

eco-cycle

Working to Build Zero Waste Communities

Volume 33, No. 2 | Fall 2009 / Winter 2010

times

If products told you the truth...

Hi, I used to be
a 200 year-old tree, part
of an ancient forest that stored
carbon and provided habitat
for many animals. Now I'm just
polluting, chlorine-bleached
t.p. for you to flush.

Hi, I used to be
a newspaper, a pizza box,
and five other products before
that! I'm whitened with non-toxic
hydrogen peroxide. Choosing me
saves energy, water and trees,
prevents pollution and
creates more jobs.



your choice would be simple.

Our room-by-room Guide to Zero
Waste Living can help. ▶ page 5

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Our Mission
Eco-Cycle's mission is to identify, explore and demonstrate the emerging frontiers of sustainable resource management through the concepts and practices of Zero Waste. We believe in individual and community action to transform society's throw-away ethic into environmentally-responsible stewardship.

Curbside Recycling's

DIRTY DOZEN

featuring the top **Scuzzy Six**

Please keep the worst recycling contaminants out of your curbside bin!

by Marti Matsch

The Good News

All Boulder County residents switched to single-stream recycling one year ago. Now all recyclable containers and paper go together in one bin. Thanks to the increased convenience of mixing materials together, participation rates are going up and we're saving more natural resources.

The Challenge

The one predictable downside of single-stream is the contamination it brings. It tends to make folks "recycling happy," thinking everything can go in the bin. The remedy? YOU!

Friends Don't Let Friends Recycle Wrong

Please help us clean the recycling stream by helping your friends, co-workers, neighbors and family members know the DIRTY DOZEN worst materials that must stay OUT OF THE CURBSIDE RECYCLING BIN.

The Scuzzy Six

To share why these materials are such a problem in the curbside recycling bin, we've highlighted the worst of the worst: the Scuzzy Six, why they can't go in the curbside bin, and what you CAN do with them. Many of these materials ARE recyclable, but NOT IN THE CURBSIDE BIN.

1. PLASTIC BAGS

NO: Why? When placed in a curbside bin, bags end up choking our equipment at the recycling facility, costing the program thousands of dollars in inefficiencies and adding to the items we have to pull out and send to the landfill. While Eco-



When placed in a curbside recycling bin, plastic bags choke our sorting equipment, causing costly inefficiencies.

Cycle does accept plastic bags through our CHaRM program, bags that come from the curbside program don't meet the market requirements that bags must be clean, dry and empty.

YES: Clean, dry, empty plastic bags with a #2 or #4 are recyclable ONLY at the CHaRM facility or participating grocery stores. Find locations at www.ecocycle.org/htrg.



Check p. D for a full list of items accepted at the CHaRM, including #2 and #4 plastic bags and scrap metal.

2. RECYCLABLES IN PLASTIC BAGS

NO: Why? Recyclables put in bags at the curb OR at the drop-off centers force our workers to slow the conveyor belts to rip the bags open. The dirty bags are added to the heap of bags bound for the landfill.

YES: Recyclables should be loose in your bin. If you have more materials than can fit in the bin, please save them for the next collection or use a drop-off center (see locations on page B of the pull-out guide).

3. SHREDDED PAPER

NO: Why? Shredded paper is too small to sort—the pieces fall through the cracks of the sorting machines, mix with moisture from containers and stick to the conveyor belts or become papier mâché on our equipment, causing it to malfunction and costing the program expensive down-time.

YES: Think before you shred and please do not shred non-sensitive materials. When you do shred, compost the paper in your curbside compost bin (if you have one) by sandwiching it between other materials so it doesn't blow out when the bin is emptied. Or deliver shredded items to the Longmont or Boulder drop-off center and recycle them in the bin marked Paperboard. That bin is for low-grade papers that are baled directly and do NOT go over the sorting equipment. See more tips for recycling sensitive materials without extensive shredding at www.ecocycle.org/faq/shred.cfm.

4. SCRAP METAL







NO: Scrap metal items of any size, including items like coat hangers, cause excessive damage to the recycling equipment that sorts curbside materials. They must be pulled out since they do not go to the same market as steel/metal cans.

YES: Please take these items to either the Boulder or Longmont drop-off center or the CHaRM and look for the specially-marked scrap metal bins.

continued on page 7

Just say no to the

Scuzzy Six

- 
Plastic Bags
- 
Recyclables in plastic bags
- 
Shredded Paper
- 
Scrap Metal
- 
Hazardous Waste
- 
Bio-hazardous waste including diapers and needles

Pull-Out Recycling Guide

- | | | | | | |
|------------------------------|--|-----------------------------------|--------------------------------|-------------------------------------|------------------------------------|
| Recycle at the Curb A | What Can Be Recycled and Where? B | Map of Recycling Centers B | Preparing Recyclables C | CHaRM Recycling Guidelines D | Hard-to-Recycle Materials D |
|------------------------------|--|-----------------------------------|--------------------------------|-------------------------------------|------------------------------------|



Eric Lombardi
Executive Director

“ If, rather than fighting Zero Waste, trash companies are willing to substantially shift their business model toward being a piece of the Zero Waste infrastructure, there is a job for them. ”

DIRECTOR'S CORNER

On Zero Waste, Trash Companies and the Green Revolution

Here's a head scratcher for you: Why did a private landfill company in Vancouver, Canada pay Eco-Cycle to speak at a conference of urban planners about creating a Zero Waste Vancouver with a goal of reducing landfilling by 90%? Won't this put them out of business? Aren't we, the Zero Waste advocates of the world, the enemy of the landfill companies? Something strange is happening here, and I know exactly what it is.

