



RECYCLE TODAY

WASTE & RECYCLING NEWSLETTER FOR THE CITY OF LOS ALAMITOS

Bulky items? Electronics? Don't forget to call!

Maybe you'll be doing some deep cleaning this fall. While you're working, you may realize that you have old furniture, appliances, computers, or TVs that you no longer want or need. Stop dusting things you don't want. Donate or sell everything that is still



useful. For the things no one wants, call Republic Services to request a special pickup for bulky items or electronics.

If you live in a single-family home, you may set out up to two bulky items per year. Bulky items are picked up on the same day as trash, but Republic sends out a different truck—so you MUST make a call to schedule this service. Call Republic Services Customer Service at 800-299-4898 at least 24 hours before your regular collection day to request a bulky-item

pickup. After you make the call, you may set your bulky items at the curb no earlier than the afternoon before and no later than 6 a.m. on your collection day. Bulky items should be placed at least 3 feet away from any of your carts.

Please don't place bulky items or electronics at the curb unless you have called to schedule a free pickup!

If you live in a multi-family complex, check with your property manager to find out how to dispose of bulky items.



Protecting Our Blue Planet™

Nationwide, Republic Services collected and processed over 5 million tons of recyclables in 2015. Of that material, over 70% consisted of paper and cardboard, 10% was organics, and the remainder was mostly glass, plastic, and metal containers. According to the U.S. Environmental Protection Agency, that recycling reduced greenhouse gas emissions by an amount equivalent to taking nearly 3 million passenger cars off our roadways. You can learn more

in Republic's 2015 Sustainability Report at RepublicServices.com.

Help us recycle even more in 2016 and beyond. Capture all of your recyclables (see "Recycling Yes" on Page 3) in your blue cart, and make sure that your yard waste, such as leaves, grass clippings, and shrub trimmings, goes into your green cart. (Remember—no palm fronds or yucca plants in the green cart; those need to go into the trash).

PRESORTED
STANDARD
U.S. POSTAGE PAID
GREENFIELD, IN
PERMIT NO. 220



My Resource™

With My Resource™, you can pay your bill, schedule special pickups, report a missed pickup, request container repair or replacement, and receive alerts from Republic Services. Whether you are a resident or a business, My Resource is for you. You can sign up online at RepublicOnline.com or download the My Resource app at App Store/Google Play.

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Holiday Collection Schedule

There will be no trash and recycling collection services on these holidays:

- Thanksgiving – Thursday, November 24, 2016
- Christmas Day – Observed Monday, December 26, 2016
- New Year's Day – Observed Monday, January 2, 2017

If your collection day is on or after the holiday, your pickup that week will be delayed by one day.

Are You Recycling All You Can Be – And Should Be?

What you need to know about mandatory commercial recycling



With All-in-One Recycling™, we do the hard work, making recycling easy at your business or multi-family complex.

Recycling plastic, glass, and metal bottles, cans, and containers, as well as paper products and cardboard, has been mandatory at most commercial and multi-family properties since 2012. Under Assembly Bill 341 (AB 341), recycling is required for businesses that produce 4 cubic yards or more of trash per week and multi-family properties of five units or more (such as apartment buildings).

Now, some businesses and apartment and condominium complexes are also required to recycle organics, such as yard and food waste, as a result of Assembly Bill 1826 (AB 1826). The organics recycling requirements are being phased in over the next several years. The largest generators were required to put programs in place this year, and more businesses and multi-family properties will be required to have programs as of January 1, 2017. Visit www.CalRecycle.CA.gov/recycle/commercial/organics to learn more about this law.

If you are ready to expand or improve your commercial or multi-family recycling program, Republic Services can perform a free waste assessment and create an All-in-One Recycling™ plan for your business. Republic can also provide containers, posters, and additional tools. Republic is ready to be Your Waste Stream Advisor™. Call Customer Service at 800-299-4898 or request assistance through My Resource™, available at RepublicOnline.com or through the downloaded app.

