



## Change is good!

Is your trash cart the wrong size for your family? If your cart is too small, you can get a bigger cart. If your trash cart is too big and you always have a lot of extra space, you can switch to a smaller cart and save money. Residents can choose a 35, 64, or 96 gallon cart. Monthly payment is based on the size and quantity of the gray trash cart(s) only. Larger or additional recycling or green waste carts are available at no additional charge. To request a change in the size or number of your carts, contact Waste Management at 310-830-7100 or [wmservice@wm.com](mailto:wmservice@wm.com).

For occasional overflow, residents can request additional bag collection twice a year and during the two weeks following December 26. You must call Waste Management at 310-830-7100 to schedule this service. If you don't call ahead, extra bags will not be picked up.

Bulky items, such as appliances, electronics, tree limbs, and similar items, may be collected at the curb. Residents may receive three bulky item collections per year at no additional charge. You must call Waste Management at 310-830-7100 to schedule this service. Please—never place bulky items at the curb until after you have scheduled an appointment with Waste Management.

Remember—Waste Management no longer services personal containers. You must use your Waste Management carts to receive collection service for trash, recycling, or green waste. Carts can be rolled to the curb at 10 a.m. the day prior to collection and must be removed from the curb by 10 a.m. on the day after collection.

For more information, visit <http://manhattanbeach.wm.com>.

A Newsletter of



**City of Manhattan Beach**

Solid Waste Hotline

**310-802-5300**

[www.citymb.info](http://www.citymb.info)

Waste Management

**310-830-7100**

[www.wm.com](http://www.wm.com)

**Fall 2012**


## Need a speaker?



If your organization needs a speaker and would like to learn more about recycling and proper waste management, contact Janine Hamner, Community Relations Manager for Waste Management, at 323-333-6665 or [jhamner@wm.com](mailto:jhamner@wm.com) to schedule a presentation.

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**QUOTES**  
REQUOTED



The history of life on earth has been a history of interaction between living things and their surroundings.

**Rachel Carson, 1907-1964**

Carson is best known as the author of *Silent Spring*, which was published 50 years ago this fall.

# What goes into my carts?

## Trash

The trash cart is for household waste that cannot be recycled or composted. Place all refuse inside the container and close the lid. Bagged pet waste goes into your trash cart!



**NO hazardous waste!**

## Recycling

Recyclable materials can be broken down into four main categories: paper, plastic, metal, and glass. Examples of items that can be recycled include:



- Newspapers
- Cardboard
- Mixed Paper, including copier and printer paper
- Envelopes and Bulk Mail
- Cereal and Similar Boxes (remove liners)
- Magazines, Catalogs, and Phone Books
- Aluminum Cans
- Tin/Steel Cans
- Milk Cartons and Juice Boxes
- Plastic Bottles and Jugs
- Glass and Plastic Food and Beverage Containers
- Styrofoam

**NO hazardous waste!**

## Green Waste

Acceptable green waste materials include:

- Grass
- Leaves
- Tree Branches (cut to fit into cart with lid closed)
- Plants and Weeds
- Garden Trimmings



**NO palm fronds, soil, rocks, manure, or animal waste — these should be placed in the gray trash cart.**

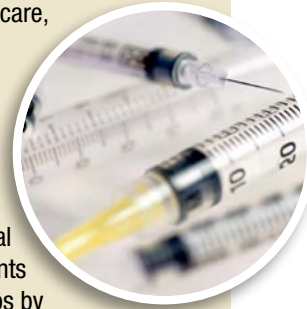
**NO hazardous waste!**

## Be a good neighbor!

When your carts aren't at the curb for collection, be a good neighbor and screen them from public view. Pull carts into your garage or carport, or place them behind a gate. Not only does this improve the look and feel of the neighborhood, but it also reduces the likelihood of illegal scavenging from your carts.

## what's up?

Waste Management sponsors the Sharps by Mail program. Sharps, such as lancets and syringes used for in-home medical care, cannot be mixed with household trash. The Sharps by Mail program allows a convenient option for proper disposal of sharps. Residents can order a Sharps by Mail kit, which includes a red disposal container and a postage-paid box to ship the full container to a hazardous waste facility. The first three kits are free. To learn more about this program, call Waste Management at 310-830-7100.