It's no different from what's happening with all the polluting industries around the world that need to change or go out of business as the green revolution takes over—coal companies must switch to alternative energy, the auto industry to alternative and fuel-efficient vehicles, and the agricultural industry to clean, sustainably-grown crops.

Landfills and incinerators are in the same boat. The world is tired of building these facilities. They are political suicide for elected officials, they cost a zillion dollars, and no one wants one built within 100 miles of their backyard. It's becoming more and more clear that resource recovery through recycling, composting and reuse is a better way to go, especially if a community *really* commits to pursuing a Zero Waste goal.

Since we define a successful Zero Waste effort as 90% diversion or better from the landfill/

incinerator, what is the role of landfills? The answer is NONE, if they continue to do business as usual. Burying our natural resources has no place in the green economy of the 21st century. But if, rather than fighting Zero Waste, they are willing to substantially shift their business model toward being a piece of the Zero Waste infrastructure, there is a job for them. This new potential is what interests the landfill company in Vancouver, and, if they are serious, they may set a new green trend for their peers.

The private landfill owners can diversify their business model to include what we call a Zero Waste Park that sits at the gate of their facility. Materials come in pre-sorted by the community for recycling, composting and reuse. They can then screen any residuals, or whatever's left, for potential additional recoverable resources. The Zero Waste Park model can help the community reach 90% landfill diversion. Only the remaining 10% (or less!) ends up going through the gates to be buried in what is now a cleaner, stabilized, recovery-oriented version of today's landfills. This way the landfills can defeat their primary competition (trash incinerators), while joining the green economy!

But where is a progressive community like Vancouver to look for guidance on this vision? Eco-Cycle and Boulder County are the answer—the world is increasingly noticing how we are laying in place the pieces for building a model

Zero Waste Community. In Boulder County, there has been much progress in the last year to demonstrate the model and the alternative to incinerators and traditional landfills.

First, the City of Boulder is investing in permanent homes for CHaRM and ReSource, two community pilot projects that have been huge successes and have outgrown their current sites. Boulder County has invested in land on 63rd Street to begin planning for two more pieces of the Zero Waste puzzle: commercial organic composting and construction/demolition debris recycling. You can read more on the opposite page. It's possible that within just a few more years we will have the full Zero Waste infrastructure in place locally, so that any community in our County could pursue and achieve that 90% landfill diversion goal.

Vancouver needs us to do it, as do Glasgow (Scotland), Cancun (Mexico), Frederick County (Maryland), Kauai (Hawaii), Telluride (Colorado), Capannori (Italy) and Auckland (New Zealand)—and the list of communities that have called Eco-Cycle seeking advice and guidance for their next steps on the Zero Waste path keeps growing.

Sometimes I grow frustrated at the pace of change, but we are still moving forward here in Boulder County, working to build model Zero Waste Communities.

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Eco-Cycle is a member of the National Recycling Coalition, the Boulder, Broomfield and Longmont Chambers of Commerce, the GrassRoots Recycling Network, Colorado Association for Recycling, Zero Waste International Alliance, P3, Social Enterprise Alliance and Community Shares of Colorado.

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SUPPORT ECO-CYCLE'S SCHOOL PROGRAMS

PARTY WITH THE PLANET!

Zero Waste B-earthday Parties

Eco-Cycle B-earthday parties combine fun activities with green values. Suitable for ages 4 and up. Choose one of these exciting themes:

- 🌱 **Eco-Art:** Recreate, Reinvent, Recycle
- 🌱 **Green Thumbs Garden Party:** Buds, Bugs, Bees & More!
- 🌱 **Creative Papermaking:** Make Paper with Pizzazz
- 🌱 **Green Teams:** Ultimate Planet Challenge
- 🌱 **Jungle Jam:** Frogs, Toucans and Monkeys, Oh my!



All parties include 1.5 hours of games and activities tailored to each age group. We bring all materials needed, including our special compostable PARTY WITH THE PLANET plates, cups, napkins and utensils. You provide the food, location and kids who are ready to have fun.

Proceeds benefit Eco-Cycle's School Recycling and Environmental Education Programs. (A portion of the cost is tax deductible.)

\$50 OFF

IF YOU BOOK BY JAN. 1

www.ecocycle.org/kids/parties
303-444-6634 x 103
schools2@ecocycle.org

SAVE YOUR GOODIES FOR OUR UPCOMING

Eco-Auction: Reclaimed Treasures

In the Summer of 2010, Eco-Cycle will host our first online auction of "loved-but-not-needed" high-end furniture and collectibles to raise funds for our Community Campaigns Program. We'll give you more details in our next issue of the *Eco-Cycle Times*, but in the meantime, please save your stuff!

HEY!
CHECK US OUT
ONLINE!



twitter
twitter.com/ecocycle

WATCH US ON » **You Tube**
youtube.com/ecocyclemedia



Find us on
Facebook



Thank you, CHaRMers!