City of Los Alamitos & Los Alamitos Area Chamber of Commerce

Winter Wonderland at the Plaza

Free admission to the event!

Santa's Village
Refreshments
Christmas Tree Lighting
Free Snow Play
Musical Entertainment

Canned Food Drive for Local Charities
Bring three canned goods to donate to the event

4:00 p.m. to 7:30 p.m.
Saturday, December 3, 2016

Location: 10961 Reagan Street

Fire Safety Tips



Over the past few months, fires have ravaged Southern California and dominated the local news. During that time, we've all thought about ways to reduce fire risk and protect our homes and businesses. You can reduce fire risk by properly preparing your trash, green waste, and recycling. Here are three fire safety tips that you might find helpful this fall:

1. Extinguish grills after you are done cooking. Allow charcoal and ashes to cool completely before discarding them. Even coals that appear cool may still have hot spots and embers, so wait for at least 48 hours before placing ashes into your trash cart. If you need to remove ashes from the grill before that time has passed, carefully shovel them into a metal bucket and keep it outside, away from overhanging trees and structures.
2. Do not dispose of combustible items with regular waste or recycling. When possible, consider using environmentally friendly paints, cleaning supplies, and swimming pool and other household chemicals. If you have unneeded or leftover chemicals, dispose of them properly through Republic Services' at-your-door service or at one of the Orange County Household Hazardous Waste Collection Centers (HHWCCs). To request, at-your-

door service call Republic Services at 562-347-4000; collections take place on the first Wednesday of every month and you must call 48 hours in advance to request a pickup. For information about the HHWCCs, visit OCLandfills.com/hazardous or call 714-834-6752. Store small items, like batteries and cell phones, in a free battery bucket (see below).

3. Remove dry brush, grass, and dead leaves around your yard. Keep branches trimmed away from your roof. Place yard trimmings into your green cart. Cut branches and small limbs to size so they will fit into the cart with the lid closed.

Do you need a battery bucket?

Easily collect household batteries and old cell phones with a battery bucket. Pick up a free bucket at the Los Alamitos Community Center, located at 10911 Oak Street.

A checklist to reduce food waste

Did you know the U.S. wastes about 40% of its food every year? This is in large part because Americans are not well-educated on food-date labeling and don't realize how much food they're actually throwing away. In an effort to help our country reach its goal of reducing food waste 50% by 2030, follow this checklist to avoid wasting food in your home:

- ❑ **Make a meal planner each week.** Plan your meals so that you know exactly what ingredients you'll use. Make sure a "leftovers night" is included.
- ❑ **Eat leftovers.** Always eat what you have at home before buying more of something.
- ❑ **Know your stock.** What foods have been in the cabinet for months? What do you throw away the most? What items are about to expire? Organize your meals around your knowledge of your pantry and fridge.
- ❑ **Store food correctly.** Keep fruits and vegetables in separate drawers. Don't put quick-to-spoil foods, like milk and eggs, on the refrigerator door. Keep bananas and apples away from all other fruits.
- ❑ **Be creative.** Look at the three or four ingredients you need to use and then search for recipes online that use what you already have at home. Or try to come up with something yourself!
- ❑ **Use everything.** Keep the skin on fruits, like apples and pears, and vegetables, like cucumbers and potatoes. Use broccoli stems in soup. Roast the pumpkin seeds.

- Turn stale bread into croutons or French toast.
- ❑ **Freeze what you don't eat.** Put items that might spoil before you can eat them in the freezer. Almost any meal or ingredient can be frozen until you're ready to use it—just pack items tightly. This is especially helpful if you're only cooking for one or two people.
- ❑ **Canning is your friend.** Too many fresh fruits or vegetables? Preserve them by canning. You can also turn those tomatoes into marinara sauce or salsa or extra strawberries into jam.
- ❑ **Learn about sell-by and expiration dates.** They don't mean "throw out by this day." Check out

the "Food Product Dating" article at the United States Department of Agriculture (USDA) website, <http://goo.gl/Z7r2ji>.

