



Sustainability Newsletter

November 2014

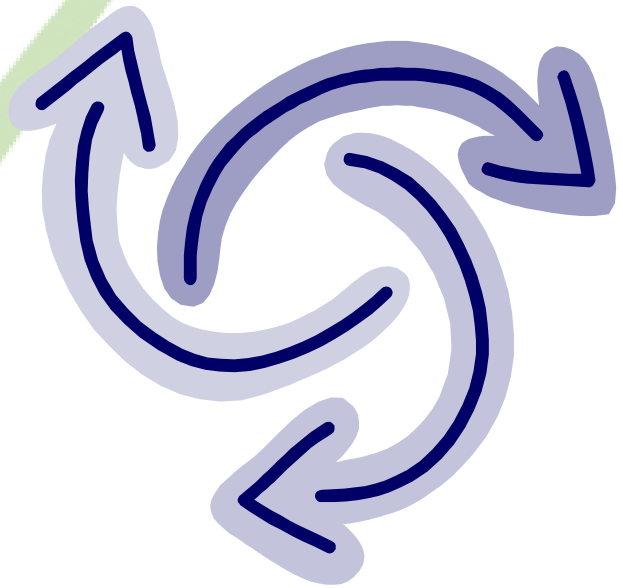
An EPR Refresher

In British Columbia, Extended Producer Responsibility (EPR) is an environmental policy approach in which the producer's responsibility for reducing environmental impact and managing the product is extended across the whole life cycle of the product, from selection of materials and design to its end-of-life. EPR shifts responsibility upstream in the product life cycle to the producer (i.e. brand owners, first importers or manufacturers) and away from local governments and taxpayers.

This approach requires producers to collect and recycle leftover or used products as well as consider redesigning these products to make them less harmful to the environment and easier to recycle. It is the active role of the producers, retailers and consumers to participate in EPR programs to ensure the proper environmental management of end-of-life products. By utilizing BC's extended producer responsibility programs, we can all help to reduce materials going to the landfill.

There are currently a number of products covered by EPR programs in BC:

- Electronics
- Small Appliances
- Outdoor Power Equipment (Electric)
- Cell Phones
- Light bulbs and light fixtures
- Household Batteries
- Smoke Alarms
- Thermostats
- Tires
- Used Motor Oil, Filters and containers
- Paint, Pesticides and Flammable Liquids
- Medications
- Beverage Containers
- Printed Paper and Packaging



To find out where the above materials can be recycled in your community, visit:

www.rdbn.bc.ca/environmentalservices/recycling/recycling-in-the-rdbn/recycling-facilities-in-the-rdbn.

