

# Ridge Meadows Recycling Society

## Recycling Report

SEPTEMBER, 2015



**\*\*\*CITY MOVES  
FALL CHIPPING  
SET-OUT  
DEADLINES  
FORWARD TO  
ASSIST RESIDENTS  
WITH STORM  
CLEANUP\*\*\***

**NEW SET-OUT  
DEADLINES:**

**WEST of 224th:  
TUESDAY,  
September 15**

**EAST of 224th:  
MONDAY,  
October 5**

More info at  
[rmrecycling.org](http://rmrecycling.org)

### REMINDER

**NO CURBSIDE  
RECYCLING  
PICKUP and the  
RECYCLING DEPOT  
WILL BE CLOSED  
on MONDAY,  
SEPTEMBER 7  
because of the  
Labour Day  
statutory holiday**



## The Red Box

The popularity of the new red recycling box for plastic has surprised everyone, even us! "The new red box is part of the plan to phase out some of the recycling bags," says RMRS Board Member Candace Gordon, "The red box replaces the old pink/clear bag for plastics, which was introduced in 2010. Before that, plastics were collected in regular grocery bags."

Grocery bags can now be used to collect all soft plastic bags & film. Keeping these separate from hard plastic is one of MMBC's requirements.

### Accepted in Red Box:

- Plastic bottles & jars
- Plastic cups
- Plastic jugs
- Plastic lids
- Plastic tubs
- Soft plastic bags & film

**NOT Accepted:** Styrofoam, multi-laminate packaging (eg. Chip bags or pet food bags with plastic & foil or plastic layers stuck together)

\*Pick up your new red box at the **Maple Ridge Recycling Depot**, 10092 - 236th Street in Albion



**NO styrofoam**  
(Depot drop-off only)  
or chip bags  
(plastic & foil layers)



**Plastic  
shopping  
bag**

**Q: Why is there so much plastic these days? Why is it a problem?**

**A:** Plastic is relatively cheap, and light, making it ideal for shipping things as the light weight means less gas needed. Unfortunately the light weight also means plastic, especially bags, get picked up by the wind and float downstream, making their way to the ocean. Plastic breaks down into smaller and smaller pieces, but NEVER completely decomposes, negatively affecting all marine life from sharks & whales to plankton & microscopic organisms that mistake it for food and ingest it into the food chain. Reduce & Recycle!

Collect all soft plastic bags  
& film in a plastic bag



**Candace Gordon, Board Member, Ridge Meadows Recycling Society**

## Candace Gordon Gives Us A Recipe to Reconnect with our Food Waste

*Candace Gordon is a founding member of RMRS. She has maintained a passionate interest in and commitment to the environment.*

*In 1981, she wrote the Society's constitution, and has served as President, Past President and Treasurer. She has also served 12 years on Maple Ridge Municipal Council. During that time she continued as a member and volunteer for the Recycling Society.*

*In April, 2012, she was honored as Maple Ridge Community Foundation's 2012 Citizen of the Year.*

September has arrived and we have entered the season of the harvest. We make our way to the Haney Farmers Market and reconnect with our local farmers whose tables groan under the weight of their fresh and plentiful produce. We are reconnecting with the Gourmet Grannies who hand out samples and recipes to cook up interesting, flavourful dishes. They inspire us to go to our kitchens, cook up a storm and invite our neighbours for a fabulous meal together.

We ponder our amazingly bountiful harvest as we give thanks for all this food. Yet the statistics show us that as wealthy a country Canada is we waste an astounding 40% of the food produced from farm to table. In Metro Vancouver we produce 190,000 tonnes of food waste per year of which over 100,000 is still edible. The amount of food would be reduced if each of us did one simple thing differently. Metro Vancouver has partnered with UK campaign LOVE FOOD, HATE WASTE to produce a Canadian version. If you go to [www.lovefoodhatewaste.ca](http://www.lovefoodhatewaste.ca) you can read all sorts of tips to reduce your food waste.

Reconnecting with our thrifty selves we can not only reduce our food waste but also save money and reduce our ecological footprints. Even though we may do the right thing by composting or recycling it, if we are throwing good food away we waste all the energy, labour and transportation used to produce it in the first place.

**VEGETABLE BIN STONE SOUP** is a great soup recipe to use up leftovers in your fridge...

**8 -10 cups** vegetable, chicken or beef stock and about **12 cups** vegetables in total.

\*longer cooking vegetables go in first: a mixture of chopped onions, chopped carrots, chopped celery, chopped broccoli, chopped cauliflower, chopped fennel, diced winter squash, pumpkin or potatoes.

**1 can** diced or crushed tomatoes, **2 tsp** herbs such as a mix of thyme, oregano, basil and rosemary

\*shorter cooking vegetables to add in last 20 minutes of cooking: corn kernels, peas, chopped summer squash or zucchini, chopped fresh tomato, any leftover cooked vegetables chopped, rinsed and drained canned beans, cooked rice, barley, or other grains, shredded or cubed cooked beef, chicken, pork or turkey, chopped fresh herbs such as thyme, basil, oregano, rosemary or parsley, 1 - 2 tablespoons, salt and freshly ground black pepper,

Finishing: grated or crumbled cheese such as cheddar, Parmesan, Provolone, Romano or feta etc., 2 tsp. honey, 2 tsp. lemon juice, 1 cup cooked pasta

**1. Bring stock to a simmer in a large soup pot. Add your choice of longer cooking ingredients. Let them simmer until everything becomes fairly tender, about 20 min.**

**2. Add your choice of the short cooking ingredients, season with salt and let simmer for another 15 -20 minutes. Start tasting toward the end, add the honey and lemon, season to taste and serve over cooked pasta if desired. Sprinkle with cheese.**

*-Adapted by C Gordon from MOM 101 Cookbook*



## Let's Talk About Bears...

Before Metro Vancouver's Organics Disposal Ban came into effect in January, 2015, residents still produced the same amount of food waste. Now, however, because plastic bags (even ones labeled "biodegradable" or "compostable") are banned from the organics tote, bears can no longer "grab and go" - to eat discarded food waste, they have to stay in a neighbourhood longer, increasing the likelihood of a human-bear encounter.



