

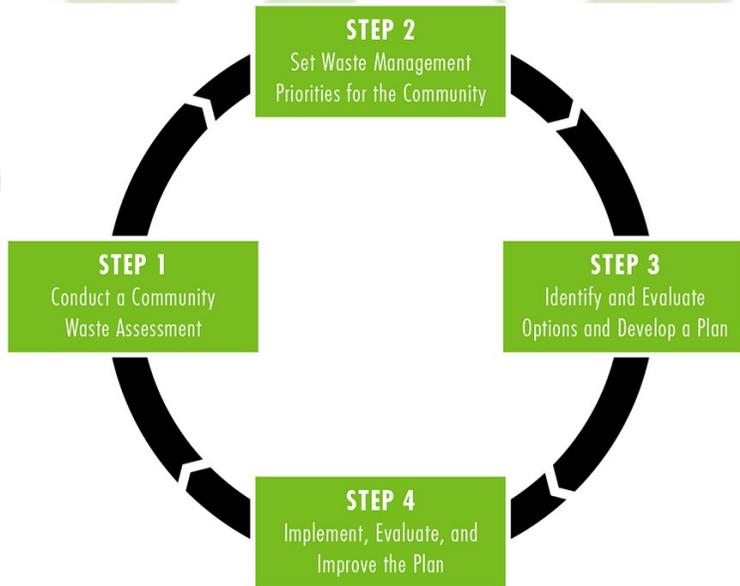


Sustainability Newsletter

Winter 2017

Solid Waste Management Plan Update

We hope you've already heard that we're working on updating our Solid Waste Management Plan (SWMP) here at the Regional District of Bulkley-Nechako.



In this issue:

- New Year, Less Waste?
- DIY Products
- Eating Healthy

You may be asking “What is a Solid Waste Management Plan?”

A Solid Waste Management Plan (SWMP) is a legally binding document that is mandated by the province for all regional districts. The purpose of a SWMP is to provide regional districts with a guiding document that will direct the Region’s solid waste management activities over the next number of years, while also considering longer-term objectives and opportunities.

The review process will have three steps. The first step is an assessment of the current system and a report on the implementation status of the previous

SWMP (prepared in 1996). The second step is the review of options to address the region’s future solid waste management needs and the selection of preferred options. The final step will be a community and stakeholder consultation process to obtain input into the selected options.

So, how can you get involved? If you saw our survey request and responded, thank you very much!! We also had a great response to our call for an advisory committee. As the SWMP process continues, there will be further opportunity for giving your feedback. Stay tuned!!

Winners of the two \$100 Gift Certificates for completing the survey: Ron Adair from Fort Fraser and Tom Smith from Smithers!!! Congratulations.



WASTE WATCHERS

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

New Year, Less Waste?



Have you been interested in learning more about becoming zero waste, but just didn't know where to start? I know, it can be very overwhelming. You might be thinking that this lifestyle change is just way too much work, too expensive, too difficult or all of the above. It doesn't have to be!

We all have to start somewhere. Instead of tackling everything at once, slowly implement steps at your own pace. Here's some ways to start becoming Zero Waste:

- ◆ **Reusable Bags.** Taking reusable cloth bags to the store has to be one of the easiest zero waste lifestyle switches. If you have a hard time remembering your bags, keep some in your car, purse or backpack. Hang them on the door so you can see them when you leave. Use boxes at the store then recycle afterward.
- ◆ **Reusable Water Bottle.** If you are prone to stocking up on plastic bottled water, then this zero waste lifestyle switch can reduce a considerable amount of your waste and save your money. Often the reason people drink bottled water is that they do not like the taste of their tap water. Look into a filter for your faucet or even just storing a pitcher in your fridge.
- ◆ **Ditch the paper towels.** Did you know the average person uses 2,400—3,000 paper towels every year?

This is a good opportunity to upcycle old clothing that can't be saved. Cut the fabric into squares, put them in a drawer or a basket under the sink. When you need to clean house or wipe up a mess, use these reusable rags that you can just throw in the laundry when they are dirty.



- ◆ **Coffee routine.** If you are getting a cup o' joe to go, bring your own cup! If you want to save money as well, brew your own at home. Use a French press to avoid filters or buy some reusable coffee filters for the coffee maker you already have.