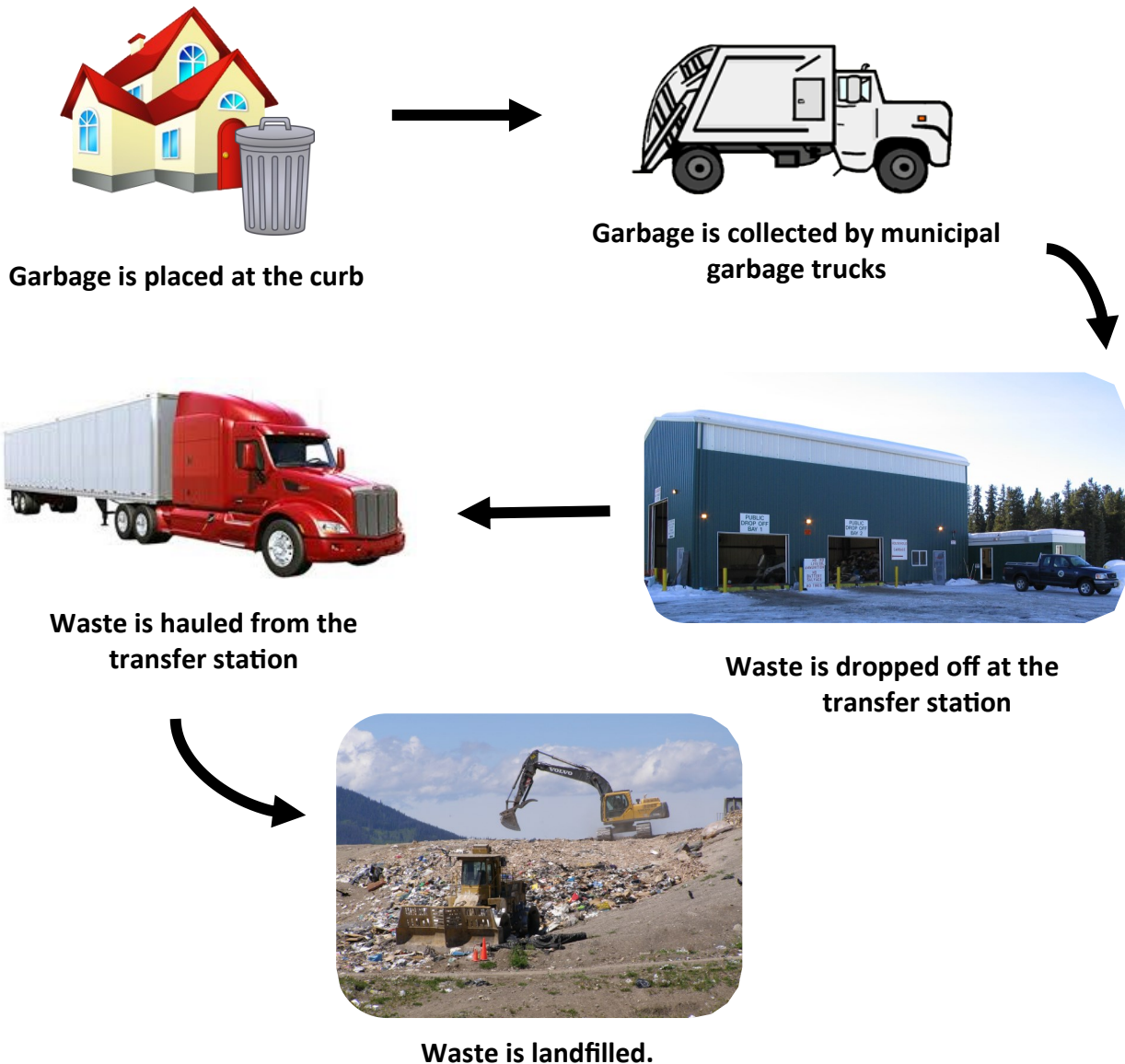
Help support your local recycling depots by recycling the above products to keep these programs viable in the long term!

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 call Carolyn Lane, Sustainability Assistant, Regional District of Bulkley-Nechako at 250-692-3195, toll free: 1-800-320-3339, email: carolynn.lane@rdbn.bc.ca

Where Does our Garbage Go?

When garbage leaves our house, whether it is picked up curbside or you bring it to the transfer station yourself, it is “out of sight, out of mind”. In reality, your garbage takes quite a journey from curb to landfill.



Waste disposal in the RDBN is paid for using a combination of taxation and tipping fees (for construction/demolition waste at the landfills). Waste from the RDBN’s seven transfer stations is hauled to either the Clearview Eastern Sub-Regional Landfill or the Knockholt Western Sub-Regional Landfill for final burial. There are several costs involved with disposing of garbage: the placement of garbage in waste haul trailers by transfer station attendants, hauling garbage from transfer stations to landfills, compacting the garbage at the landfill, excavation and placement of landfill cover soil, landfill cell expansion and final landfill capping (closure). By reducing the amount of waste created and by recycling, many materials will never make it to the transfer station, thus reducing garbage processing costs at the transfer stations, hauling costs and the frequency of garbage processing at the landfill. When significant waste reduction targets are reached, cost savings will occur—savings which can then be passed on to RDBN taxpayers.

Before you throw something in the garbage, ask “can this be recycled?” By diverting items from the landfill, we may all be able to benefit from the savings down the road.

Get Crafty for Christmas

Try out these homemade craft options for gifts this year. Make them in advance so you aren't rushed when Christmas arrives!



Peppermint Lip Balm

You will need:

- 8 Tablespoons Coconut Oil
- 3 Tablespoons Beeswax
- 1 1/2 Tablespoons Raw Honey
- 30 drops Peppermint essential oil (Sweet Orange or Lemon essential oil are nice too)
- 1/2 stick of natural lipstick (if you want color)
- Lip balm containers (available at craft stores)

Directions:

1. Place oil, beeswax and honey in a double boiler. Heat gently until everything has melted.
2. Remove mixture from heat, and add essential oil (and lipstick, if using). Stir until blended.
3. Place the pan or bowl in a larger bowl full of cold water. Stir quickly until the mixture begins to change in consistency (it will become thicker).
4. Pour mixture into containers, place covers on, and let sit to cool and set up.



