

# Got BIG feet?



*Shrink that carbon footprint with:*

## **Strategies for Recycling and Waste Reduction in Halton Hills**

**Waste Reduction Week in Canada Oct. 21 – 27, 2019**  
**October 24: “Plastics and Packaging Day”**

Hosted by the Halton/North Peel Naturalist Club  
Supported by the Town of Halton Hills  
Community Sustainability Investment Fund

Rethink

- YOUR CHOICES

Refuse

- SINGLE USE

Reduce

- CONSUMPTION

Reuse

- EVERYTHING

Refurbish

- OLD STUFF

Repair

- BEFORE YOU REPLACE

Repurpose

- BE CREATIVE,  
REINVENT

Recycle

- LAST OPTION

and ROT!

# Rethink

We all need to stop and think about what we are doing and the impact it has on our planet!

Be a **conscious consumer**:

- Do you actually need that new item?
- Do you really need to upgrade?
- Can you get it secondhand, borrow or rent it?
- Can you get it with less or greener packaging?
- Buy only the quantity you need, avoid waste!
- Select **reusable** over **disposable**.

Embrace **access** over **ownership**:

- Borrow from the **library**: books, music, movies, Ebooks, plus streaming TV and movies via **Hoopla** at no charge!
- Use **streaming services** such as Apple Music to purchase music and avoid CD's. Use Netflix for viewing movies and TV shows and avoid DVD's.

Consider the **impact** of each item – from obtaining and transporting raw materials, the energy used in production, the CO<sup>2</sup> from transportation to warehouses, then to stores, then to your home, as well as the **impact of their disposal**. Think about everything – from a single use coffee cup to an appliance!

Use your **purchasing power** wisely:

Select high efficiency Energy Star and FSC (forest stewardship council) products at your local supermarket, bookstore

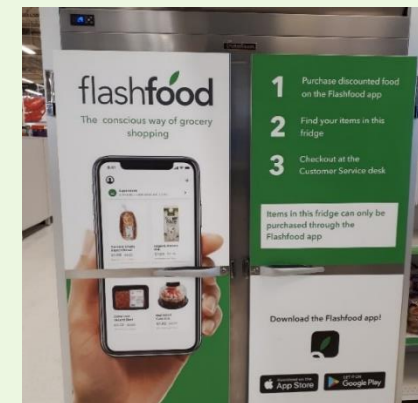
and furniture retailer... from toilet paper to wood products!

Start **upcycling!** Take something no longer in use and give it a second life and new function. Donate or sell things you no longer need.

Look for **apps** that help restaurants and grocery stores sell food close to expiry dates by offering it at big discounts.

Superstore does this on their flash**food** app!

**Reduce gasoline consumption** with less aggressive driving: avoid excessive acceleration when the light turns green, coast up to red lights and stop signs, and drive close to the speed limit.



# Refuse

## Packaging

Buy **local and seasonal without packaging** at:  
Farmers Markets, Allison's Farm,  
The Hen House, Saliba Farms (Hwy 25),  
Andrews Scenic Acres,  
Trick's Creek Farm and Cody's Cows.

**BONUS:** Husk your corn  
at Allison's Farm and the  
husks get fed to the cows!

Grow your own or UPick!

Tell supermarkets you don't  
want produce or meat in plastic.

Buy meat wrapped in compostable brown  
paper from your butcher or one of the farms  
mentioned above.





- **Refuse** excess packaging, bring empty containers and jars to fill with everything from flour, nuts to sliced cheese from the deli or bulk store.
- Bring **reusable produce bags** for produce.
- Buy **whole fruits/veggies** with packaging being the peel!
- **Refuse** to buy **plastic wrap** for leftovers – reuse containers with lids and make or buy beeswax paper.
- **Refuse** to buy **water in plastic bottles** - carry a reusable bottle!
- Bring your own **cutlery kit**, containers and mug to fill with **takeout food** or **restaurant leftovers**. Keep a kit in your car or backpack.

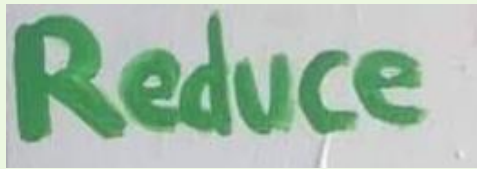


- Keep green plants (lettuce, broccoli etc.) fresh in water like cut flowers, avoid the single use plastic produce bag or clamshell.