We've seen some great results since we implemented a \$3 facility fee at the CHaRM to help sustain the program. You, our dedicated recyclers, have been very receptive, supportive and understanding that it takes funds to do the right thing with electronics and the other unusual materials accepted at the CHaRM. We also have a smaller carbon footprint now since folks are saving up their recyclables and making fewer trips to see us. And best of all, we've seen a dramatic increase in the number of cyclists who find creative ways to bike their materials in—with trailers, baskets, backpacks, etc.—and avoid the fee altogether! We love your commitment. Thanks, recyclers!

Boulder County: A Zero Waste Model

Our local elected leaders are taking on the challenge of making our community a model of sustainability for the world to emulate

by Marti Matsch

You do what you can to reduce, reuse, recycle, compost, bike more, drive and fly less, switch your light bulbs to CFLs, and all your efforts are making a difference.

But how do we multiply that difference to create change on a scale large enough to effectively win the fight against global warming and environmental destruction?

Climate scientists and environmental leaders are beginning to make it clear that individual action alone is not nearly enough. We need significant change on the community level.

The larger systems we all depend upon—the power grid, the waste/recycling system, the road/bus network—must be redesigned to make it convenient, affordable and, in some cases, mandatory for all of us to do the “green thing” and protect what ultimately belongs to future generations.

Our elected leaders need to make critical decisions that shift our society’s way of life away from wasting and polluting and toward sustainability. Communities around the world are struggling to find the best way forward; they’re looking for models, and they’re finding Boulder County (see Director’s Corner, p. 2).

Elected officials in many of Boulder County’s cities have recently stepped up with vision and leadership on the Zero Waste front, putting substantial pieces in place to make ours a Zero Waste community.



The **City of Boulder** has committed \$6 million to buy a 10-acre property to relocate Eco-Cycle, CHaRM and ReSource, so that each program can grow beyond its current pilot stage and expand the numbers and types of materials recycled. The site will also include a new program for the community: a repair/reuse center. Five acres will be left over, creating the potential for Boulder to locate more components of what we call a “Zero Waste Park,” the alternative to building new landfills or incinerators.



Boulder County has committed \$2 million to buy the four-acre “Brickyards” site on 63rd Street to enable progress on two more components of the Zero Waste Park: a construction and demolition processing facility for materials like concrete and asphalt, and a facility to recycle organic discards from local businesses (like restaurant food scraps!).



Following the pioneering lead the **City of Lafayette** took two years ago, the **City of Louisville** created a city contract for, and public control of, the collection of waste and universal recycling. Louisville went one step further by creating the full “3-Bin System”—one bin for recycling, a second for trash, and a third for collecting household organics for composting.



The **City of Longmont** has converted its residential recycling system to Single-Stream collections and saw an 11% increase in tonnages recycled in just the first three months. In addition, Longmont recently awarded a new community recycling education contract to Eco-Cycle to help expand recycling in the business, apartment and Latino communities of Longmont.

These decisions prove that we live in a community that is committed to finding solutions and acting on them. Our elected officials deserve our support and thanks for having the courage to green our community infrastructure, even during these tough economic times. These investments will pay off financially and environmentally, and help us fulfill our moral duty to future generations.

Elected officials need to hear from you that you appreciate their forward-thinking actions on

your behalf and writing a letter-to-the-editor is the best way to reach them.

The next challenging issue we must begin discussing is whether or not the community has the right to require the public and businesses to participate in using these new Zero Waste systems. The U.S. prides itself on a lack of regulations and the right to freedom, but is it our right as Americans to keep trashing the planet and robbing future generations of the resources needed to sustain themselves?



Zero Waste Around Town

Ask the E-C Experts: Winter Composting

Dear Dan,
Q: I have a backyard compost bin. Is there something I should be doing to winterize my bin?

• **Use solar power:** Spring is a better time to move your compost pile, but keep in mind that the best location for a backyard bin is underneath a deciduous tree. The shade will keep the pile cool in the summer, and the sun will help warm it in the winter after the leaves drop.

• **Don’t be a stranger:** The best advice I can give for any time of year is to pay attention to your compost pile. Every Colorado winter has a stretch of several weeks that may be just too cold and snowy to do anything but dump your food scraps onto your pile and run back inside, but don’t just make that your habit until spring. Take a moment on those nice sunny days we always get to have a look—spread out those thawed chunks of food waste and add some extra water if the top looks dry.

Q: Should I use compost in my garden now or in the spring or both?

A: Fall is actually the ideal time to add compost to your garden; winter thaws are a great time as well. Compost straight out of the bin is never completely broken down, so incorporating it into your garden soil well before spring gives your soil microbes time to complete the work and ensures the nutrients will be available to your plants when they need them. You’ll have the added benefit of clearing enough space in your compost bin to accommodate all your winter food scraps despite the microbial slowdown.

Q: I’m putting my garden to bed for the winter. Should I use fallen leaves or mulch? My neighbor uses burlap to cover his garden. Is that an important step?

A: Yes, make use of your fallen leaves! There are several ways to do that, including piling them up and slowly adding them to your compost pile, but mulching your garden is a great idea. A six-inch layer of leaves on top of your beds keeps the moisture in your soil and the frost out. The challenge on the Front Range is keeping the wind from regularly re-distributing the leaves all over your yard, and that’s where the burlap sacks can come in handy—if you anchor them down with rocks or stakes, they’ll keep the leaves in place.

If you have access to a chipper/shredder, another method is to grind all your leaves, spread them 2-3 inches thick on your beds, and settle them into place with water. They will crust over just enough to stay in place. With either method, often the leaves will be almost fully decomposed when you are ready to garden next spring.