All-in-One Laundry Bombs

You will need:

- 1 1/2 cup washing soda
- 1/2 cup Sunlight bar soap
- 2 tablespoons Epsom salts
- 3 tablespoons hydrogen peroxide
- 1/4 cup vinegar
- 15-20 drops essential oil

Directions:

1. Grate the Sunlight bar into a mixing bowl and add the washing soda and Epsom salts.
2. Add the hydrogen peroxide and stir to combine. Then stir in the vinegar. Next, add several drops of your favorite essential oil for fragrance.
3. When everything is combined, the mixture should resemble wet sand and clump together when pressed. Cover a sheet pan with parchment paper and then use a rounded 1 tablespoon measuring spoon to scoop up the mixture, press against the side of bowl, then tap out onto the pan. Finish with a quick spritz of equal parts vinegar and water. Let set for eight hours before using.
4. Place the laundry bombs in a mason jar or other decorative container and add a label to make it gift-ready.

Coffee Ground Soap



You will need:

- 8 oz. glycerin soap
- 1/4 cup used coffee grounds
- 1 tsp vanilla
- 1 tsp powdered milk (optional)

Directions:

1. In the top of a double boiler over medium heat, melt the soap.
2. While the soap is melting, lightly grease four rounds of a muffin tin and place a small spoonful of coffee grounds at the base of each. Once the soap has become liquid, turn off the heat, add the vanilla, and add one teaspoon of the coffee grounds. You can also add the powdered milk and give things a stir.
3. Ladle the soap into the muffin tin, filling to the top of each round. Allow the soaps to cool for several hours, and then pop them out with the help of a butter knife. Wrap in parchment paper and label.

Rutabagas vs. Turnips—What is the Difference?

Rutabagas and turnips are very similar in appearance. What is the difference between these two root vegetables? Rutabagas are actually a cross between a turnip and a cabbage! Both vegetables are very similar in flavour and texture, and contain many of the same nutrients including vitamin C, vitamin B-6, potassium and phosphorus.



Rutabagas tend to have a rougher texture, a tougher skin and yellow flesh. They are generally bigger and firmer than turnips and are also sweeter in flavor.



Turnips have white flesh with a purple trimming. When cooked, the flesh of a turnip turns from white to almost translucent.

Rosemary Lemon Garlic Rutabaga Fries with Chipotle Dip



Ingredients:

4-5 rutabagas, peeled and sliced into “fries”
2 tbsp olive oil
1/2 tbsp lemon juice
1/2 tsp sea salt
1/2 tsp black pepper
4 cloves of garlic, minced
4 sprigs of fresh rosemary (or 2 tsp dried)

For the Dip:

4 tbsp mayonnaise
2 tbsp lemon juice
1/2 tsp chipotle
1/2 tsp chili powder
1/4 tsp sea salt

Directions:

1. Wash and peel rutabagas, then cut into french-fry sized slices.
2. Preheat oven to 425 °F and grease a baking sheet.
3. In a large bowl, toss chopped rutabaga, minced garlic, olive oil, lemon juice, rosemary, salt and pepper. Mix together using hands until the fries are coated with the mixture.
4. Bake for 35-40 minutes, stirring every 15 minutes.
5. To make the dip, simply combine the ingredients and mix well.

Chicken, Turnip, Carrot and Ginger Curry

Ingredients

3 tbsp vegetable oil
3 boneless skinless chicken breasts, cubed
4 cups canned diced tomatoes
4 cloves garlic, minced
1 large turnip peeled and cubed
6 carrots, peeled and chopped
2 cups onions peeled and diced
1 piece of ginger peeled and chopped
1 can coconut milk
1 chicken stock cube
3 tbsp mango chutney
2 tbsp curry powder
Salt and pepper
Fresh cilantro (optional)

Directions

1. Pour oil into a large pot. Add onion, garlic and ginger and cook for 10 minutes over medium heat.
2. Add turnip, carrot and curry powder and mix to combine.
3. Add tomatoes, coconut milk and chicken stock cube and bring to a gentle simmer with a lid on top.
4. Cut chicken pieces in half and after 25-30 minutes (as long as the turnip is cooked) add chicken and mango chutney.
5. Cook gently for a further 10 minutes with the lid off, season with salt and pepper. Serve with a garnish of chopped cilantro.