



Sustainability Newsletter

Better Back to School!

September 2016

1. Reduce, reuse and only then recycle: buy less, buy used, buy recycled (or otherwise greener) options.
2. Waste-free lunches: litter-less lunches also use more fresh foods and less refined sugar. The first step: the right gear. Look for plastic-free options that will last a long time.



3. Eat a rainbow: Each colour group of fruits and vegetables is packed with a unique set of vitamins, minerals and phytonutrients. Eat at least five colours a day! Choose organic as much as possible.

4. Non-toxic backpack: Many vinyl back to school supplies — including backpacks—contain elevated levels of phthalates and may also contain lead. Look for non-toxic alternatives such as ballistic nylon or cotton.

5. Walk to school: Spending time outdoors increases well-being and concentration! It's not possible for everyone, but try to incorporate exercise into the day when you can. School buses are also a good option.

5. Kick chemical cleaners: both at school and at home, make choices and speak out in favour of safer alternatives.
6. Choose non-toxic cosmetics: if you're detoxifying their lunch box and backpack, make sure to choose safer nail polish and skin care.



Instead of pre-packaged granola bars, try your hand at making them yourself.

This recipe for **Chewy No-Bake Granola Bars** is healthy, easy and delicious:

Ingredients

- 1 cup peanut butter (or any nut butter)
- 1/2 cup honey
- 1/2 cup coconut oil
- 2 1/2 cups rolled oats
- 1 cup shredded coconut
- 1/4 cup mini chocolate chips (optional)

Directions

In a medium pot set over medium-low heat, melt together nut butter, honey, and coconut oil, stirring until smooth. Remove from stove and stir in oats and coconut. Pour mixture into a 9 by 13 inch baking dish. Spread into an even layer, sprinkle with mini chocolate chips (if using), and firmly press down with a spatula. Refrigerate for 2 hours or until firm. Slice into squares or bars and remove from pan. Store granola bars in the fridge, in an airtight container with wax paper separating the layers.

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

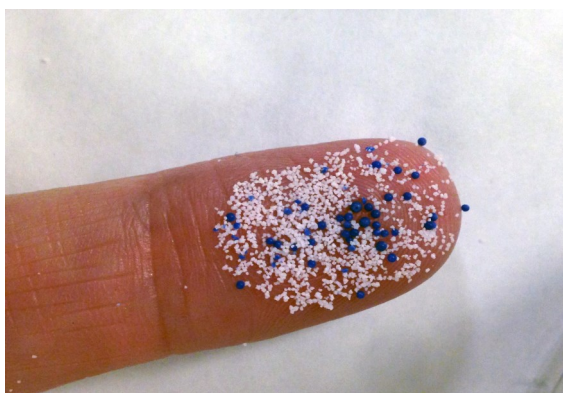
Update on Plastic Microbeads

The Canadian government has officially listed microbeads as a toxic substance, giving it the ability to ban the plastic beads used in cleansers, as well as facial and body scrubs.

But microbeads are already on their way out.

Of the 14 companies that make up the Canadian Cosmetic, Toiletry and Fragrance Association — the heaviest users of microbeads in Canada — 5 have already stopped using microbeads in their products and 9 more will follow suit by 2018 or 2019.

Why pick on microbeads?



You've probably seen tiny colourful plastic beads in face soap, body wash, toothpaste and even hair dye, make-up and nail polish, along with plenty of other personal care products. They are designed to act as exfoliants or to act as fillers in cosmetic products. According to Environment Canada, microbeads have also been used in cleaning products, printing toners, textile printing, oil and gas exploration and other industrial uses and medical applications.

The problem is that microbeads get washed down the drain and are extremely difficult to remove from wastewater, even after multiple treatments. They then enter rivers, lakes and oceans. Studies have found microbeads accumulating in alarming numbers in many waterways where they can absorb persistent organic pollutants (POPs) like polychlorinated biphenyls (PCBs) and dichlorodiphenyltrichloroethane (DDT). From there, fish, birds, seals and other forms of marine life can consume these potentially toxic microbeads. After that, microbeads can enter the human food chain.

There are a number of things you can do to help reduce the impact that microbeads are having on the marine environment.