About Dan

Dan Matsch is Eco-Cycle’s Compost and Organic Farming Expert. Before coming to Eco-Cycle, Dan was an organic farmer for 13 years and owned Gem o’the Field Organic Farm with his wife Carol. He sold produce, plants, and flowers at the Boulder Farmers’ Market and served on the Market’s board. Dan works hard to bring composting capabilities to Boulder County for businesses and residents, as well as provide opportunities for local farmers and growers to benefit from the compost products created. He’s also the brains behind our Microbe Brew Compost Tea.



A worm bin built into the ground helps to protect the contents from the elements and gives the worms a chance to burrow deeply to avoid the coldest weather. Note the insulating sheet of foil-backed bubble wrap held back by Dan’s wife, Carol.

Zero Waste Around the World

by Kate Bailey



► No Trashy Romance in Tuscany

Ah, Tuscany. Beautiful countryside, priceless art, velvety wines, stinky landfills—oh wait, not those! To make sure that association never happens, the town of Capannori is trying to prevent any landfills from littering its piece of Tuscan paradise. While the town’s already set a record-breaking recycling rate of 82%, it has a goal of Zero Waste by 2020, and the mayor is considering a tax break for all who participate to help make it a reality. Sorting discards for recycling and composting is already a daily routine for most of Capannori’s 46,000 residents: A fleet of small natural gas and electric vehicles picks up materials six days a week! Organic materials like grass clippings and food scraps are picked up three times a week, recyclables like glass and plastic twice a week, paper once a week, and the little remaining “unsorted rubbish” is collected once a week. And, the town isn’t just sorting its waste: Grocery stores and markets have installed bulk dispensers for liquids like laundry soap and even milk, so residents can simply refill their bottles, reducing the need to manufacture and recycle additional bottles.

► Greening the Capitol? Yes We Are!

Can you believe the iconic home of the U.S. Congress was serving 240,000 meals EVERY MONTH with Styrofoam® and disposable plastics?! That and many other polluting habits are now history thanks to Green the Capitol, an initiative by House Speaker Nancy Pelosi to make House operations a model of environmental sustainability. One of the first big changes was to replace those junk plastics in cafeterias with compostable cups, plates and utensils, which are processed along with food scraps. Then, the locally-produced compost comes back full circle for use in landscaping at the National Mall. The next challenge: The waste created every two years during Congressional move-in/move-out. Reusable moving crates replaced 3,400 cardboard boxes, and unwanted office supplies and books were offered up for reuse for incoming representatives, an effort that reused an astounding 12,500 pounds of supplies. Other green initiatives include upgrading to more efficient lighting, installing ENERGY STAR vending machines, transitioning from paper to electronic receipts, and switching to green cleaners to reduce indoor air pollution. Next time you tire of hearing only about red and blue in our nation’s capital, take heart—green is getting more than just lip service behind the scenes. Keep up on the progress at www.cao.house.gov/greenthecapitol.

► From Capri Sun® to Reuse Fun

Chip bags, energy bar wrappers, foil drink pouches—these used to fall into the “non-recyclable, odd material” category. That is until the company TerraCycle came up with a way to transform would-be trash into funky, affordable totes, backpacks, pencil pouches and more. Here’s how it works: A school, office, neighborhood or organization establishes a local collection system, or “brigade,” to collect and consolidate specific packaging like yogurt cups, wine corks or even plastic Scotch® tape dispensers. Once the collection reaches a set volume, the materials are mailed to TerraCycle (at no cost) and reused and recycled into hundreds of cool items sold on the company’s website and through major retailers like Home Depot and Walmart. Form your own brigade and TerraCycle will donate an average of two cents per wrapper or container to a charity or organization of your choice. The company has already collected more than 1.2 BILLION packages, involved 7.3 million people and donated more than \$200,000 to charity. Get started or find a collection point near you at www.terracycle.net.

Click it!



For more about what’s happening with Zero Waste around the world, visit ecocycle.org/zerowaste

► Islanders Go for Zero Everything

Island living is akin to camping—you pretty much have to pack in what you need and pack out the rest. Unfortunately, that can also mean shipping in resources and shipping out waste and pollution. But now a group of 11 islands in the North Sea, representing six European nations, is on an ambitious mission to become self-sustaining by 2030. The group wants to use the resources available on the islands to support themselves and to redesign their systems so there is no concept of waste. Everything from tangible trash to intangible carbon will be designed to be recovered or reused. Each island will demonstrate different innovative, sustainable technologies including tidal power, electric scooters, desalinization, bioplastics, and blackwater (household sewage) purification. But what about the droves of European summer tourists who bring so much waste to the islands? Rather than being chased away, they will be the primary audience (and hopefully messengers) for the project’s educational efforts. Island communities are ideal models for sustainability because the challenges and opportunities of living with limited resources are so real. Keep up on the progress at www.c2cislands.org.

ZERO WASTE AROUND THE WORLD FEATURE

► Consumerism Produces 42% of all U.S. Greenhouse Gas Emissions

by Kate Bailey

The way we produce, consume and dispose of our products and food accounts for 42% of our nation’s greenhouse gas emissions. That’s right—the choices we make about our “stuff” have a bigger climate impact than driving cars or burning coal.

