

# BLUE BIN NEWS

DECEMBER 2012

## Christmas Tree Recycling in St. Louis

The City will be offering Christmas tree recycling from December 27, 2012 until January 13, 2013 at the following locations:



FOREST PARK, Lower Muny Opera parking lot.  
O'FALLON PARK, West Florissant and Holly, picnic ground #4.

CARONDELET PARK, Grand and Holly Hills, area between gate and recycling containers.



These trees will be recycled into mulch, which is then available for use by City residents.

Please keep in mind the following upon disposal:



Remove all ornaments, tinsel, lights, and tree stand.



Do not put the tree in a plastic bag or cover it.

Wreaths and pine roping are not accepted at these sites.



A City of St. Louis Refuse Division--Recycling Program Publication  
Reader Submissions Welcomed! [recycle@stlouis-mo.gov](mailto:recycle@stlouis-mo.gov)  
Share your waste management questions, activities, "how to" tips, calendar items, etc.

# 4 Ways To Prevent Food Waste at Home

1.) **Analyze your trash.** For one week, take note of what's in your trash. Don't just look at it, but analyze everything that goes in the bin or down the disposal. Then adjust your habits. If you threw away half a box of stale cereal, either buy a smaller box or store cereal in an airtight container immediately after opening.



2.) **Be flexible with produce.** Declare one dinner a use-it-up meal designing it around things that are about to go bad. Casseroles, frittatas, soups, and smoothies are all forgiving dishes that embrace food that's close to turning, like overripe bananas, limp asparagus, or slightly wilted carrots. Just cut the bruises off fruits and veggies; if they're moldy, though, it's time for the trash. Same goes for bread. Moldy cheese? Cut 1 inch around the unpleasantness and save the rest.



3.) **Shop more often.** If you do one sweeping shopping trip per week, your fruits and veggies will go bad long before you have a chance to eat them. Try supplementing your major weekly shop with a couple of small trips to restock produce.



4.) **Have a back-up plan.** Itching to try out a new green curry recipe? The first hurdle is to actually make it. In a study by Brian Wansink, director of the Food and Brand Lab at Cornell University, more than 50 percent of thrown-away food items were purchased for a specific meal or special occasion that never happened. To avoid abandoning cabinet castaways, have a backup plan handy. For example, before you buy okra for a soup, think about how you might roast it instead.



(Courtesy of *Martha Stewart Living*, December 2012)