- ◆ **Bring your own utensils.** Plastic cutlery is obnoxious. It's flimsy, very wasteful and used everywhere. It's estimated that 40 billion plastic utensils are thrown away every year. Avoiding this

disposable is very simple. Keep your own reusable utensils with you. Keep a fork with you at work, stick one in your purse or put one in your car.



- ◆ **Use a compostable toothbrush.** Did you know about 50 million pounds of toothbrushes get sent to the landfill each year? A plastic toothbrush is just another disposable that we have been told we need to use. This is another easy swap. When your current plastic toothbrush is just too wore out for teeth brushing, add it to your cleaning supplies and get yourself a sustainable toothbrush like one made from bamboo!



- ◆ **Ditch the straw.** Plastic straws may seem harmless, but we use and throw away a lot of them. It's hard to avoid them when you go to a restaurant. But try saying that you do not wish to have a straw as soon as you order! If you must use a straw, opt for a reusable kind.

These are just a few baby steps to get you started! Make 2018 a year with less waste!

DIY Products

All Purpose Cleaner

Ingredients:

1 tsp borax

1/2 tsp washing soda

1 tsp liquid castile soap

Essential oils of choice (4 drops lemon, 4 drops lavender and 10 drops of orange are a great blend!)

Directions:

Place borax, washing soda and soap in a spray bottle (preferably glass).

Add 2 cups of warm water. Distilled is best, but any water that has been boiled will work.

Add essential oils of choice.

Cover bottle and shake well. Use as needed. This could be used as a bathroom cleaner, floor pre-treater, kitchen cleaner and on toys.



Liquid Hand Soap

Ingredients:

1/2 cup liquid castile soap

1/2 cup distilled water (or previously boiled water)

1 tablespoon vitamin E oil (optional)

1 tablespoon sweet almond oil [or olive or jojoba oil] (optional)

15 drops tea tree essential oil

5-10 drops lavender essential oil

Directions:

In a mason jar or recycled soap dispenser, add the water first (to prevent bubbles) then the liquid castile soap, followed by the oils. Shake the ingredients together.

Shake the soap dispense before using, then squirt a small amount on your hands as needed, rinsing with water.

Notes—You don't have to use essential oils in this soap. The vitamin E and sweet almond oil are optional too. They are added to moisturize your skin.

When you introduce water into a product without a preservative, you always run the risk of introducing bacteria, so use water-based products quickly.



These are some ideas 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 recipes!!

Seasonal Eats: Healthy Choices

As the New Year begins, here's some delicious ideas to add to your weekly menus!!

Energy-Revving Quinoa

1 cup cooked quinoa
1/3 cup canned low-sodium black beans, drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
Pinch of salt
Pinch of freshly ground black pepper

In a medium bowl, gently toss all ingredients to combine..



Salmon Noodle Bowl

4 ounces soba buckwheat noodles or whole-wheat spaghetti
5 ounces asparagus, cut in thirds
Cooking spray
1 (6-oz) salmon fillet, skin off, cut into 8 pieces
1 tablespoon toasted sesame oil
Zest and juice of 1-2 limes
1/4 teaspoon kosher salt
1/4 teaspoon fresh pepper
4 ounces cucumber, skin on, cut into medium pieces
1/2 small avocado, cut into bite-sized pieces



1. Cook the noodles in boiling water until soft (about 6 minute for soba, 8 for spaghetti). Transfer with tongs to a strainer. Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water.
2. Heat a grill pan or skillet over medium-high heat. Coat lightly with cooking spray. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve.
3. Make the vinaigrette: whisk together sesame oil, lime zest and juice, and salt and pepper in a small bowl. Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.
4. Add the cucumber and avocado; toss to coat. Just before serving, add salmon. Serve warm or at room temperature, or make up to 4 hours ahead and keep refrigerated in an airtight container.

Make better food choices all year long:

- ⇒ Go for whole grains
- ⇒ Load up on vegetables and fruit
- ⇒ Drink more water
- ⇒ Learn what is in your food
- ⇒ Keep balance in mind. Cut back on sugary foods
- ⇒ Cook more home made meals