If you find that hard to believe or think the source of this fact must be a coal company, think again. It’s the main finding from a Sept. 2009 report from the U.S. Environmental Protection Agency (EPA), and it means changing what we buy and consume is just as important as driving less or upgrading our light bulbs (see Zero Waste Living, p. 5).

It also means a commitment to Zero Waste and sustainable resource management is THE fastest and most effective way of combating this whopping 42% and should be a top priority climate strategy on the local and national level.

How did we overlook such a major player?

Eco-Cycle and others in resource management have been crying foul for years that wasting and consumption were underrepresented in greenhouse gas (GHG) emission inventories. In previous EPA reports, they’re not represented

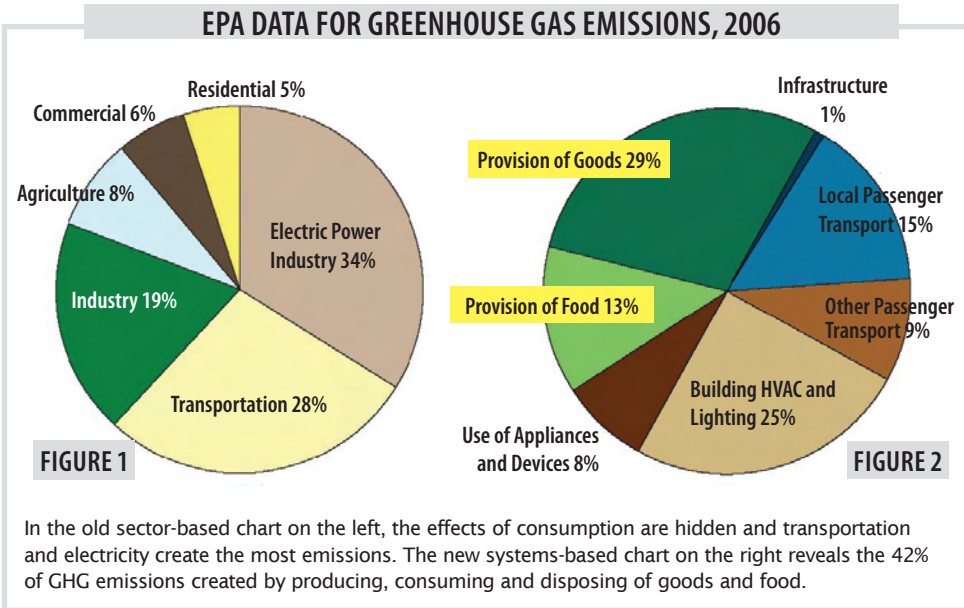
at all (see Figure 1). When calculating emissions from waste, those reports looked only at the GHG emissions that came directly from landfills and incinerators. But waste isn’t just what happens after you’ve discarded a product. It’s about all the energy and materials used to extract, process and deliver goods to you—where were all those emissions represented?

This “upstream” side of waste was divided into categories like “transportation” and “electricity.” But when you consider them as part of one entire system of making goods and food, as seen in Figure 2, the impacts are impossible to ignore—they are the largest chunk of the pie.

This new method of counting emissions doesn’t mean reducing energy and transportation emissions isn’t critical. We need to drastically decrease all of our emissions pronto, but we haven’t been using all the tools available—Zero Waste is a commitment we can make **today** using available technologies and policies (see p. 3 for local progress toward Zero Waste).

The Bottom Line

In 2008, the report *Stop Trashing the Climate*, co-authored by Eco-Cycle, took all the overlooked, upstream waste into account when calculating emissions and



found Zero Waste is the fastest, most effective short-term strategy to reduce GHG emissions. The report found getting to 90% recycling and reducing overall discards by 1% per year by 2030 will save the greenhouse gas equivalent of taking 21% of our coal-fired power plants off the grid.

With this new perspective, recycling, reusing and reducing materials are front and center in how to lower GHG emissions, especially over the next few years. The state of California has now mandated recycling at businesses as one of its first short-term climate action

measures. By recycling just half of the cardboard, lumber, glass, plastic, paper and metals discarded by its businesses, California hopes to save the equivalent annual emissions of taking more than a million cars off the road for a year.

What does all this mean locally? It means our purchasing choices are more important than we ever realized, and that climate action plans in Boulder County should follow this lead and implement meaningful Zero Waste regulations to impact 42% of our GHG emissions. We can no longer afford to wait, or to ignore what’s been there the whole time.

The Main Wasters

and their Eco-Friendly Replacements

by Iris Sela and Kate Bailey

A lot of people think Zero Waste is only about getting your trash can empty. It isn't.

While handling the “downstream” side of waste by recycling and composting everything you can is part of the solution, the real environmental and social impacts happen “upstream” before those discarded products ever reach store shelves.

For every trash can you put out at the curb, the equivalent of 71 trash

cans worth of waste has already been created in the processes used to extract resources and manufacture them into products and packaging. **Reducing the environmental and social impacts of these 71 cans—resource wars, pollution, deforestation, species loss, fossil fuel use, etc.—is what Zero Waste is really about, and it’s a critical part of solving our climate crisis.**

In fact, the EPA estimates that 42% of all U.S. greenhouse gas emissions come from manufacturing, transporting, and

disposing of our goods and food (see article p. 4).

So how do we prevent those 71 cans of waste? We go to the power of the consumer. Every purchase we make is a vote either for environmental destruction or against it. If you buy it, they will make it. If you don't, they won't. It's up to YOU.