Currently, bears are in the process of fattening up for the winter. The extraordinary dry season this summer has led to bears' natural food such as berries peaking earlier in the season than usual. Bears need 2000 calories a day to fatten up for hibernation. If they can't find it in nature, they will venture further and further into human-inhabited areas.

Dan Mikolay, Wildsafe BC Coordinator for Maple Ridge, has a few suggestions for reducing animal attractants to keep wildlife wild and communities safe:

1. Remove bird feeders and pet food from outside your house
2. Clean barbecues, make sure there is nothing left on the grill that will attract animals
3. If you have curbside organic pickup, freeze meat/bones and other food waste until set-out day

He also adds that if you do encounter a bear, DON'T RUN. Act big by putting your hands in the air and slowly walk away. If you're with a group, stay together when walking away from a bear.



Report any wildlife sightings (bears, cougars) to the RAPP Conservation Officer 24 Hour Hotline at 1-877-952-7277. This helps the Officers track the animals' habits and territory and gives them an idea where to focus their efforts to keep down the number of human-wildlife interactions. A map showing reported locations is at [www.wildsafebc.com/warp](http://www.wildsafebc.com/warp)

## MORE Plastics Q&A...

**Q: Why can't I recycle chip bags or candy bar wrappers?**

**A:** Chip bags, candy or granola bar wrappers, and some pet food bags use what's called "multi-laminate" packaging. This means layers of different materials (plastic, foil, paper) are layered and sealed together. Unfortunately it is impossible to take these layers apart to recycle each of the materials so they have to be put in the garbage where they are either buried in the landfill or burned in an incinerator :(



**Q: Why don't you collect Styrofoam curbside? Why do we have to bring it to the Recycling Depot?**

**A:** It has only been in the last few years that a market for Styrofoam has opened up and we are now able to recycle it. Styrofoam is made of plastic with a lot of air injected into it, making it big and bulky. If we were to collect it on our trucks, they would fill up VERY fast, meaning more trips back to the Depot just to unload Styrofoam. It is now included in Multi Material BC's list of accepted items for their Printed Paper and Packaging stewardship program, which means free drop-off, but it still must be brought to the Recycling Depot.



## Upcoming Programs & Special Dates

**NO CURBSIDE PICKUP, RECYCLING DEPOT CLOSED - Monday, September 7 (Labour Day)**

**GETI Fest - Saturday, September 19:**  
10am - 3pm at Memorial Peace Park

**Rivers Day - Sunday, September 27:**

**Alouette River Management Society - [www.alouetteriver.org/events](http://www.alouetteriver.org/events)**  
11am - 3pm at Allco Park (24959 Alouette Road, MR)

*Great for the family with lots of activities for kids. Live entertainment, BBQ, children's fishing pond, environmental displays, nature tours, and more!*

**Metro Vancouver - Kanaka Connections Information: 604-462-8643**

11am - 3pm at Kanaka Creek Regional Park (River Road, MR)  
*Celebrate World Rivers Day with canoe tours, children's activities and stewardship displays. Allow 1.5 hours to complete all activities.*



## NEW DATES

**Fall Chipping Deadlines**  
for Maple Ridge Residents are:

**WEST of 224th Street =  
Tuesday, September 15**

**EAST of 224th Street =  
Monday, October 5**

Please place all branches in a 3x3x9 pile next to the road for chipping!

More info on our website at  
[www.rmrecycling.org](http://www.rmrecycling.org)



**L.A.S.T.**

**L.A.S.T. (Life After School Transition) Committee Events:**

**Wednesday, October 7 - Employer Recognition Event - 6:00pm** at the ACT Arts Centre & Theatre  
*Learn about the financial benefits of creating an inclusive workplace and the impact on workers!*

**Wednesday, October 21 - Free Community Living BBQ - 11:30am-2pm** @Greg Moore Youth Centre  
*Come out & enjoy food, music, dancing, & great company!*

**NO CURBSIDE PICKUP, RECYCLING DEPOT CLOSED - Monday, October 12 (Thanksgiving)**

**Waste Reduction Week - October 19-25**

*Join us on Tuesday, October 13 at Maple Ridge Council Chambers as we give our annual special presentation to Mayor & Council in honour of Waste Reduction Week.*



**Waste Reduction Week  
in Canada**



### Mission Statement

*"Ridge Meadows Recycling Society is a community-based, non-profit organization, advocating zero waste, operating responsible waste reduction services and providing environmental education. We employ people with developmental disabilities assisting their integration into the community."*

### Vision

*"A waste free, socially responsible community."*



Box 283 - 10092 236th Street,  
Maple Ridge, BC V2X 7G2  
604-463-5545

[www.rmrecycling.org](http://www.rmrecycling.org)