- Sobeys sells **milk in glass bottles** which can be **returned and refilled**.
- **Avoid packaging by making more of your own** sauces, dips, dressing, and drinks such as lemonade at home.
- **Halloween** – host a local party with reusable containers for kids to fill with brand name unwrapped candies. **Bulk Barn** sells a variety from Allan Ju Jubes, to Kit Kat! (Try to avoid palm oil products.)





## Your use

1. **Turn off** faucets when not using and use a rain barrel for watering.
2. **Turn off** lights, TV and electronics when not in use.
3. Replace old bulbs with **LED** lights. Use **solar** lights outside.
4. Use a **clothesline** or indoor drying rack as much as possible.
5. Car pool, **bus, bike or walk** if you can. It is healthier!
6. Do all errands and shopping in **one trip** to save time, money and gas.
7. Use only a few healthier **natural cleaning products**: vinegar and/or bulk baking soda to avoid plastic bottles. See recipes on our display.

8. **Purchase less.** Do you need it, can you get it secondhand, or rent it?

9. **Purchase only** what food you need.

Freeze leftovers or use excess in soups and casseroles.

10. **Christmas presents** can be event tickets or home-made items. Google **zero waste gift giving** for great gift ideas!



11. **Solid vs. liquid products** saves on plastic bottles. Foodstuffs, Bulk Barn etc. sell bar soaps and shampoos without plastic wrapping. LUSH at Square One sells bar shampoo and also liquids in **refillable containers**.

12. **Print less.** Use draft mode and double-sided printing.

13. **Reduce** high carbon recreation.

14. **Downsize** to reduce energy consumption via smaller homes.



Soapberries can be used over and over to wash laundry – from Bulk Barn



# Everything!

- Use a **reusable thermal lunch bag** with a container for your food and avoid using plastic wrap.
- Use **reusable grocery bags** or bins and keep them available in your car.
- **Revere plastics** you already have and **reuse them**.
- Plastic **disposable bags** last **hundreds of years** so reuse them! If you already have veggie produce bags – take them back and refill, also use for cheeses, sandwiches, leftovers.
- Use dog food or softener salt bags for **garbage** disposal.

- Carry a **metal straw** and ask restaurants to use paper straws only for customers with a physical requirement for them.
- Buy **secondhand** (or donate) at Wastewise, the Salvation Army, Goodwill or at a Habitat for Humanity ReStore found locally in Milton, Mississauga & Burlington.
- Reuse old toothbrushes for cleaning other things.
- Reuse worn out towels and bedding for rags in place of paper towels.
- Use rechargeable batteries.

# Refurbish



- Do you need a completely remodeled kitchen?
- Renovate with fresh paint and keep your appliances longer.
- Windows 7 will be unsupported soon. Purchase software, not a new computer. Simply have Windows 10 loaded and make any other upgrades for a newer, better computer!
- Retrofits such as added insulation, triple glazed windows, seal around windows and doors will reduce heat loss and energy consumption.



# Repair

- Repair cafes are offered at Wastewise and your local library to help you fix your broken items.
- Mend your clothes, sew on buttons, alter if needed!
- Google instructions to make simple repairs.
- Maintain equipment so it's efficient and will last longer. This includes your car, bike, furnace etc.

# Repurpose

- Check out the **Guelph Tool Library**:  
Our mission is to build community resilience by engaging its members in sharing knowledge, skills and resources.  
Let's ask Halton to come up with something similar!
- **Swap events**: think Halloween costumes, clothing, equipment and cookie swaps...
- Get **creative**: use packaging as drawer organizers; cartons for storage; mesh bags for pot scrubbers; reuse jars and containers for dried goods, make T-shirts into reusable bags or blankets, a braided rug from old sheets.
- Make **Ecobricks** out of plastic waste!



Ecobricks for stools  
and tables



# ROT!

- Only place **food waste** in your **green cart** for composting. In Halton Region, our compost facilities use aerobic composting which reduces or even prevents the release of methane gas. If food waste is thrown in the garbage and sent to the landfill, it will decompose anaerobically (without oxygen) which produces **methane gas**, a common greenhouse gas which can be harmful to the environment.
- **Compost** at home to improve your soil without using artificial fertilizers that may cause pollution in run-off to rivers and lakes.
- Buy what you need and reduce food waste!





