



Sustainability Newsletter

Winter 2018

No Spend January?

After the busyness and expense of the holidays, I think it might be just the time to have a “no spend month”. January is an ideal time, but really you could do this whenever it fits into your schedule.

A no spend month or a no spend challenge is where you don't spend money in a certain category or categories for a designated amount of time. It's a way to significantly cut back overspending in certain areas, which has many benefits, such as just saving money.

Now, a no spend month doesn't mean that you are literally spending \$0. After all, you most likely have bills, such as a mortgage, you need to eat, you probably need electricity (unless you are self-sufficient), and so on.

Instead, a no spend month is where you decide to spend \$0 outside of all normal necessities, as I just listed above. This could mean not spending any money on clothing, on junk food or going out to eat, on going to a store that tempts you into randomly buying items, and so on.

There are definitely positives from a no spend challenge. A month of abstaining from spending money on unnecessary things can help you see your problem areas. And it can help change your shopping habits. You could also use this month to be conscious about buying items with less packaging and try to reduce the amount of garbage you generate.

You can finally use some of those things you already have!! If you're like most of us, you already have quite a stash of items sitting around your house. Take this month to get to those crafts you've been meaning to start or finish. Maybe tackle your wardrobe and purge the things you no longer wear or fix the things you haven't been able to wear for a while. Dig deep in your kitchen cabinets and use up those non-perishables that have been languishing in the pantry for far too long!

No spend months are fairly simple. Here's a quick guide to get you going in the right direction:

1. **Think about what you want to cut out and not spend money on.** Some categories that people try to work on include: restaurants, grocery shopping, clothing, cosmetics/nails, and entertainment.
2. **Realize why you want to take part in a no spend challenge.** To stay motivated, you will want to think about this. Are you trying to save more money? Do you think you have a spending problem? Are you trying to save more money for a different goal, such as a vacation?
3. **Set a timeframe.** Will you do a no spend week, month, year? Designate a time frame so you have a way to see your progress.
4. **Decide on rules for yourself.** Lastly, you'll want to set some rules for yourself and whoever else may be taking part in the no spend challenge with you, such as your spouse or a friend. You may want to set rules about what items you can buy (such as if your no spend challenge is not to buy groceries, perhaps you still want to purchase fresh items such as fruit and vegetables), how you will keep track of your spending, if you can still use gift cards that you may already have to purchase things, if you can “get ready” for a no spend challenge, and so on.

Let us know how your no spend challenge goes!! Look for us on FB (Sustainable RDBN) or send an email :)

In this issue:

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- DIY Food Wrap
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NO SPEND



MONTH
CHALLENGE

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

Extended Producer Responsibility (EPR)

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 17 of these programs covering everything from used oil and tires to cell phones. This is a chart showing the different programs and whether or not they are available in your part of our Region.

Services Currently Provided in the RDBN							
Depot or Return to Retail as of November 2018							
	Smithers -Telkwa	Houston	Granisle	Burns Lake	Fraser Lake	Vanderhoof	Fort St. James
Antifreeze (BC Used Oil Management Association)	Yes	No	No	Yes	Yes	No	Yes
Auto Batteries (Canadian Battery Association)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Beverage Containers (BC Brewers & Encomp Pacific)	Yes	Yes	No	Yes	Yes	Yes	Yes
Cell Phones (Telus Return and Recycle & Recycle my Cell & Call 2 Recycle)	Yes	Yes	No	Yes	Yes	Yes	No
Electronic Waste (Electronic Products Recycling Association)	Yes	Yes	No	Yes	Yes	Yes	No
Small Appliances (ElectroRecycle)	Yes	Yes	No	Yes	Yes	Yes	No
Lights/Lighting Fixtures (ReGeneration)	Yes	Yes	No	Yes	Yes	Yes	Yes
Large Appliances (Major Appliance Recycling Roundtable)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Outdoor Power Equipment (Outdoor Power Equipment Institute of Canada)	No	No	No	No	No	No	No
Printed Packaging and Paper (Recycle BC)	Yes	No	No	Yes	No	Yes	Yes
Paint (ReGeneration)	Yes	Yes	No	Yes	Yes	Yes	Yes
Pharmaceuticals (Health Products Stewardship Association)	Yes	Yes	No	Yes	Yes	Yes	Yes
Primary and Rechargeable Batteries (Call 2 Recycle)	Yes	Yes	No	Yes	Yes	Yes	Yes
Smoke & CO Alarms (Regeneration)	Yes	Yes	No	Yes	Yes	No	No
Solvents, Gasoline, Flammable Liquids (ReGeneration [Paint Plus])	Yes	Yes	No	No	No	No	Yes
Thermostats (Thermostat Recovery Program)	Yes	No	No	Yes	No	No	No
Tires (Tire Stewardship BC)	Yes	Yes	No	Yes	Yes	Yes	Yes
Used Oil, Oil Filters (BC Used Oil Management Association)	Yes	Yes	No	Yes	Yes	Yes	Yes

We realize there are improvements that can be made in where some of these services are provided and we are working to see those come to fruition. Please do utilize these programs if they are available to you and let us know if there are certain ones you'd like to see close to you!!

