

When Water Tastes Weird...

60% of Canadians say they get their drinking water from plastic bottles. At room temperature toxic phthalates leech out of #1 plastic into drinks making them taste "old and stale". Never reuse #1 plastic bottles. Better yet, drink from the tap with a refillable water bottle made of metal or glass.



Say NO to styrofoam!

Styrofoam is not recyclable and takes thousands of years to break down.



Because of the benzene (carcinogen) it's made of, this particular form of plastic causes massive amounts of air pollution during the manufacturing process, and if it is burned.

Animals have also been known to eat the foam which causes them to starve by blocking their digestive tract.

#4, #5 & #2 - All the rest are bad for you!



Always check the number on plastic food containers, number 7 plastics can contain the estrogen hormone Bisphenol A banned by Heath Canada.



Top 10 Ways to be Garbage Smart

1. Get educated. Read about recycling and going waste-free and learn about what others are doing.
2. Compost! Roughly 40% of the waste in our landfills is compostable organic matter. There are many types of composters available to meet everyone's needs.
3. Buy second hand. Besides saving you money, previously loved goods don't come with packaging.
4. DIY (Do It Yourself). You can make a surprising number of things yourself from bread to laundry soap.
5. Check the package BEFORE you buy it. Go for "pure" packaging products like glass and metal instead of composite products like tetrapaks that are hard to recycle.
6. Stop using plastic bags. If you forget your reusable bag, carry your goods without one. Use cotton or mesh bags for produce and bulk as well.
7. Take out containers. When you're leaving the house in the morning, and you don't have a lunch with you, grab a container and some cutlery. Keep a couple "to-go kits" in the car with your fabric bags.
8. Support local businesses. Small business can adapt quickly to the requests of customers. Align your shopping with stores that fit your lifestyle & reduce shipping and travel cost by walking to shops.
9. Recycle everything you can. Do some research to seek out alternative recyclers & have a list posted on the inside of a kitchen cupboard as a quick reference. Remember that every little bit helps.
10. Set up your recycling in a convenient place. Don't be afraid to put them out in the open. People are more likely to ask what your system is all about, and you can share your recycling knowledge.

Adapted from "The Clean Bin Project 2010" cleanbinproject.com.

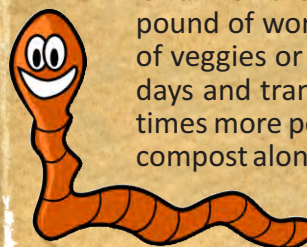


"Unless someone like you cares an awful lot, nothing's going to get better, it's not" Dr. Seuss from The Lorax

Year-Round Composting



Worm composting (vermiculture) is fun for the whole family! One pound of worms can eat a pound of veggies or junk mail every two days and transform it into soil 11 times more powerful than regular compost alone!



How Will YOU Make a Difference?



WASTE WISE, in partnership with the City of Williams Lake and the Cariboo Regional District, offers free and fun presentations to students that show how easy, every day actions can make a difference to reduce waste.

Schools within the city of Williams Lake and any School District 27 or 28 school with Cariboo Regional District students qualify for these in class presentations.

Find out how composting with black bins or worms can reduce classroom paper towels, apple cores and more!



Together
We Can Make
Garbage History...
Contact Us Today!



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Once Upon
A Time
There was
Garbage...