



Sustainability Newsletter

Winter 2019

Zero Waste Holidays

The average North American throws away 4.5 pounds of garbage every day, and sadly, this number goes up by 25% over the holiday season. As we become more aware of the environmental ramifications, people around the world are taking a stand and making a commitment to live a zero-waste lifestyle.

The zero waste life is all about producing as little trash as possible. This is accomplished in part by refusing all single use plastics, buying from bulk stores using reusable containers and viewing all purchases as a vote for the type of world we want to live in.

So, as we approach the holiday season, what can we do to reduce our personal environmental impact?

Well, let's start with the tree. If you already have an artificial tree, then use it! Treat it kindly and try to make it last as long as possible. If you don't, a real tree is more sustainable IF it is harvested locally and it is able to break down naturally after it is done inside. Make decorations from items you have around your house or find some previously loved ones at a thrift shop or your local reuse shed.



As for gifts, think about giving experiences that can be shared together and will last a lifetime. Or if you really want to give an item that the recipient truly wants or needs, then please make sure to wrap it sustainably. Did you know that most wrapping paper isn't recyclable? And after tearing through all of it, it's probably not reusable either. In order to prevent this, stick to gift wrapping that can be used over and over like holiday bags and tissue paper or the beautiful cloth alternatives. Or you could also go for a double gift and make the wrapping part of the present. Have you heard of Furoshiki (the Japanese art of wrapping items in cloth)? Check it out for ideas and inspiration!! Maybe for that person on your list that has everything, consider donating to a charity close to their heart in their honour. Making a difference in the world can mean a lot!!

At the end of the day, every little bit that you do counts. Cut back where you can and be mindful of what you're buying and throwing away. If we all do something, together we can make a difference!!

In this issue:

- Holiday Recycling
- Christmas DIY
- Holiday Closures



This newsletter can be viewed online at: www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter

If you have any questions about the content of this newsletter, please contact Elaine Wiebe, Environmental Services Assistant, Regional District of Bulkley-Nechako at 250-692-3195, toll free: 1-800-320-3339, email: elaine.wiebe@rdbn.bc.ca

Holiday Packaging and Paper

What can you recycle at your local (Smithers/Telkwa, Burns Lake, Fort St. James and Vanderhoof) Recycling Depots??



The holidays are a time for celebrating, and there is often additional packaging and paper that comes along with the festivities! Be sure to properly recycle your holiday packaging and paper, and if you aren't sure if a material can be included in your curbside, multi-family recycling you can search 'what can I recycle' at the Recycle BC website or view our quick reference guide below!



RECYCLE your holiday **PACKAGING** and **PAPER**

YES	RETURN TO DEPOT	NO
<p>PAPER</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Paper Gift Wrap</p> </div> <div style="text-align: center;">  <p>Paper Greeting Cards</p> </div> <div style="text-align: center;">  <p>Cardboard and Shipping Boxes</p> </div> <div style="text-align: center;">  <p>Paper Gift Bags</p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Flexible Packaging with Plastic Seal</p> </div> <div style="text-align: center;">  <p>Candy Wrappers</p> </div> <div style="text-align: center;">  <p>Plastic Bags and Overwrap</p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Foil Gift Wrap</p> </div> <div style="text-align: center;">  <p>Ribbons and Bows</p> </div> <div style="text-align: center;">  <p>String Lights</p> </div> </div>
<p>CONTAINERS</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Cartons</p> </div> <div style="text-align: center;">  <p>Coffee Cups</p> </div> <div style="text-align: center;">  <p>Aluminum Trays</p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Plastic Envelopes, Bubble Wrap and Air Packets</p> </div> <div style="text-align: center;">  <p>Foam Packaging</p> </div> <div style="text-align: center;">  <p>Plastic Woven and Net Bags</p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Batteries</p> </div> <div style="text-align: center;">  <p>Electronics</p> </div> <div style="text-align: center;">  <p>Toys</p> </div> </div>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Metal Tins</p> </div> <div style="text-align: center;">  <p>Plastic Trays</p> </div> </div>	<div style="text-align: center;">  <p>Stand-up and Zipper Lock Pouches</p> </div>	<div style="text-align: center;">  <p>Food/Compost</p> </div>
	<p>Learn more: RecycleBC.ca/Seasonal-Packaging</p>	<p>To recycle items that are not packaging or paper, contact: Recycling Council of BC (RCBC) 604-732-9253 RCBC.ca.</p>

For more info on your community, you can call us (1-800-320-3339) or check out the Recycle BC website at recyclebc.ca!!

Christmas DIY

Here's some ideas to get you started! Look around your home for ideas of what could be made :)

Sock Snowmen

You'll need a pair of old socks that are crew length or longer. Cut off the top of the sock from the foot. Turn the sock inside out and attach a rubber band tightly to the top of the sock. Then turn the sock right side out again. Fill the sock with rice. Make sure to pack it down as you go so the sock gets a nice round base. Rubber band the top of the sock closed and put another rubber band 3/4 of the way to the top for the head of your snowman. Now decorate! Tie a scarf around your snowman's neck and add eyes, nose and buttons. Use the toe of your cut socks to fashion a stocking cap.



Little Yarn Hats

First, take a toilet paper roll and fold it a bit for easier measuring. Measure 1.8 cm or 0.7 inch wide strips. You'll get five strips from one paper roll. Now, take your yarn scraps and measure off 35 cm or 14 inch long lengths. You can use whatever color you like, but remember that some yarns are easier to work with than others. Choose one that is not too thick or fluffy. Fold a piece of yarn in half and place inside the strip of paper roll. Keep the ends on one side and the loop on the other. Thread the ends of the yarn into the loop. Then pull them tight to make a knot on the strip. Continue with more strand of yarn until you have the entire strip covered. Next, pull all the loose ends through the loop to the other side.

Take a piece of yarn and tie it around the rest of the threads to form the pom-pom part. Trim the yarn to get a round and fluffy pom. Don't trim the thread you used for tying if you want to hang your hat. And voila! You have a little yarn hat ready to hang!!!

Scrap Ribbon Christmas Tree Ornament

Take some straight sticks or cinnamon sticks, about 6 inches long. Tie the scraps of ribbon down the twig or cinnamon stick. For best results, bunch the ribbons close together. The ribbons will bend and slightly overlap. Gentle tug them into place until you are satisfied with their placement. Use sharp scissors to trim the ribbon scraps into the shape of a Christmas tree. If desired, melt the edges of the ribbon with a match so the ribbon doesn't fray. Hot glue or tie a loop or twin to the top of the tree. If desired, top the tree with a wooden star, yellow button, or primitive metal star. Your scrap ribbon tree ornament is complete!



These are some ideas to get you started! There are lots of other decorations you can make. Check out your local library or book store for books on the subject. If you have online access, there are numerous sites out there with many different ideas!!

Happy Holidays!!!

Save this page for an easy reminder of when our waste sites are open.

Transfer Station and Landfill Holiday Closures

Transfer Stations will be **CLOSED** on:

- Christmas Day
- Boxing Day
- New Year's Day

Burns Lake Transfer Station

Southside Transfer Station

Area 'D' Transfer Station

Vanderhoof Transfer Station

Fort St. James Transfer Station

Smithers-Telkwa Transfer Station

Granisle Transfer Station

Landfills will be **CLOSED** on:

- Christmas Day
- Boxing Day
- New Year's Day

Knockholt Landfill

Clearview Landfill

The Regional District Office at 37-3rd Ave in Burns Lake will be closed between Christmas and New Years. (December 25 until January 1)



From our office to your homes, we wish you all the best as 2020 begins!! Let's take good care of the people and places around us.