For info on where the return point is, you can call us (1-800-320-3339) or check out the Recyclopedia for BC at <https://www.rcbc.ca/recyclopedia/search>.

DIY Products

Reusable Beeswax Wrap

Using less (or no) plastic in the kitchen can be a real challenge. While one can find alternatives to plastic containers, such as glass or stainless steel, it's harder to get away from plastic wrap. Beeswax cotton wraps provide a safe and effective alternative. You can purchase them from stores or various crafters, or you can try making them yourself!!

What you'll need:

- ⇒ Beeswax, grated or pellets. About 0.5 oz. of beeswax per wrap.
- ⇒ 100% cotton fabric, cut to appropriate size (12x12 in. or 8x8 in. are good sizes)
- ⇒ Old cookie sheet (that will be used for this purpose only, forever after)
- ⇒ Paintbrush (that will be used for this purpose only, forever after)
- ⇒ Chop stick for stirring the wax as it melts
- ⇒ Cheese grater (used exclusively for beeswax)
- ⇒ A make-shift clothesline and clothes pins
- ⇒ Oven

Directions:

1. Preheat oven to 185 degrees Fahrenheit (Higher will burn the wax!).
2. Place precut fabric on cookie sheet.
3. Sprinkle evenly and lightly with grated beeswax. You don't need a lot!
4. Place in preheated oven. Watch carefully! This should take 5 minutes or less.
5. As soon as the beeswax is just melted, remove from oven.
6. Spread wax evenly with paintbrush to cover over any spots that are not yet coated.
7. Hang on makeshift clothes line with clothes pins to dry. Once cooled, you can use it!

Care:

Wash in cool water with a mild soap. Liquid castile is great.

Each wrap will last several months or more depending on usage.



This is an idea to get you started! There are lots of other recipes out there for products you can make. 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 ideas!!

Comfort Food

When the weather outside is “frightful”, try warming up with these delicious dishes!!

Poutine Monkey Bread

2 lbs refrigerated country-style biscuits (or make your own from scratch!!)

1 cup cheddar cheese curds

3 1/4 cups chicken gravy

1. Preheat oven to 375 degrees Fahrenheit. Grease a 10-inch cast iron skillet.
2. Cut each biscuit into 4 equal wedges. Place in a large bowl with 2/3 cup of gravy (set aside remaining) and cheese curds. Toss until curds and dough are coated with gravy.
3. Pour mixture into prepared skillet, ensuring cheese curds are evenly distributed. Place skillet on rimmed baking sheet and bake until top is golden brown, about 20 minutes. Let cool for 5 minutes.
4. Reheat remaining gravy that was set aside and pour over monkey bread or use for dipping.



Chickpea Curry with Rice

2 cups basmati rice
2 Tbsp vegetable oil
1 large onion, chopped
Kosher salt and freshly ground black pepper
2 tsp curry powder
2 cloves garlic, chopped
1 cup vegetable stock
2 (15oz.) can chickpeas, drained and rinsed
13 1/2 oz can coconut milk
2 Tbsp honey
2 Tbsp sriracha sauce
Naan bread, for serving
Chopped fresh cilantro, for garnish

1. Cook the basmati rice according to the package instructions.
2. Heat the oil in a medium skillet over medium-low heat. Add the onions, season with salt and pepper and cook until the onions are dark brown and caramelized, about 10 minutes. Stir in the curry powder and garlic and cook for 30 seconds. Pour in the vegetable stock and stir to scrape up all the brown bits in the pan. Add the chickpeas, coconut milk, honey and a squirt of sriracha. Bring to a boil, reduce the heat and simmer for 10 minutes. Taste and adjust the seasoning.
3. Warm the naan in the microwave. Serve the curry over the rice with the warmed naan. Garnish with the cilantro.



From our office to your homes, we wish you all the best as 2019 begins!! Let's take good care of the people and places around us.

