

The Recology RESOURCE

HEALDSBURG | SPRING 2023

INFORMACIÓN EN ESPAÑOL EN EL INTERIOR



Why Compost? ¿Por qué compostar?

Keeping compostable materials out of landfills is one of the easiest actions you can take to reduce your carbon footprint. By placing your food scraps, uncoated soiled paper, and plant trimmings in your compost cart, you are putting nutrients back in the soil and reducing greenhouse gas emissions from landfills. Learn more about the benefits of composting at Recology.com/SB1383.

Mantener los materiales compostables fuera de los vertederos es una de las acciones más fáciles que puede tomar para reducir su huella de carbono. Al colocar sus restos de comida, papel sucio sin recubrimiento y recortes de jardín en su carrito de compostaje, está devolviendo nutrientes a la tierra reduciendo las emisiones de gases de efecto invernadero de los vertederos. Obtenga más información sobre los beneficios del compostaje en Recology.com/SB1383.



Visit Recology.com/SonomaMarin and select your location to find your pick up spot.

How is SB1383 enforced? ¿Cómo se aplica esto?

Route audits will be conducted randomly to ensure that compostable materials are not being placed in the garbage. You may receive a contamination notice if compostable materials are found in your garbage cart. If you see our employee-owners inspecting your carts, please know that they are required by law to do so.

Se realizarán auditorías de ruta al azar para garantizar que los materiales compostables no se depositen en la basura. Si se encuentran materiales compostables en su carrito de basura, es posible que reciba un aviso de contaminación. Si ve a nuestros empleados-propietarios inspeccionando sus carritos, sepa que la ley les exige que lo hagan.

Food Recovery in Sonoma County

We met with Duskie Estes, Executive Director of Farm to Pantry, to find out more about local food rescue.

RSM Tell me about Farm to Pantry.

DE We are a gleaning nonprofit. We harvest food (Sonoma County-grown fresh fruits and vegetables) on 300 backyards and farms with 500 volunteers. We share that food with 100 community partners, including food banks, food pantries, low-income housing, and various meal programs to feed and nourish people who need it.



RSM Why is food recovery important for people and the planet?

DE 1 in 5 in Sonoma County are facing food insecurity - that's not ok. And it's not about not having enough food; it's about the food being in the right place. Farm to Pantry is here to be that connection. Second, 40% of the food produced in the US ends up in a landfill, producing methane gas and worsening climate change.

We each have the power to make sure food feeds people instead of landfills.



RSM What can someone do to help?

DE Cut back food waste by reducing what you are putting on your plate, or when you plan a meal, focus on using whatever has the shortest shelf life first and preserve what you won't get to. Contact us and donate your own surplus fruit and veggies! Learn more at Farmtopantry.org.

Your Local Zero Waste Shop

We sat down with Kim Neal, owner of local Zero Waste shop, SOCO Trading Company, to ask some questions about having a low-waste lifestyle and her journey in this space.

Q: What inspired you to start your shop, and why is zero waste important?

A: My family and I lived in Fiji from 2017 to 2020. While living there we would go to these amazing white sand beaches, and at the same time encounter garbage everywhere and even animals ingesting plastic. That experience shocked me and made me realize we can do better. Zero waste is important because if we continue with overconsumption, what will be our childrens' future? So I want to support folks to discover zero waste and change that future.



Q: What are some tips for someone just starting to be more zero waste?

A: As you run out of things, try the refill version of it. Experiment as you go, and take those little steps to continue making changes. Or start with focusing on a room, like the bathroom first. The point is you don't have to be perfect at it, just start with a little bit at a time and don't stop there. And always feel free to bring us your questions - we would love to help you!

Q: Recology envisions a World Without Waste. What does that look like for you?

A: I think we need to develop a collective awareness about the waste problem and start with just one change. Making these simple swaps can become a catalyst to turn into a zero-waste society. I want to provide a safe place where you can learn how to be zero waste in a local place run by a local person that is part of the community.



Plastic Swaps

Looking to make some simple changes? Here are some swaps you can make to reduce plastic.

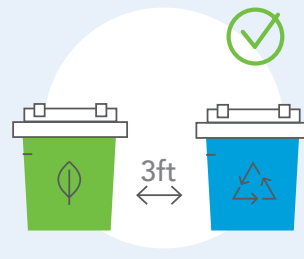
- Buy reusable bags and produce bags and keep them in your car so you never forget them.
- Try a soap dish block or bring your glass jar in to refill with liquid soap.
- Grab a travel utensil set for restaurants or social gatherings.

BEST PRACTICE MEJOR PRÁCTICA



Sign up for alerts
Regístrese para recibir alertas

Visit [Recology.com/RSMschedules](https://www.recology.com/RSMschedules) and sign up for alerts to be notified if there are service disruptions.



Carts must be 3ft apart
Los carritos deben separarse 3 pies

It is especially challenging for our drivers to service carts that are set out too close to each other or a car.



Don't bag recyclables
No embolsar reciclables

Always keep items loose! If the items are bagged when they enter our sorting facility, they are considered trash.



Don't overload or overfill
No sobrecargue ni sobrellene

Overflowing carts spill out when serviced, and our trucks can't lift carts that are too heavy.

SPRING CLEANING LIMPIEZA DE PRIMAVERA

Bulky Item Pick-up Recogida De Artículos Grandes

Healdsburg residents are eligible for 1 free bulky item pick-up per year. Schedule a pick-up at: RecologySonomaMarin@Recology.com or 800.243.0291. Find out more information at [Recology.com/Healdsburg](https://www.recology.com/Healdsburg) under the "Bulky Items" tab.