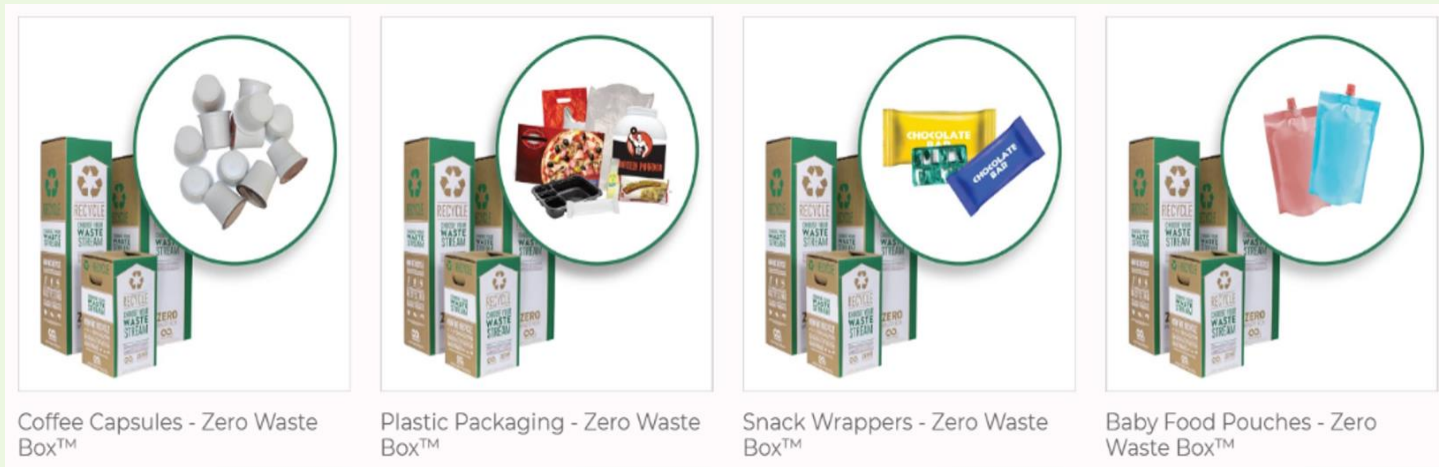
**This should be your last option...**

- Your unused stuff could be someone else's treasure!  
**Obtain** or **give away** used goods **free** at <https://www.freecycle.org/> or **sell** them online through sites like <https://kijiji.ca>.
- Check guidelines to correctly sort recycling and composting! Use the guidebook or Halton Region's **Put Waste in its Place** online tool.
- Single use coffee cups often ruin whole loads of recyclables or are littered. They cannot be recycled locally. **Carry a reusable cup.** Ask **Starbucks and Tim's to look for alternatives**, and to actively encourage customers to buy and use one of their reusable mugs!
- Single use plastic bottles are one of the worst offenders, and only a small percentage are actually recycled. **Carry a reusable water bottle.** Ask others why they are buying them. Ask politicians to add a **Pollution Tax** on these and on paper cups to make them too expensive.

## Use *Staples* Recycling Services:

The Milton store participates. (See our display.)

- Get paid when you trade in your unwanted devices, including smartphones, tablets and laptops.
- Sign up for Staples Rewards and earn \$2 back on every recycled ink or toner cartridge you return.
- Drop off any kind of pen, pencil or marker including caps for recycling.
- For items not recyclable locally, go to **terracycle.ca** and click on **Learn More about TerraCycle** which offers free and paid programs funded by conscientious companies for most forms of waste. Participate as an individual or suggest your employer participate! (See our display table.)





# Wastewise – a great local resource

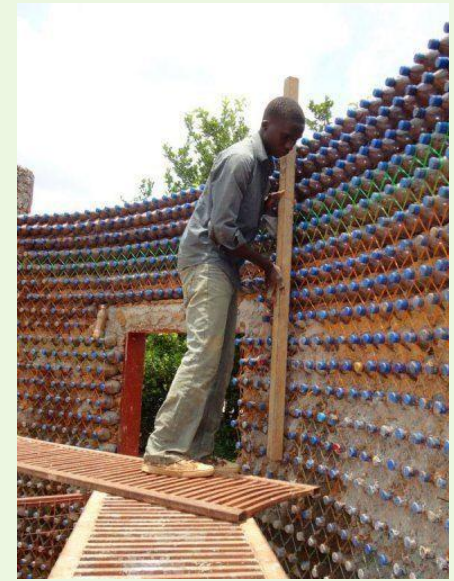
- In 2018, donations to Wastewise kept 350 metric tonnes of reusable materials from being put in the landfill!
- Wastewise is a registered charity that provides more scholarships than any other organization in Halton!
- Wastewise accepts furniture, books, clothes and much more.
- Wastewise sells these items at a very low price, and all profits go back into the community.
- Wastewise provides recycling bins in our local parks.
- Wastewise hosts Repair Cafes.