Unfortunately, product labels don't include information like, “The clearcutting of an ancient forest went into the making of this product and

as a result, many indigenous peoples were displaced.” That’s why we pulled together this room-by-room guide to show you which everyday items have some of the biggest impacts “upstream” and which eco-friendly products can replace them.



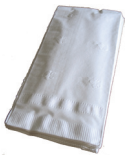
Shop for Zero Waste at the Eco-Cycle eStore!

www.ecocycle.org/estore

in the KITCHEN

THE WASTERS

- 1. Food scraps in the trash.** Biodegradable in the landfill equals bad, bad, bad. Food in the landfill biodegrades without oxygen and creates methane, a greenhouse gas that is 72 times more powerful than CO₂ in the short term.
- 2. Paper towels and napkins.** The virgin timber-based pulp and paper industry is the third greatest industrial emitter of greenhouse gases and causes the destruction of ancient forests and wildlife ecosystems in the U.S. and Canada. Chlorine bleaching used to whiten paper is a leading source of dioxin, the most toxic substance on Earth, now found in our air, water, and in the bloodstreams of humans, fish and even polar bears.



- 3. Plastic packaging with a #3 (PVC), #6 (polystyrene, a.k.a. Styrofoam®), or #7 (polycarbonate).** These three plastics in particular are problematic and have been known to leach harmful chemicals that can easily make their way into your body.

THE ZERO WASTE SOLUTIONS



- 1. Get a compost pail** for your food and even paper scraps. Composting creates no methane and restores our soils, the foundation of our society. While you're at it, stick a compost bin in your bathroom and compost paper towels and tissues. Get more composting tips at ecocycle.org/compost.
- 2. Get raggedy.** Replace your paper towels with sturdy rags or sponges for cleaning and replace your paper napkins with cloth ones. Having trouble letting the paper go? Buy products that contain at least 80% post-consumer recycled fiber. We recommend Seventh Generation and Natural Value brands.

- 3. Skip the toxic plastics.** Our Pocket Guide to Plastics at www.ecocycle.org/guidelines/plastics can help you remember which plastics are more harmful than others. Choose glass containers to store foods to avoid plastic leaching.



in the LAUNDRY ROOM

THE WASTERS

- 1. The clothes dryer.** Electric dryers are typically powered by coal and are usually the second-biggest electricity hog after the refrigerator.
- 2. Bleaches, detergents with solvents and dryer sheets.** Dryer sheets are loaded with fragrance chemicals including known carcinogens, neurotoxics and skin irritants.

THE ZERO WASTE SOLUTIONS

- 1. Air your clean laundry.** Here in Colorado we have 300 days of access to a renewable energy source to dry our laundry: the sun. Hanging clothes on a clothesline or a clothes drying rack saves an average of \$85/year. New Colorado law prevents HOAs from banning clotheslines.
- 2. Whiten naturally.** Use non-bleach whiteners that contain hydrogen peroxide instead of chlorine; choose soaps instead of detergents from companies that disclose their ingredients, and air-dry your clothes for that fresh smell. Recommended laundry products: Seventh Generation, Borax, Ecover, Eco-Products.



in the BATHROOM

THE WASTERS

- 1. Virgin-content toilet paper and facial tissues.** See “paper towels and napkins” in the Kitchen section. The biggest offenders with no recycled content: Target, Walmart, Quilted Northern, Angel Soft, Charmin, Scott, Kleenex, Puffs. Learn more at greenpeace.org.
- 2. Don't clean with dirty air.** Conventional cleaners, such as those containing ammonia, bleach or solvents, contribute to indoor air pollution, which may be 2-5 times worse than outdoor air. U.S. streams and waterways are contaminated with disinfectants and detergent compounds.



THE ZERO WASTE SOLUTIONS

- 1. Don't flush forests: Use post-consumer recycled toilet paper and facial tissues.** Using recycled paper reduces wastewater, air and water pollution, greenhouse gases and saves energy. If every household in the U.S. replaced just ONE roll of virgin fiber toilet paper (500 sheets) with a 100% post-consumer recycled roll, we could save 423,900 trees. Most recycled-content paper is bleached without toxins by using hydrogen peroxide. Look for totally chlorine free (TCF) or processed chlorine free (PCF) with 50-80% post-consumer content. Trustworthy brands: Seventh Generation, Natural Value, 365, Earth Friendly.
- 2. Use “clean” cleaners and go non-toxic.** A few safe, simple ingredients can be used in most cleaning situations, such as vinegar, baking soda, borax and dish soap. If every household replaced one 32 oz. solvent-based glass and surface cleaner with a solvent-free cleaner, we could prevent 9.3 million lbs. of volatile organic compounds from being released into the environment. Learn how you can make your own safe, inexpensive cleaners at www.ecocycle.org/hazwaste. Recommended non-toxic cleaning products: Seventh Generation, BioKleen, Ecover.

on the GO

THE WASTERS

- 1. To-go cups and containers.** Americans throw out more than 2.1 MILLION TONS of paper and plastic plates and cups every year. While some restaurants around town provide compostable to-go products, many still carry the oh-so-un-eco-friendly Styrofoam (PS #6) and other icky plastics.
- 2. Bottled water.** The bottle is recyclable but... producing the bottles for American consumption alone required the equivalent of more than 17 million barrels of oil, and that's not including energy for transportation. It takes three liters of water to produce one liter of bottled water, twice as much as to produce tap water. Some multinational water bottlers are draining local water supplies, denying communities of their basic right to clean water.