Los residentes de Healdsburg son elegibles para 1 recolección gratuitas de artículos voluminosos por año. Programe una recogida en: RecologySonomaMarin@Recology.com o 800.243.0291. Obtenga más información en [Recology.com/Healdsburg](https://www.recology.com/Healdsburg) en la pestaña "Bulky Items".



Debris Box Service Servicio de Cajas de Desechos

Have a larger project you need to clean up? Contact our debris box department for a quote today! Contact jroyjr@recology.com or jgeist@recology.com or submit a request online at bit.ly/RSMRequestBox. ¿Tiene un proyecto más grande que necesita limpiar? ¡Póngase en contacto con nuestro departamento de cajas de desechos para obtener una cotización hoy! Póngase en contacto con jroyjr@recology.com o jgeist@recology.com o envíe una solicitud en línea a bit.ly/RSMRequestBox.

Reuse & Thrift Reutiliza y Ahorra

For gently used items, consider reselling them or donating them to a local thrift store. You can find a list of organizations on Zero Waste Sonoma's website at bit.ly/ZWSthrift. Para artículos usados con cuidado, considere revenderlos o donarlos a una tienda local de segunda mano. puede encontrar una lista de organizaciones en el sitio web de Zero Waste Sonoma en bit.ly/ZWSthrift.



Battery Recycling Reciclaje de Baterías

You can recycle batteries curbside! Tape the battery terminals and place them in a sealed clear plastic bag **ON TOP** of your recycling cart.

¡Puede reciclar las baterías en la acera! Pegue con cinta los terminales de la batería y colóquelos en una bolsa de plástico transparente sellada ENCIMA de su carrito de reciclaje.



CCNB Recycling CCNB Reciclaje

Use the drop-off recycling programs for **mattresses, carpet, and e-waste** provided by the Conservation Corps North Bay at their Novato and Cotati locations: [CCNorthBay.org/Zero-Waste](https://www.CCNorthBay.org/Zero-Waste)

Consulte los programas de reciclaje de **colchones, alfombras y desechos electrónicos** proporcionados por Conservation Corps North Bay en sus ubicaciones de Novato y Cotati: [CCNorthBay.org/zero-waste](https://www.CCNorthBay.org/zero-waste).



Hazardous Waste Residuos Peligrosos

DO NOT dispose of household hazardous waste in the garbage, recycle, or compost bins. HHW is extremely dangerous to sanitation workers and must be disposed of properly. Zero Waste Sonoma has several options for the proper disposal of household hazardous waste. Visit [ZeroWasteSonoma.gov](https://www.ZeroWasteSonoma.gov) or call 707.565.3375 to learn more.

NO ponga los residuos domésticos peligrosos en el bote de basura o en los contenedores de reciclaje o compostaje. Es extremadamente peligroso para los trabajadores de saneamiento, y deben ser eliminados adecuadamente. Zero Waste Sonoma tiene varias opciones para la eliminación adecuada



de los residuos domésticos peligrosos. Visite [ZeroWasteSonoma.gov](https://www.ZeroWasteSonoma.gov) o llame al 707.565.3375 para obtener más información.



Recycling Don'ts

No en el Reciclaje

These items never go into the recycling cart because they can cause severe harm or pollution.

Estos artículos **nunca** van al carrito de reciclaje porque pueden causar daños o contaminación.



PROPANE TANKS AND BATTERIES
 TANQUES DE PROPANO Y BATERÍAS



CAUSES FIRES AND EXPLOSIONS PROVOCA INCENDIOS Y EXPLOSIONES

When propane tanks and batteries encounter our equipment, they can cause extremely dangerous fires. They must be disposed of as hazardous waste. *Cuando los tanques de propano y las baterías se encuentran con nuestro equipo, pueden causar incendios extremadamente peligrosos. Deben desecharse como residuos peligrosos.*



MEDICAL SHARPS
 OBJETOS PUNZOCORTANTES MÉDICOS



CAN HURT EMPLOYEES PUEDE LASTIMAR A LOS EMPLEADOS

Part of the process of sorting recyclables is done by hand. If a sharp is in the stream of recyclables, it can poke through their glove, potentially causing injury or spreading infection. Sharps must be disposed of as hazardous waste. *Parte del proceso de clasificación de los reciclables se realiza a mano. Si hay un objeto afilado en el flujo de materiales reciclables, puede atravesar el guante y causar lesiones o propagar una infección. Deben desecharse como residuos peligrosos.*



STYROFOAM™ (POLYSTYRENE)
 POLIESTIRENO



POLLUTES THE ENVIRONMENT CONTAMINA EL MEDIO AMBIENTE

Processing polystyrene with recyclable materials causes it to break into tiny pieces that easily blow away and are impossible to contain. They should be contained in bags and placed in the garbage. *El procesamiento de poliestireno con materiales reciclables hace que se rompa en pedazos diminutos que vuelan fácilmente y son imposibles de contener. Deben guardarse en bolsas y colocarse en la basura.*

COMPOST COMPOSTAJE



FOOD SCRAPS
 RESTOS DE COMIDA



PLANT TRIMMINGS
 DESECHOS DE JARDÍN



UNCOATED SOILED PAPER AND WOODEN UTENSILS
 PAPEL SUCIO SIN RECUBRIMIENTO UTENSILIOS DE MADERA

RECYCLING RECICLAJE



PLASTIC BOTTLES, TUBS, AND JUGS
 BOTELLAS, BALDES Y JARRAS DE PLÁSTICO



METAL
 METAL

GLASS
 VIDRIO



PAPER, FLATTENED CARDBOARD, AND CARTONS
 PAPEL, CARTÓN PLANO Y CARTONES