Residents can also drop off unwanted or expired medication in the pharmaceutical drop-off box located in the Civic Center parking lot at 1400 Highland Avenue. All medicines are accepted. For more information, visit [www.citymb.info](http://www.citymb.info).



# Too **TOXIC** to trash!



There are some items that should never go into your curbside carts because they are simply too toxic to trash. These include household, automotive, and garden chemicals, such as paint, drain cleaners, antifreeze, and pesticides.



In Manhattan Beach, residents have two convenient options for safely and properly disposing of these items, which are commonly referred to as household hazardous waste, or HHW. All types of paints, stains and varnishes, solvents, glues, antifreeze, used motor oil and filters, transmission fluid, coolants, batteries, lighter fluid, acids, pesticides, household cleaners, pool chemicals, computer monitors, old TVs, compact fluorescent tubes and bulbs, thermostats and other mercury-containing lamps, and medicines are accepted.

## **At Your Door Special Collection**

Call 800-449-7587 Monday–Friday between 5:00 a.m. and 5:00 p.m., or visit [www.wmatyourdoor.com](http://www.wmatyourdoor.com) to schedule a pick-up at your door step. Once a pick-up is scheduled, you will receive a package in the mail with a large bag, zip tie, labels, and simple instructions for setting out the materials for pick-up. Single-family and multi-family residents may receive unlimited scheduled pick-ups. The cost for this service is already included as part of your monthly refuse rate. This service is only available to Manhattan Beach residents through Waste Management’s contract with the City.

## **Hyperion Treatment Plant SAFE Collection Center**

Drop off hazardous waste at 7660 West Imperial Highway, Gate B, Playa Del Rey 90293. This facility is open Saturday and Sunday, from 9 a.m. to 3 p.m., year-round. There is a limit of six items per visit. This service is available at no charge to all residents of Los Angeles County. For details, visit [www.CleanLA.com](http://www.CleanLA.com) or call 888-CLEAN-LA.

## **Holiday tree collection**

Waste Management will collect holiday trees at the curb on your regular collection days between December 26, 2012 and January 18, 2013. Make sure your tree is placed at the curb no later than 7:30 a.m. on your collection day. The trees will be recycled, so be sure they are bare. Please remove all lights, decorations, garland, and tinsel, as well as the stand, before placing your tree at the curb. All flocked trees must be landfilled and cannot be recycled.



**Remove the stand and all decorations from your tree before placing it out for recycling.**

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# Stay healthy – clean those reusable bags

Foodborne illness, commonly known as food poisoning, affects 48 million Americans each year. These illnesses are the result of bacteria, viruses, parasites, and toxins contaminating our food. Animal contamination can occur while food is being grown. Worker contamination can occur from growing through harvest, processing, packaging, shipping, and retail display.

The best defense against these illnesses is to wash our hands, food, dishes, and utensils. A common mistake is not to wash the outside of fruit that will be peeled prior to consumption. A knife can spread contamination from the skin of unwashed produce to the inside of the food.

Another source of contamination that you may not have considered is the reusable grocery bags that are an important part of your shopping routine. A study conducted by the University of Arizona and Loma Linda University found that 97% of consumers don't wash bags regularly, and all but one of the bags checked had bacteria growing inside. E. coli bacteria was found in 12% of the bags. Of the shoppers interviewed, 75% did not use separate bags for vegetables, meat, and pre-cooked food, increasing the possibility of cross-contamination.

A separate study conducted by the Environment and Plastics Council found no E. coli but found yeast and mold in 30% of the bags tested. After washing, contamination was nearly zero.

The Centers for Disease Control and Prevention says most foodborne illness occurs at home. So, in addition to washing your hands, food, dishes, and utensils, wash those reusable grocery bags, as well. Fortunately, this is very easy to do.

Follow cleaning instructions, if provided. Otherwise, canvas can be laundered in warm water on the regular cycle with regular detergent; all other materials can handle cold water and detergent, but you may have to use the gentle cycle. Turn all bags inside out before washing. Use low heat in the dryer or line-dry the bags.