THE ZERO WASTE SOLUTIONS

- 1. Bring your own.** Be prepared to combat this deluge of waste by traveling with a reusable stainless steel coffee mug, a cloth napkin and a set of reusable utensils, whether it's for your lunch in the office or a trip up to the ski slopes. Bring your own to-go box—Pyrex® containers or To-Go Ware® stainless steel tiffins work great. You can also ask the restaurant to consider eco-friendlier options like compostable containers made of bagasse or plain aluminum foil.
- 2. Bottle your own in a stainless steel bottle:** Stainless steel bottles can be reused countless times; look for bottles with no BPA coating. Tap water is more strictly regulated than bottled water and saves you money along with environmental destruction.

Local Businesses Reach for Zero Waste

by Erin Makowsky, Zero Waste Services Coordinator

These businesses prove that no matter what industry you're in, there are always ways to get closer to zero! Look for our Zero Waste Community Partner clings (right) around town and support the local businesses that share your environmental values.



Amgen Colorado Boulder & Longmont www.amgen.com

Amgen Colorado's Boulder and Longmont facilities signed up with Eco-Cycle as a Zero Waste Community Partner in May 2008. In early 2009, the sites launched an internal Composting and Recycling Expansion Program, known as CARE, which minimized the number of trash bins in administrative areas while adding recycling and composting bins. Additionally, Amgen Colorado created "trash-free zones" in administrative areas by removing all individual desk-side trash bins and encouraging employees to sort and recycle discards. The program dramatically affected employee recycling behavior, resulting in a more than 17% increase in the company's landfill diversion rate. With the help of Eco-Cycle, additional waste diversion efforts made a difference both for Amgen Colorado and the local community: Most of their events have been Zero Waste since 2008. Hard-to-recycle materials are kept out of the landfill whenever possible, and plastic five-gallon buckets are donated to Eco-Cycle's Green Star Schools program to be used for compost collection in classrooms. Amgen Colorado was also the proud recipient of the 2009 Center for ReSource Conservation Waste Reduction Award, and they continue to push the envelope with energy conservation and waste reduction initiatives in their laboratories and manufacturing and office areas, moving them closer to zero.



Avery Brewing Co. 5763 Arapahoe, Boulder www.averybrewing.com

Like local, hand-crafted beer? Then chances are you've tasted (or dreamt about) one or more of Avery Brewing Company's 20 beers. Here's one more thing to love: Avery's commitment to Zero Waste! The company has partnered with Eco-Cycle to recycle glass bottles and cardboard from the manufacturing floor and single-stream recyclables from their offices. Pallet wrap is recycled through Eco-Cycle's CHaRM on the Road service (see ad below), and all food scraps and low-grade paper products from both the production floor and the Avery Tap Room are composted. Avery's entire staff has enthusiastically committed to working toward Zero Waste, and so far in 2009 their collective efforts have kept more than 10 tons of recyclables out of the landfill! Next time you're thirsty, raise a glass of one of Avery's ales and toast the company's commitment to the environment.



Berlin Flooring 2526 49th St., Boulder www.berlinflooring.com

Berlin Flooring may be the oldest hardwood flooring company in Boulder County, but the company's take on waste is anything but old-fashioned. Family-owned and operated since 1953, this Zero Waste partner composts all untreated wood scraps and sawdust from its sanding jobs along with food scraps, paper towels and grass clippings from its retail property. Materials like plastic film and scrap metal are recycled at Eco-Cycle's CHaRM, and all networking events hosted by Berlin Flooring, such as the Boulder Green Building Guild's member happy hour in September 2009, are Zero Waste. The staff is reducing its waste too—employees bring their own travel mugs to work, eliminating the need for disposable coffee cups in the office. Berlin Flooring also specializes in reclaimed and Forest Stewardship Council (FSC)-certified wood flooring and uses low-VOC products for finishing hardwood floors. With more than 55 years of experience in the community, Berlin Flooring is helping protect our future by striving for Zero Waste.



Studio 1 Dental 1610 Canyon, Boulder www.studioonedental.com

You choose the right dentist to zero out cavities, not waste, right? Well, now you can have both at Studio 1 Dental, located in downtown Boulder. Dental offices are inherently tricky when it comes to Zero Waste due to the non-recyclable nature of dental supplies. But that didn't stop Studio 1 Dental from taking on the challenge. The office assessed its non-hazardous waste stream and trained employees on which materials to separate as recyclable, compostable, hard-to-recycle or whatever's left. Studio 1 Dental gives patients compostable single-use cups for rinsing and uses recycled-content paper products—from printer paper to paper towels. Items like block foam and plastic stretch wrap are recycled at the CHaRM, unneeded shipping materials are taken to PakMail® for reuse, and the staff works with suppliers to reduce excessive packaging. Dentist Donovan Martin also identified a source of waste going out the front door: complementary toothbrushes for every patient. Studio 1 Dental now provides Preserve® toothbrushes, made from recycled plastic yogurt tubs. And, the office will take them back for recycling through the manufacturer's program when patients are done using them. How's that for a reason to smile?

photos by David Reindel

NEW
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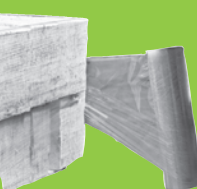


pallet / stretch wrap,
plastic bags

electronics

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With CHaRM on the Road, we provide easy-to-store collection containers, CHaRM guidelines and free training sessions for employees. Reduce waste, support new and local recycling markets, and prevent pollution—*sign up today!*

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Thank you to the following donors who contributed to Eco-Cycle from April 1 - October 16, 2009

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Zero Waste Events Program

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Zero Waste Champions

The following individuals have chosen to make an automatic, monthly contribution to Eco-Cycle. Their continual commitment and generosity help sustain our mission to build Zero Waste communities.