- ❑ **Eat out the smart way.** Split a dish at a restaurant, or take home your leftovers with a specific plan for when you'll eat them. At buffet lines, don't take too much or large helpings of a food you don't know whether you'll like. Take smaller portions and go back for more if you are still hungry.
- ❑ **Compost.** If you've missed a bunch of fresh thyme or just can't bear to puree those bananas, make a compost pile to turn them into nutrient-rich soil.



REPUBLIC SERVICES Recycling Instructions

Place these items in your recycling cart

Recycling YES

- Newspaper
- Files & file folders
- Round dairy tubs
- Paper or frozen food boxes
- Mail, magazines, mixed paper & catalogs
- Bagged plastic bags, shrink & stretch wrap
- Milk boxes
- Plastic bottles (All colors)
- Juice boxes
- Pill bottles
- Shredded paper (In a clear bag)
- Paper bags
- Phone books
- Tin & aluminum cans
- Ferrous metals Max. size 16" x 16" x 12"
- Glass bottles & jars
- Aluminum foil & trays
- Cardboard

Do not put these items in your recycling cart

Recycling NO

- Loose plastic bags
- Frozen food bag
- Plastic food bags & zip-locking bags
- Plastic cups & utensils
- Prescription vials
- Lids, caps & tops
- Foam take-out containers
- Plastic food boxes
- Plastic food trays
- CD's & DVD covers
- Paper plates, cups & napkins
- Clothing, textiles & shoes
- Styrofoam packing peanuts
- Alkaline batteries
- Toxic product containers
- Plant pots
- Chip/snack bags
- Light bulbs
- Ceramics
- Glassware
- Aerosol cans

Recyclables should be empty, clean and un-bagged (except for plastic bags)

NO FOOD OR SOILED MATERIALS

(800) 299-4898 republicservices.com/site/los-angeles-ca

OVERWATERING?

Overwatering your lawn leads to runoff, which can carry litter, pet waste, oil and other pollutants into storm drains. The pollutants then flow untreated into our creeks, rivers, bays and ocean.

PROJECT POLLUTION PREVENTION

Remember the ocean begins at your front door.

www.ocwatersheds.com
1.877.89.SPILL

5 steps to trash party waste



© iStock.com | Pamela Moore

Time to host this year's holiday party? Decking the halls doesn't have to be all about paper plates and bags full of wrapping paper. As you plan and then host your party, follow these steps to not only reduce waste and save money, but also to make your preparations less stressful and more fun!

1. Say goodbye to the paper invitation. Instead, invite guests over the phone, in person, or through email. Fun sites, like Paperless Post and Evite, make it easy to send personalized and festive invitations without paper.
2. Shop smart. Know exactly how much food and supplies you need ahead of time. Make a list and stick to it. Ask guests to RSVP and check in with those who don't so you have an accurate count. Then buy only the amount of food for that number of people. You can also have each guest bring a dish to reduce the amount of food you buy. Don't forget to take your reusable bags along to the grocery!
3. Think reusable. If at all possible, use washable plates, cups, silverware, dishes, napkins, and tablecloths that you already have. If you purchase disposable supplies, remind your guests that paper and plastic plates, bowls, cups, and utensils, as well as paper napkins

- and tablecloths, go into the trash can. Provide recycling bins for beverage cans and bottles.
4. Share the leftovers. Still have extra food? Don't try to eat half of a turkey yourself. Everyone loves holiday leftovers, so divide up the leftovers into containers and send some of them home with your guests. You could even ask guests to bring their own containers to fill after the meal.
5. Decorate with what you have. All of those \$1 decorations from the store may look wonderful during the party, but afterwards, they have no life but the trash. Use what you have at home first—tie yarn together into tassels or place ornaments around the table. Search online for other do-it-yourself decoration ideas that use what you already have. Your house will look just as festive without the waste!