- Check your current personal care products to determine if they contain microbeads. Key ingredients to watch out for include “polyethylene” and “polypropylene” as both are simply types of plastic.
- When purchasing new products, look for natural ingredients such as nut shells and salt crystals in place of plastic alternatives.

We cannot change the amount of microbeads we have already released into the environment. However, we can take steps to reduce the amount released in the future.



Exfoliating Alternatives



Acne Fighting Homemade Facial Scrub

Ingredients:

1/2 cup coconut oil

1/2 cup baking soda

20-30 drops Melaleuca/Tea Tree essential oil

Directions:

Mix ingredients together into a paste. Store in a glass jar. Use nightly to remove makeup and cleanse your skin. Follow with moisturizer. If you have sensitive skin and your face is red after washing with this, simply add 1/4 teaspoon of olive or jojoba oil to the mix.

Sea Salt & Olive Oil Scrub

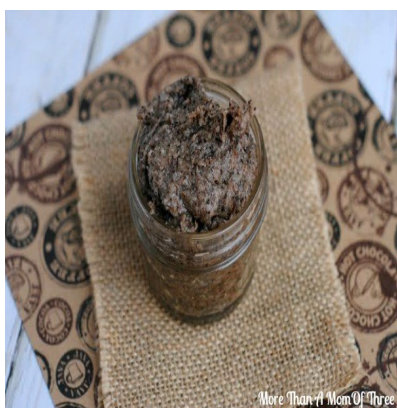
Ingredients:

1 cup sea salt (you could also use Epsom salts)

1/4 cup olive oil

Directions:

Combine the ingredients, mixing well. Add to a jar for gift giving or keep for yourself. Depending on how thick or thin you like your scrubs, you can always adjust the amount of ingredients to your liking.



DIY Cinnamon Coffee Body Scrub

Ingredients:

1/4 cup coconut oil

1/4 cup sugar

1/4 cup coffee grounds (used or fresh)

1 tablespoon ground cinnamon

Directions:

Combine the coffee, cinnamon, sugar and coconut oil, mixing well. Scoop into mason jars and seal. To use, apply a generous amount of the scrub on wet skin. Massage in circles and rinse with warm water.

These are some ideas to get you started! There's no hard and fast rules when it comes to scrubs, however. Play around with different combinations and ingredients to find the exfoliant that's just right for you!!!!

Seasonal Eats: Crab Apples

Got a tree with lots of crab apples? Or maybe a neighbor is willing to share? Here's some ideas for what you can do with those tart, tiny apples!



Crabby Butter

4 pounds crab apples, stems removed

1 cup of water

Zest and juice of one orange

1 cup brown sugar

1 cup white sugar

1 teaspoon cinnamon

1/2 teaspoon allspice

1 cup chopped raisins

In a large pot, put the water and crab apples. Bring to a boil over medium heat. Reduce heat and stir occasionally until soft.

With a food mill, puree the apples until they become the texture of apple sauce.

Put 6 cups of the applesauce back into the pot and add to it the rest of the ingredients. Bring to a boil, stirring frequently, until mixture thickens. Ladle hot butter into hot jars, leaving 1/4 inch headspace. Adjust screw band lids until finger tight. Water can for 10 minutes. Remove jars from hot water and cool.

Easy Crab Apple Cider

A bunch of crab apples!

Water to cover

Sugar to taste

Wash and use a paring knife to cut apples into wedges. Put them in a big pot and cover with water. Bring to a boil and simmer until very tender and have lost much of their color. Line a strainer with some cheesecloth and squeeze the juice out of the crab apples. Return the liquid to the pan and add sugar to taste. Bring back to a simmer to dissolve the sugar and add water if it's too strong. If it's not strong enough, simmer to reduce it until it's just right. Serve warm or chilled.



Crab Apple Fruit Roll

2.25 lbs (about 7 cups) whole crab apples

1/3 cup honey

Preheat oven to warm setting 170 degrees Fahrenheit.

Simmer whole crab apples in a saucepan with water until tender and drain.

Process crab apples through food mill to separate the pulp from the seeds, stems and peelings.

Mix pulp with honey.

Divide mixture between two baking sheets lined with silicone mats or parchment paper.

Spread mixture into thin rectangle shape on baking sheet.

Bake in oven until dry but pliable (5-7 hours).

Once ready, roll up the fruit roll sheet and slice.

