



Sustainability Newsletter

Fall 2018



Waste Reduction Week



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Waste Reduction Week is an opportunity for all British Columbians to create less garbage—at home, at work and at school. From October 15th to 21st, challenge yourself, your family and friends to try something new! Shop with a reusable bag, get your coffee in a reusable mug, pack a litterless lunch or shop in bulk to help reduce packaging.

A waste not want not proverb

“If you use a commodity or resource carefully and without extravagance, you will never be in need.” This proverb reiterates the theme for Waste Reduction Week in Canada, “Too Good to Waste”. So let’s start thinking of items that we would otherwise discard as: “resources that we conserve, reuse or recycle to protect our environment.”

What is waste?

Historically, the definition of waste according to Webster’s 1913 Dictionary was: “lying unused; unproductive; worthless; valueless; refuse; rejected”. Today, the Oxford English Dictionary defines waste as: “eliminated or discarded as no longer useful or required.”

Why waste reduction?

If we can reduce the amount of waste that is produced in the first instance, we are conserving resources and limiting the need to reuse or recycle. Canadians produce more than 31 million tonnes of waste annually, that’s 2.7 kgs per person per day. In perspective, that’s the same volume of waste being generated as piling up 31 million average family cars.

What can you do?

Start practicing the 3Rs in everyday life. Whether you are at home, at school or at work, think about how you can reduce, reuse or recycle your waste to turn it into a resource. All of us have an important role to play in reducing waste.



**WASTE
REDUCTION
WEEK
IN CANADA**

This newsletter can be viewed online at: www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter

If you have any questions about the content of this newsletter, please contact Elaine Wiebe, Environmental Services Assistant, Regional District of Bulkley-Nechako at 250-692-3195, toll free: 1-800-320-3339, email: elaine.wiebe@rdbn.bc.ca

Fall yard cleanup

Autumn means it's time to get your yard ready for winter. The right preparation now will save you time and energy when spring rolls around and will keep you and your family safe in the yard year-round.

Clean out debris.

Fallen leaves and weeds are the perfect place for pests to settle in for the winter. Clear out flower beds to keep the critters at bay. Pay special attention to rose bed, as their foliage can foster disease over the winter.

Till the vegetable garden.

After the final harvest, till in old vegetable plants, remove debris, and completely till the whole plot. If you compost, now is the time to add a layer of compost to help nurture your soil for planting next spring.

Trim rogue branches.

Trim up any large or out-of-place tree branches that may cause trouble during the winter. You don't want any branches breaking and falling during the snowfall to come.



Clean out the gutters.

Not all fall cleanup is in the yard. This is the perfect time to clear leaves and other debris from rain gutters. Check for proper drainage, clear out any blockages with a small garden trowel and rise with a hose.

What to do with yard waste?

What do you do with your yard waste when you're done? If you compost in your backyard, these materials can be great additions for that. If you don't, most municipalities have a spot for browns and greens in town limits. We also have a spot for them at each of our transfer stations and the Knockholt landfill. Just remember a few key points when dropping material off. No garbage!! Please remove anything like plant pots or other non-compostables that might get mixed in. Also, please no tree branches or stumps that are greater than 6" in diameter. These may be taken to the landfills, but aren't able to be composted along with yard waste, as they would take a long time to break down.

What do we do with the browns and greens after you drop them off? We form them into a compost pile and turn them from time to time. When they have broken down sufficiently, we use the material as cover over old landfills.



DIY Fall Skin Care

Coconut Oil Lotion Bars

Ingredients:

- 1 cup coconut oil
- 1 cup beeswax (pellets are easy to use)
- 1/2 cup shea butter
- 1/2 cup almond oil
- Essential oils of choice (lemon or lavender are great choices)

Directions:

Place all ingredients except essential oils in a quart mason jar.

Bring a stock pot full of water to a boil with the uncapped jar sitting inside. Stir regularly until all ingredients melt completely. Let cool slightly. Add oils and stir. Pour coconut oil lotion bars mix into silicone molds. Let set completely (overnight is best). Pop out of the molds and place in mason jars.



Homemade Lip Balm

Ingredients:

- 2 Tablespoons beeswax (about 1 oz.)
- 2 Tablespoons coconut oil
- 2 Tablespoons shea butter
- 12 lip balm containers (you can recycle old lip balm containers or purchase new empty tubes, tins or jars)

Optional: add 5-10 drops of your favorite essential oil or a couple drops of your favorite flavoring, such as chocolate or vanilla extract.

Melt beeswax in a small pan over low heat. Add coconut oil and shea butter, melting the ingredients together. Add your essential oils here.

Using a small medicinal dropper, pour the melted liquid into your lip balm containers. Add a few extra drops to the top after filling each container as the ingredients will shrink as they cool.

Cool completely to harden. Cover with cap and decorate or label if you'd like.



These are some ideas to get you started! There are lots of other recipes out there for skin care. Check out your local library or book store for books on the subject. If you have online access, there are numerous sites out there with many different recipes!!

Seasonal Eats: Peaches

Keep the fresh taste of summer going with these great peach recipes!!



Easy Baked Peaches with Cinnamon Sugar Topping

3 large ripe peaches
1 to 2 Tablespoons salted butter
2 Tablespoons light brown sugar
1/4 teaspoon cinnamon
Vanilla ice cream or whipped cream
and caramel sauce, for serving if
desired

Preheat oven to 375 degrees. Slice peaches in half and remove the pit. Place in an oven safe pan. Place a small piece (about 3/2 teaspoon) of butter in the middle of each peach. Combine brown sugar and cinnamon in a small bowl. Then sprinkle over the peach. Bake for 8 to 12 minutes, or until golden. Top with cream and caramel if desired.

Note: These peaches taste delicious grilled too. Place the peach in a piece of foil and wrap. Grill until the tops are golden (about 8 to 12 minutes). For a low calorie version, use greek yogurt or cottage cheese in place of ice cream.

Peach Salsa

2 cups of peaches, diced
1/4 cup minced red onion
2 teaspoons minced jalapeno (remove
ribs and seeds before mincing to re-
duce the heat level)
1/3 cup chopped cilantro
The juice of one lime or more to taste
Salt to taste

Place all of the ingredients in a bowl and stir to combine. Cover the bowl and refrigerate for at least 30 minutes or up to 1 day. Serve with chips or use as a condiment for chicken or fish.



Storage tips:

- ⇒ In order for peaches to ripen properly, do not place them in the refrigerator.
- ⇒ Simply put them on your counter at room temperature until they reach your desired ripeness.
- ⇒ For faster ripening, place peaches in a brown paper bag on kitchen counter.
- ⇒ Once your peaches have reached your desired ripeness, then and only then should you place them in the refrigerator.
- ⇒ Upon being placed in the refrigerator, they should last an additional week or so.