As you clean up after your party, be sure to recycle! Boxes and non-metallic wrapping paper are recyclable in your blue cart. The same goes for beverage cans and bottles. If you celebrate with a real, cut tree, you will also be able to recycle the bare tree after the holidays; watch for more details about "tree-cycling" in your winter newsletter.



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Does it go in the trash or recycling?

Pizza boxes are made from cardboard, so they're recyclable, right? Actually, no. Used pizza boxes are a contaminant in paper recycling because normally they contain soaked-in grease or stuck-on cheese. Worse, they often still contain pizza! These boxes, and any cardboard or paper with food residue, can ruin entire batches of recyclables because of the oil and grease. Once mixed with paper, the oil can't be separated, so the "slurry," or mix of recycled paper and water, cannot be used.

So what can you do with your pizza box? If the lid of the box is clean, you can tear it off and recycle it. Dispose of the rest of the box in the trash. Or, if you are a composter, you can tear the pizza box into pieces and mix it into your compost pile.

If you have recycling questions, refer to the "Recycling Instructions" on page 3 or call Republic Services at 800-299-4898.

Waste Free Kitchen Handbook

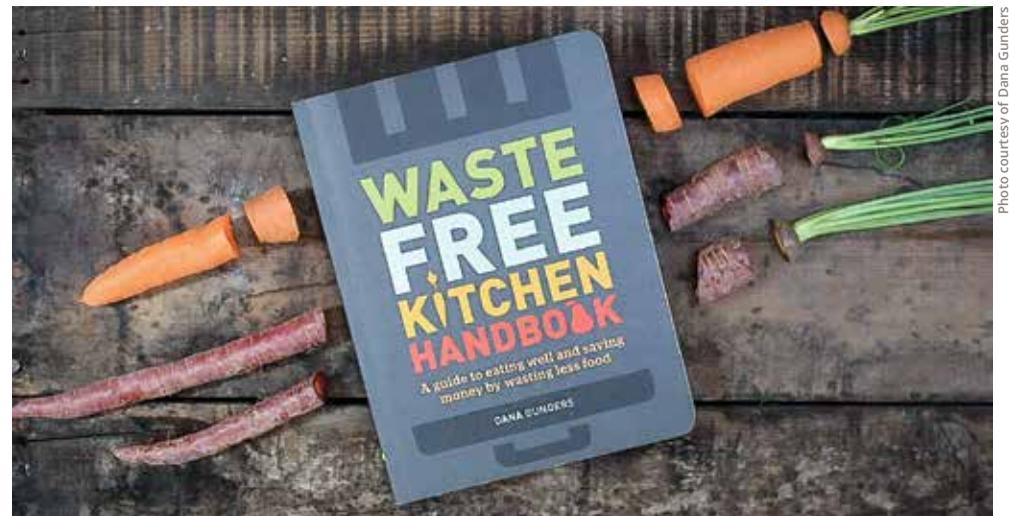


Photo courtesy of Dana Gunders

Maybe you're ready to reduce your food waste but aren't sure where to start. Or perhaps you never thought about food waste but want to know why your milk is expiring so quickly. Dana Gunders' book, *Waste Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food*, is the perfect guide to storing food and shopping smart so that you can save money and waste less on food.

Easy to read and search through, the *Waste Free Kitchen Handbook* can tell you how much food to make per person, what a sample meal plan looks like, and how to turn that old cabbage into Easter egg dye. Curious

about compost? That section not only tells you how to start, but also what's happening in your compost pile while you're away. The back of the book is an entire directory of foods, explaining how to store them, when they're the freshest, and what parts you can eat safely. Gunders, a Natural Resources Defense Council staff scientist, even includes 20 recipes that use whatever is left in your fridge or ingredients that often go bad.

Armed with the *Waste Free Kitchen Handbook* and our food waste checklist (on page 3), you're ready to create a zero waste kitchen!

QUOTES REQUESTED



Photo by Jeekc (Self-published via Wikimedia Commons)

You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of a difference you want to make.

Jane Goodall, 1934-
British primatologist

We want your suggestions, questions and comments!

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