



Blue Bin News

St. Louis City Residential Recycling Newsletter

Conserving the Harvest



A few months ago, we challenged you to shop with a grocery list to reduce food waste. With the Fall harvest right around the corner, we thought this would be a great time to suggest other ways to keep food out of the landfill. Since the U.S. Department of Agriculture reported that people waste about 30% of their household food budgets on groceries that are eventually thrown out, these suggestions can also keep money in your pocket. If you've ever cleaned out your refrigerator and found unopened, expired food, you know all too well how food waste affects your pocketbook and your trash can.

- Plan meals ahead of time and buy only what is necessary to prepare those meals.
- Use up leftovers. Whip up a sauce, casserole, or soup with veggies left from the night before.
- Rotate foods in your cupboards and icebox. Pull all the older items to the front and stock the new food in the back.
- Pay attention to what food you throw away. If your bread goes moldy before you can use it all up, freeze it and thaw out slices as you need them. If you're constantly throwing out fruits and veggies, buy fewer at a time so you can use them up before they go bad.
- Portion control. Cook only as much as you need (unless you like leftovers).
- Properly store foods so they will last longer (e.g., pick out the "bad apple" to prevent it from spoiling the whole bunch, use properly sealed storage containers, keep foods at the proper temperature).

To learn more about the best way to store specific foods, use a portion calculator, find recipes to use up leftovers, and learn how to revive foods you think are a loss, visit www.lovefoodhatewaste.com.

Even if you manage to eliminate wasting edible food, waste such as peelings, seeds, stems, coffee grounds, etc. will remain. To keep these highly valuable materials out of the trash, compost them. Learn more about composting at <http://stlouis.missouri.org/citygov/recycle/compost.html>.

September 2009 Upcoming Events

Details available at

<http://stlouis.missouri.org/citygov/recycle/calendar.html>

Tuesday, September 15 (7:30 p.m.) - Webster University Film Series, Blue Gold: World Water Wars
www.webster.edu/filmseries/current.html

Saturday, September 19 (11:00 a.m. - 6:00 p.m.) - 3rd Annual Mississippi Earthtones Festival
www.riverfrontamphitheater.com/earthtones

Thursday, September 24 (6:00 p.m. - 6:50 p.m.) - Home Composting Class
Nottingham CAJT High Community Education Center, 4915 Donovan Avenue, 63109
Contact recycle@stlouis.missouri.org for more information.

Thursday, September 24 (7:00 p.m. - 7:50 p.m.) - Native Plants Class
Nottingham CAJT High Community Education Center, 4915 Donovan Avenue, 63109
Contact recycle@stlouis.missouri.org for more information.



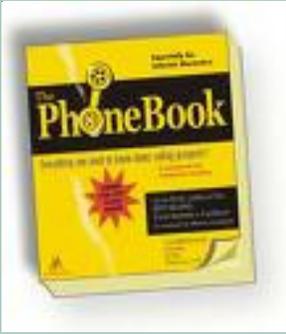
Saturday, September 26 (10:00 a.m. - 6:00 p.m.) - Green Homes Festival
www.greenhomesstl.org

Tuesday, September 29 (6:00 p.m. - 6:50 p.m.) - Home Composting Class
Bevo-Long Community Education Center, 5028 Morganford Road, 63116
Contact recycle@stlouis.missouri.org for more information.

Tuesday, September 29 (7:00 p.m. - 7:50 p.m.) - Native Plants Class
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Contact recycle@stlouis.missouri.org for more information.



Reduce and Recycle Telephone Books



In the U.S., over 500 million telephone directories are printed every year. Every few months a new book magically shows up on our doorstep, which leaves many people wondering, "What do I do with my old telephone book?" The City of St. Louis accepts telephone books for recycling at 10 dropoff locations throughout the City. At these locations, residents may deposit their directories into a bin marked "telephone books." Please do not place books in the paper or cardboard recycling containers. For a list of telephone book recycling locations visit <http://stlouis.missouri.org/citygov/recycle/locations.htm>.

While telephone directories come in handy, some people may prefer to share directories or use other methods to search listings. To help reduce waste produced by unsolicited telephone books, some cities have adopted opt-in and opt-out programs. Opt-in means people will receive a telephone book only if they request one. Opt-out, means you will receive one unless you request not to. At www.yellowpagesgoesgreen.org, anyone can sign up to have their address removed from the unsolicited delivery list. A letter is sent to the local telephone company(s) on your behalf, requesting that books be delivered to your address only if requested.

Festival Fun

Mark your calendars for the upcoming Green Homes Festival, hosted by St. Louis' very own EarthWays Center. Stroll on down to Grandel Square for an exciting congregation of green exhibitors, vendors, workshops, tours, and children's activities.

WHEN: Saturday, September 26, 2009

TIME: 10:00 a.m. - 6:00 p.m.

WHERE: EarthWays Center at Grandel Square, between Grand Boulevard and Spring Avenue

Expert workshops and demonstrations on sustainable living practices will be presented throughout the day. Historically, workshops have covered a wide range of topics, including solar and wind energy, home and vehicle efficiency, urban farming, composting, recycling, and more.

In addition to the Festival, you can enjoy a Green House Tour, featuring several homes throughout St. Louis pursuing certification through LEED-Homes and/or the Green Building Initiative. Attendees can take the self-guided tour or join the bus tour. For more information please visit www.greenhomesstl.org.

City of St. Louis Refuse Division's Recycling Program

Reader Submissions Welcome

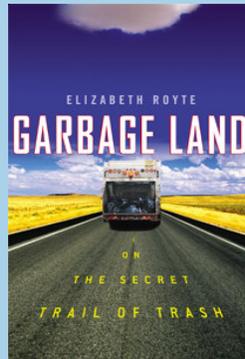
E-mail submissions to recycle@stlouis.missouri.org.

To Subscribe

Would you or anyone you know like to receive Blue Bin News? Contact us at recycle@stlouis.missouri.org to be added to our e-mailing list.

Book Review

Garbage Land *On the Secret Trail of Trash*



"Into our trash cans go dead batteries, dirty diapers, by-gone burritos, broken toys, tattered socks, eight-track cassettes, scratched CDs, banana peels...But where do these things go next? In a country that consumes and then casts off more and more, what actually happens to the things we throw away?"

In *Garbage Land*, acclaimed science writer Elizabeth Royte leads us on the wild adventure that begins when our trash hits the bottom of the can. Along the way, we meet an odor chemist who explains why trash smells so bad; garbage fairies and recycling gurus; neighbors of massive waste dumps; CEOs making fortunes by encouraging waste or encouraging recycling, often both at the same time; scientists trying to revive our most polluted places; fertilizer fanatics and adventurers who kayak amid sewage; paper people, steel people, aluminum people, plastic people, and even a guy who swears by recycling human waste... By showing us what happens to the things we've 'disposed of,' Royte reminds us that our decisions about consumption and waste have a very real impact and that unless we undertake radical change, the garbage we create will always be with us: in the air we breathe, the water we drink, and the food we consume."