Rug from old sheets bought at Wastewise



Worldwide solutions: left, Classroom wall made of wine bottles; right, building with ecobricks



- **Voice an opinion** to government, stores and other customers about wasteful use of plastic. Also say ***Thank You*** for good efforts!
- Learn about the **Zero Waste** movement and make changes in that direction. Waste reduction is doable!
- Spread the word. Encourage others to **rethink** their habits and help others to make wise waste reduction choices!

# Links

Locally, Superstore has deals through their **Flashfood** app to avoid food waste.

**Tasty deals:** Apps help find unsold food and reduce waste

[https://www.theifp.ca/whatson-story/9443556-tasty-deals-apps-help-find-unsold-food-and-reduce-waste/?s=n1?source=newsletter&utm\\_source=ml\\_nl&utm\\_medium=email&utm\\_email=21d6ed9a37bd333f08ed29228cdc7814&utm\\_campaign=tihl\\_54550&utm\\_content=a09](https://www.theifp.ca/whatson-story/9443556-tasty-deals-apps-help-find-unsold-food-and-reduce-waste/?s=n1?source=newsletter&utm_source=ml_nl&utm_medium=email&utm_email=21d6ed9a37bd333f08ed29228cdc7814&utm_campaign=tihl_54550&utm_content=a09)

Ways to reduce your plastic footprint: <https://10000changes.ca/en/areas-of-change/>

Use your bulk baking and cooking supplies to **make zero waste cookies, tortilla wraps/chips and salsas** etc.

<https://www.thezerowastecollective.com/post/plastic-free-recipe-whole-wheat-tortilla-wraps-and-chips>

Cut back on plastic pollution by making these grocery store staples at home... VINAIGRETTE, YOGURT, MAYONNAISE & NUT BUTTER

<https://www.theglobeandmail.com/life/food-and-wine/article-cut-back-on-plastic-pollution-by-making-these-grocery-store-staples-at/>

Halton Region's online tool to find out whether something goes into the Blue Box, Green Cart or Garbage <https://www.halton.ca/For-Residents/Recycling-Waste/Recycling-and-Waste-Tools/Put-Waste-In-Its-Place>

Calculate your plastic footprint:

[https://www.theweathernetwork.com/ca/news/article/calculate-your-plastic-footprint-world-oceans-day-refuse-reduce-reuse-recycle?utm\\_campaign=Plastic Footprint&utm\\_medium=Web&utm\\_source=PromoBox 300x250&utm\\_content=TWN Generic](https://www.theweathernetwork.com/ca/news/article/calculate-your-plastic-footprint-world-oceans-day-refuse-reduce-reuse-recycle?utm_campaign=Plastic_Footprint&utm_medium=Web&utm_source=PromoBox_300x250&utm_content=TWN_Generic)

[www.freecycle.org](http://www.freecycle.org) It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for **free** in their own towns and neighborhoods.

Get a variety of tips from:

<http://www.greenify-me.com/>



Greenify-Me

**5 Easy Ways to  
Reduce Trash**

[www.greenify-me.com](http://www.greenify-me.com)

<https://www.thezerowastecollective.com/post/ditch-the-paper-products-in-your-home>

The **Guelph tool library** is a lending library of tools where you can borrow tools for food preparation, food preservation, gardening, renovation, arts etc.

<https://guelphtoollibrary.org/?fbclid=IwAR2VSmEYqNL5QudBTbPgTxoblGnzgNrQ5fjmsV3PjHRt5PH-7FwRSNhq1ps>

<https://www.facebook.com/guelphtoollibrary/>

Pinterest has great ideas for *reusing* things!! <https://www.pinterest.ca/>

Reducing food waste at home. <https://lovefoodhatewaste.ca/>

Food rescue <https://www.foodrescue.ca/>

**Flipp** is a great **app** residents can download with all the regional flyers and online coupons. Restaurants, and business owners can go to a website called Food Rescue, [foodrescue.ca](https://www.foodrescue.ca/) or they can join Second Harvest which is an amazing not for profit group that is helping to minimize food waste in Ontario, it is a food rescue program at <https://secondharvest.ca/>



# THANK YOU!

Bill McIlveen

Nicole Watt

Jennifer Spence

Laura Weihs

Katherine Shaw, Margaret Beaudette & Janice Gittings for sewing cutlery kits

Town of Halton Hills Community Sustainability Investment Fund

All participants, volunteers, donors and suppliers

Tech help: John Beaudette and Chantal Garneau

## Donations:

Foodstuffs

Wastewise

The Sewing Café

Real Canadian Superstore

John & Margaret Beaudette