Stephen Citarella
Christina & Jeremy Haley
Jabe Hickey
Dr. Sally Parsons
Eric & Vicki Tiedeman
Linda Silverthorn

Founders' Society

In 1976, Eco-Cycle rolled out a fleet of old school buses onto Boulder streets to collect recyclables. The vision of our founders made us part of the dawning of recycling in America. Today, Eco-Cycle is a leader in the new revolution in resource conservation: Zero Waste. The following individuals are part of the Eco-Cycle Founders' Society, a group of loyal supporters who have committed to annual gifts of \$1,000 or more.

Cindy Carlisle Lee Ann Cast Deborah Crowell Steve Demos & Sheryl Lamb Bradley Feld & Amy Batchelor	Richard Matsch Dr. Sally Parsons David & Janet Robertson Edwin L. Wolff Mary Wolff Eriks Ziemelis
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Curbside Recycling's DIRTY DOZEN

from page 1

5. HAZARDOUS WASTE

NO: Hazardous Waste has no place in a recycling bin. Products such as paint, automotive fluids, car batteries and pesticides are considered hazardous and are not handled by the recycling center in any way. These materials expose workers to potentially harmful chemicals and create liabilities for the recycling program.

YES: Products like these can be taken to the Boulder County Household Hazardous Waste Facility. There is no charge for residents of Boulder County, Broomfield County or Erie. Call 303-441-4800 for more information, or see page D of the pull-out guide.

containers and who will take them for proper disposal at www.ecocycle.org/htrg.

Want to learn more? Take a video tour of the facility to see why these materials are such a recycling challenge. View one-minute videos demonstrating what happens when these materials end up in your curbside bin and share them with friends or post to Facebook. Download printable guidelines and the full Dirty Dozen list and post them at a recycling bin near you—at work, at home, your place of worship, etc. You can find it all at www.ecocycle.org.

Thanks, Recyclers!



Bio-hazardous waste such as needles and diapers have no place in the recycling bin!

6. BIO-HAZARDOUS WASTE including DIAPERS and NEEDLES

NO: Syringes and needles (or “sharps”), diapers and other bio-hazardous materials also have NO place in a recycling bin. Needles placed in sealed containers are occasionally, perhaps mistakenly, thrown in the recycling bin and show up on the sorting lines, putting our workers at great and unacceptable risk. Diapers are not recyclable, nor are they compostable.

YES: All needles or “sharps” should be placed in approved containers. Do NOT throw them in the recycling OR trash. Learn where to get approved

Sierra Magazine Names CU Top 'Green' University

by CU Recycling Staff

Sierra Magazine, the official magazine of the nation's oldest and largest environmental non-profit, the Sierra Club, named the University of Colorado at Boulder the top “green” university in the nation in its September/October 2009 edition, a move up for CU from second place in 2008.

Results were compiled from a 39-question survey measuring sustainable practices and initiatives in the categories of academics, administration, efficiency, energy, food, purchasing, transportation and waste management.

With an overall score of 100—the highest possible rating—CU-Boulder was strongest in the areas of transportation and waste management. Alternative transportation options available to CU students include bus passes, the ski bus and a free bike-share program, and biofuels are used in university vehicles. CU-Boulder's extensive student-operated recycling program dates back to 1973, and the 2008 “Ralphie's Green Stampede” initiative transformed Folsom Field into a Zero Waste facility.

The university's leadership in sustainability spans nearly six decades with rigorous academic offerings in the Environmental Studies Program, as well as the integration of environmental studies into other fields including architecture and planning, business, law, journalism and others. CU-Boulder offers 14 degree programs, nine majors and four certificate programs in or related to environmental studies.

“The students of the University of

Colorado are the heart and soul of our sustainability efforts and have been leaders in environmental stewardship for nearly 60 years,” said Dave Newport, director of CU's Environmental Center. “The partnerships among administrators, students, faculty and staff build on that commitment and extend it across campus.

“While I have no doubt that any of the top 20 campuses mentioned in Sierra's ranking are worthy of a No. 1 rating, I think the award recognizes CU's 60-year history of cooperative synergies as the symbol of true environmental leadership,” Newport said.

CU-Boulder also leads the nation in the number of scientific publications on environmental research and is one of the nation's top funded universities for environmental research, according to the National Science Foundation. Also considered in the Sierra analysis was CU-Boulder's commitment to LEED efficiency standards in campus renovations and new construction.

Universities trailing CU-Boulder in the top five are the University of Washington at Seattle, Middlebury College, the University of Vermont and the College of the Atlantic. CU-Boulder remains the only Colorado institution to appear in the Top 10 lineup of “eco-enlightened” U.S. colleges for all three years the report has been issued.

For more information about CU-Boulder's sustainability programs and initiatives, visit www.colorado.edu/sustainability. To learn more about CU's award-winning recycling program, contact Jack DeBell, Development Director, at 303.492.8733 or debell@colorado.edu.



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