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- 1. Launder reusable grocery bags regularly—after each use is ideal.**
- 2. Label specific bags for meat, produce, dairy, packaged food, or cleaning supplies.**
- 3. Never use food bags for non-food purposes, such as gym bags, diaper bags, or overnight bags.**
- 4. Don't leave unwashed bags in the car, as heat will accelerate bacterial growth.**



# Composting is NOT a dirty business

**2013 schedule of classes:  
May 4, July 13, and October 12**

You are invited to attend free composting classes throughout the year at the Manhattan Beach Botanical Garden, which is located in Polliwog Park on Peck Avenue, just north of Manhattan Beach Boulevard. This is a one-hour class and is for all composters, from beginners through experts. At the class, Manhattan Beach residents will have the opportunity to purchase compost and worm bins at a discount. No registration is necessary. Everyone is welcome! For details, visit <http://manhattanbeach.wm.com>.

If you can't make it to a class, contact Waste Management directly at 310-830-7100 to purchase a discounted compost or worm bin. You may pick up "Composting Is Not a Dirty Business" and other informational material at the City's public counters.



## Does Your Business Recycle?

Waste Management is pleased to provide commercial recycling services to the Manhattan Beach business community at no additional charge. Recycling is an easy way to go green and save green, so if your business doesn't have a recycling program, you're missing out on an easy opportunity to conserve natural resources, save valuable landfill space, prevent global warming, and potentially increase your bottom line!

**Signing up for free commercial recycling is easy. For more information, contact Waste Management Customer Service at 1-310-830-7100 between 8 a.m. and 5 p.m., Monday through Friday.**

## Recycling for Businesses and Multi-Family Complexes

As of July 1, 2012, state law has made recycling mandatory for certain businesses and multi-family complexes. All businesses that produce four cubic yards or more of trash per week and multi-family properties of five units or more (such as apartment buildings) are required to recycle using one of the following methods: subscribe to a service that collects recyclables separately, send materials to a mixed waste processing facility that diverts recyclables, or self-haul recyclables.

The law does not specify what materials your business or community should recycle, but typical household and office recyclables are a good place to start. These materials might include office paper and mail, newspapers, magazines and catalogs, cardboard, glass and plastic bottles and containers, plastic bags and film, and cans.

Implementation of the new law, Assembly Bill 341 (AB341), is overseen by the California Department of Resources Recycling and Recovery (CalRecycle). The goal of AB341 is to increase statewide recycling rates to 75 percent by the year 2020 in order to reduce waste and greenhouse gas emissions. Commercial recycling, which has not been as common as single-family residential recycling, will be a key component in achieving this goal. To learn more, visit [www.calrecycle.ca.gov/Climate/Recycling/default.htm](http://www.calrecycle.ca.gov/Climate/Recycling/default.htm).



**Here are some other valuable recycling programs available to businesses UPON REQUEST. Some charges may apply. Contact Waste Management for more information.**

### Green Business Program

- Become a certified Green Business by demonstrating a commitment to recycling, waste reduction, water and energy conservation, and pollution prevention.
- Learn more about certifying your Manhattan Beach business, visit [www.manhattanbeach.wm.com](http://www.manhattanbeach.wm.com).

### E-scrap Tracker

- Responsibly recycle old computers, keyboards, and other electronic equipment.

### Zero Waste Green Works

- We can help your business achieve Zero Waste.
- Waste Management can provide managers with incentives to use as rewards for employees who contribute to the business' Zero Waste Program.

### Single-stream Recycling

- It's quick and easy, just toss all your bottles, cans, paper, plastic, cardboard, and all other recyclables in the same bin.



# Sharing your way to a better life

Sharing is a prime example of reuse in action. Sharing reduces needless consumption, maximizes the use of physical goods, and connects people in new forms of community. Sharing also conserves natural resources, reduces greenhouse gas emissions, and saves you money.



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Lucky for you, you don't have to start from scratch. The Freecycle Network is made up of 5,056 groups with 9,029,818 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each group is moderated by local volunteers, and membership is free. For more information, go to [www.freecycle.org](http://www.freecycle.org).

