcoming a new baby to our lives. So many things to worry about, so many new issues to tackle. What can a person do to keep even this area of life as sustainable as possible?

Well, diapering is one of the biggest issues to look at! It's estimated that a baby could go through about 6,500-10,000 diapers before he or she gets to potty training! And the billions of disposable diapers that enter landfills every year take approximately 500 years in an environment without air or sunshine to break down. Intuitively, reusable diapers (cloth) would seem like the best choice. But it's not a straightforward issue.

There are many considerations. These include the energy involved and the air, water and solid waste pollution that is generated when the raw materials are created or extracted and when the products are manufactured. Also to be accounted for is the environmental harm that might occur during the distribution and use of the products, as well as the waste that enters the environment following their use.

According to the Pesticide Action Network, cotton is the most pesticide-intensive crop in the world, immediately affecting the health of farm workers and adding to the overall environmental chemical burden. Chlorine bleaching of the paper for disposable diapers and the cotton for the conventional cloth diapers creates dioxin, a persistent toxin that can cause cancer and other health problems. Some countries have banned chlorine bleaching from the manufacture of disposable diapers and some companies have independently decided not to use it.

According to a 2000 study by Greenpeace International, most brands of disposable diapers contain Tributyltin (TBT) — a toxic pollutant known to cause hormonal problems in humans and animals.

One of the criticisms of cloth diapers involves the amount of water used to wash them. However, the wastewater from washing cloth diapers is relatively benign, while the waste water from the pulp, paper and plastics industries can contain solvents, sludge, heavy metals, unreacted polymers, dioxins and furans.



And did you know that you're supposed to rinse disposable diapers before throwing them away? Without doing this, a significant portion of the disposable diaper waste dumped in landfills every year is actually biodegradable human waste preserved for a very long time.

At the end of the day, you have to do what's right for you and your family. But according to a 2004 study by the British Environmental Agency, a cloth diapered baby will produce 559 kg of carbon dioxide, compared to 626 kg for a disposable diapered baby.

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This newsletter can be viewed online at:

www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter



The RDBN's Environmental Services Department is now on Facebook! Like us at "Sustainable RDBN"

Make Your Own...

Baby Wipes

Disposable wipes can be another thing that is expensive to buy and adds to the pile of things we throw away. Reusable homemade baby wipes can save money and the environment.

Buy or repurpose flannel and cut it into rectangles. If you happen to have an old baby wipe container, this can be handy for storing them in. Otherwise, any container that would be about the right size and easy to open could work. Sewing two pieces of flannel together will make them fairly thick and durable. A blanket stitch is good to finish off the edges.

Once you have your cloth wipes, you can use a homemade wipe solution. Mix 1 teaspoon of castile soap and 2-3 drops of tea tree oil (you could also use lavender or roman chamomile essential oils) with a few cups of boiled or distilled water and pour over the wipes. Tea tree oil is naturally anti-bacterial and smells great! Some people prefer to put the solution in a spray bottle and spray it on a dry wipe before using. Either way works!



Homemade Calming Baby Powder

2 ounces Bentonite Clay	6 tablespoons arrowroot flour
1/2 cup dry calendula petals	10 drops pure essential oils of chamomile or lavender, optional

In a food processor or a high speed blender, process the calendula petals into a very fine powder and set aside. Measure the clay and arrowroot flour. Add all three ingredients into an empty and clean spice jar or bottle. Add essential oils if desired. These ingredients are very natural, non-toxic and help absorb any moisture. The calendula petals are well known for their calming properties when applied on the skin. Shelf life is about 6 months.

Diaper Cream (Cloth Diaper Safe)

This is a great recipe for when you want a bit of protection (a barrier) and some healing properties for your baby.

Lanolin Coconut Oil Shea Butter

Melt all of the ingredients together in equal parts. If you want to test it out, start with 1/2 tablespoon of each. You could also add some essential oils for scent — lavender and sweet orange would be lovely. But make sure the oils you're using are baby safe and very diluted.

Pour your mixture into a glass jar. Once it's cooled, it's ready to use!!



Recycling in Fort St James

Nak'azdli Band, in partnership with Multi-Material BC, provides a curbside and depot recycling service to residential properties within the District of Fort St James. The depot is located at 300 Dachun Road on the Nak'azdli Reserve.



At the beginning of 2016, it was estimated that about 200 households were participating in curbside pick-up. That was a 600% increase in recycling participation compared to the period immediately prior to MMBC's launch in 2014.