Extending the idea of sharing can also be a business opportunity that brings the concept of occasional, short-term rental to a new item. That is the case with Zipcar, the company that brings hourly or daily car rental to over 50 cities in the U.S., U.K., and Canada.

For a small annual fee, members have access to over 9,000 vehicles at conveniently dispersed urban locations. Learn more at [www.zipcar.com](http://www.zipcar.com).

Zipcar is an example of a collaborative or "mesh" company which provides goods and services that people share or reuse. Home trading companies like HomeExchange.com and ExchangeAway.com are another example. These sites allow people to offer their homes to travelers in exchange for homes in other parts of the world where they wish to travel.

Sharing can also take the form of trading or reselling items locally. This can be an informal arrangement, but you can employ the Internet and social media to make the process more practical and effective. An ongoing, online "garage sale" through Facebook would be one example. Once people join, new items for sale enter their news feed. If interested, they simply contact the person posting the item.

If you're ready to roll up your sleeves and organize a community swap event or set up a co-op, visit the website of The Center for a New American Dream and download your "Guide to Sharing": [www.newdream.org/programs/collaborative-communities/community-action-kit](http://www.newdream.org/programs/collaborative-communities/community-action-kit).

Looking for more ideas? Check the Yellow Pages, newspaper classified ads, or online classifieds. You'll find additional resources at the City's website, [www.citymb.info](http://www.citymb.info) (search for "donate used goods").



Photo Courtesy of Zipcar



# Buried Treasure

**Landfilled packaging  
is worth billions**



**A**mericans throw away more than any other country, over 4 pounds per person per day totaling nearly 250 million tons of discards per year. Paper, paperboard, and packaging combine to form the largest category of waste, accounting for 44% of the total.

Packaging we toss into landfills represents the loss of valuable raw materials. How valuable? As You Sow estimates that the value of discarded packaging in the U.S. in 2010 was \$11.4 billion. As You Sow is a non-profit that promotes environmental and social corporate responsibility. Their 2012 study, *Unfinished Business: The Case for Extended Producer Responsibility for Post-Consumer Packaging*, provides data on the value of packaging lost to landfills.

U.S. packaging recycling rates are significantly lower than other developed countries. For instance, in Japan 72% of plastic PET beverage bottles are recycled, while the rate in the U.S. is about 29%. Overall packaging recycling rates for Denmark, Belgium, the Netherlands, Germany, U.K., Spain, France, and Portugal range from 84% down to 56.5%, all exceeding the U.S. rate of 48.5% for containers and packaging. Even Slovenia achieves a higher recycling rate for packaging (49.6%).

The U.S. does well in recycling paper. More than half of paper products and paperboard are recycled; however, just 22% of non-paper packaging is recycled. Only 12.1% of

plastic packaging is recycled. Beverage container recycling rates dropped significantly over the last two decades before beginning to climb in the last two years. More than 40 billion aluminum cans, the most valuable beverage container material, are still dumped annually into landfills in the U.S. According to Alcoa, this wasted material could provide enough aluminum to build 25,000 jetliners!

The \$11.4 billion estimate is derived from U.S. EPA data on recycling rates for 2010. Here is the breakdown of the value of resources lost annually:

- Polyethylene Terephthalate (beverage bottles): \$2.917 billion
- High Density Polyethylene (milk and detergent jugs): \$2.855 billion
- Aluminum (beverage cans): \$1.446 billion
- Paper: \$1.295 billion
- Polypropylene (lids, bags, labels): \$1.274 billion
- Low Density Polyethylene (film, lids): \$726 million
- Polystyrene (cups, food containers): \$371 million
- Steel (cans): \$285 million
- PVC (cling film, bottles, credit cards): \$136 million
- Glass (bottles, jars): \$97 million

To learn more about packaging waste and recycling, go to <http://asyousow.org/sustainability/epreport.shtml> and [www.epa.gov/osw/nonhaz/municipal/msw99.htm](http://www.epa.gov/osw/nonhaz/municipal/msw99.htm).