From your home

The depot accepts plastic and metal containers, along with paper cartons and cups for curbside pickup. You can also set out mixed paper and corrugated cardboard. If you missed your pickup day or live out of town, you can go to the depot, they will take those same items, along with shopping bags, film & overwrap, foam packaging, glass packaging, light bulbs & tubes, batteries & cellphones and scrap metal.



The Fort St James Bottle Depot accepts most beverage containers for recycling and will refund your bottle deposits. They are located at 421 Morice Avenue.

From your business or place of work

The other recycling facility in Fort St James is the Integris Recycling Center Building, located in town, next to the bottle depot. This building was originally built by the GUF (Greening Up Fort) Society, then taken over by the Nak'azdli Recycling and is now being run by the District of Fort St James. They accept mixed paper and corrugated cardboard from institutional, commercial and industrial customers. At this time, there is no charge to take corrugated cardboard there, but that may change in the future. The bins are available for you to drop off materials any time.

That's a lot of ways to recycle!! Do your part and help keep Fort St. James green :)



Meatless Monday was founded in 2003 by Sid Lerner, in collaboration with the John Hopkins Bloomberg School of Public Health. It is now a global movement that's currently active in 44 countries and over 20 languages. Skipping meat one day a week is good for you, great for your nation's health and better for the planet. Eliminating or reducing the amount of meat in your diet lowers your risk of colorectal cancer, cardiovascular disease, type 2 diabetes, obesity, and other causes of premature death. Reducing meat consumption helps conserve water & energy and lessens the greenhouse gas emissions that are accelerating climate change. Meals that are built around vegetables, beans and grains also tend to be cheaper than meals built around meat.

Spicy Peanut Rice Noodles

Ingredients

1 (10 ounces) package wide rice noodles	1/2 cup unsalted peanuts
4 large garlic cloves, peeled and divided	1 inch stick fresh ginger, peeled
2 dried serrano peppers	4 tablespoons peanut oil, divided
2 tablespoons fresh basil, julienned	1/2 cup hoisin sauce
2 tablespoons low sodium soy sauce	1 teaspoon sugar
Salt, to taste	1 large carrot, julienned
1/2 green bell pepper, sliced	3 white mushrooms, sliced
1 cucumber, peeled, deseeded and sliced	1/4 cup cilantro



Directions

Bring a large pot of water to a boil over medium-high heat. Add the rice noodles and cook according to package directions or until tender. Drain the noodles in a colander, rinsing with cold water to remove excess starch. Chop the noodles roughly and set aside. Crush the peanuts using a mortar and pestle if available and set aside. The backside of a large knife can be used to crush the peanuts if a mortar and pestle is not available. Mash 3 of the garlic cloves with the fresh ginger until they form a paste and set aside in a separate bowl. Smash the remaining garlic clove with the serrano peppers to make a paste and set aside in another separate bowl.

Place 2 tablespoons of the peanut oil in a frying pan over medium heat. Add the noodles, garlic chili paste and basil to the pan. Sauté for about 4-6 minutes or until the noodles are slightly crispy. Season the noodle basil mixture with the hoisin sauce, soy sauce, crushed peanuts, sugar and salt to taste, taking care to stir to ensure the seasonings are evenly distributed. Turn heat down to low and cook for about 3-5 minutes more, or until the noodles have soaked up the sauces. Transfer to a serving platter. Place the remaining 2 tablespoons peanut oil in a separate frying pan. Add the carrots, bell peppers and garlic ginger paste to the pan. Mix well and sauté for 4-6 minutes or until the carrot slices are just cooked, but not yet tender. Add the mushrooms and cook for 3-5 minutes more, or until the mushrooms are golden.

Add the veggies to the platter with the noodles. Top with the cucumber slices & cilantro and enjoy!

Spicy Sesame Hummus

Ingredients

1 (15 ounce) can chickpeas, drained and liquid reserved	1 tablespoon sesame chili oil
3 tablespoons olive oil	2 tablespoons lemon juice
3 cloves of garlic, chopped	1/4 cup tahini



Directions

Place chickpeas, sesame chili oil, olive oil, lemon juice, garlic and tahini together and blend until smooth. Add 1/4-1/3 cup of the reserved chickpea liquid until the hummus has stency. Season with salt and pepper to taste and serve with cut up veggies or pita bread.