# Green Gift Ideas

**H**oliday gift giving presents us with an opportunity to promote greener living. At the holidays, you might give consumable treats, reusable goods, or homemade items. But if you are interested in giving green gifts, there are now many other possibilities. Manufacturers have responded to consumer demand for more earth-friendly products and are tapping into the supply of recycled materials that families like yours provide.

These gift ideas range from everyday items turned into fun fashion accessories to new items manufactured from materials previously lost to landfills. Some of the products come from small and relatively unknown companies, while others come from manufacturers of common brand names. We're offering some examples, but they just hint at what is available. As you shop, do a little sleuthing to find green gifts that will be perfect for the people on your list.

Kitchen utensils, measuring spoons, and measuring cups make great stocking stuffers. Or, combine them with mixing bowls and related items for a cooking-themed gift basket. For an earth-friendly choice, consider bamboo kitchenware. Bamboo kitchenware has the appearance you want and offers the performance you need—without the use of petroleum products. With Moboo brand, bamboo sawdust, rice husks, and a flour binder are finely ground, molded, and compressed into products that have the look and feel of plastic. Look for bamboo kitchenware at department stores and kitchen supply stores.

Thinking of giving a fashionable pair of durable footwear? Several name brands have shoe and boot lines with recycled content. For example, Timberland's Earthkeepers feature high recycled-content rubber soles, linings made from recycled plastic bottles, organic cotton laces made from fibers harvested without toxins, and leather produced at a tannery that strives to be eco-friendly in its water, energy, and waste management practices. Nike has several lines of shoes that use Nike Grind rubber from old athletic shoes in the sole. The

New Balance newSKY shoes are made from recycled plastic bottles. Okabashi, a Georgia company, makes clogs and sandals from recycled plastic and accepts well-loved shoes back for recycling. Search for "recycled shoes" online and you'll be amazed by the options!



Earthkeepers by Timberland

Looking for a fun, fashionable way to protect your iPad or tablet as you travel throughout the day? You can find clever covers made from old billboards, recycled bottles, denim, used truck tarps, old movie banners, and more. Looptworks, an Oregon company, makes an iPad sleeve from cushy, excess wetsuit material. The neoprene protects the touch screen and keeps moisture out. These upcycled wetsuit sleeves give a new meaning to "surfing" the web!

Speaking of mobile devices, does your gift list include an outdoor enthusiast who is also addicted to electronic gadgets? The FreeLoader Pro is a battery with built-in solar panels to charge smart phones, MP3 players, DVD players, cameras, and other devices. The sun charges the battery and the battery charges your device. For a faster charge before you leave the grid, there is also a USB connection. The FreeLoader Pro comes with 10 different device adapters and a "Cam Caddy" that allows you to charge most cameras sold today.

If you know someone who appreciates a striking handbag AND green products, check out Rebagz. No basic beige here—these bags are for someone who doesn't want to blend in with the crowd! While all of their products feature recycled materials, the company prides itself on "pairing smart style with sustainability." One line is made using coated recycled paper and recycled plastic from bottles for the straps. Other lines are made from handwoven, recycled juice packs or recycled rice sacks that already have amazing graphics printed on them. Change purses, handbags, wallets, wristlets, shoulder



Stand out from the crowd with a handbag made from recycled materials.

(Photo courtesy of Rebagz)

bags, totes, and more are available in many style and color combinations. Visit the online store at <http://rebagz.com>. Many similar handbags are sold at local specialty and gift shops.

Upcycling turns wetsuit scrap into a tablet sleeve

(Photo courtesy of Looptworks)



Finally, if you still want to put a little sweat equity into your gifts,

*(Continued on next page)*

# Global waste growing fast

“Solid waste is inextricably linked to urbanization and economic development. As countries urbanize, their economic wealth increases. As standards of living and disposable incomes increase, consumption of goods and services increases, which results in a corresponding increase in the amount of waste generated.”

~ *What a Waste*, 2012

According to a 2012 report from the World Bank, garbage will be one of the many challenges that developing countries face as they continue to urbanize in the coming decades. *What A Waste: A Global Review of Solid Waste Management* is both a detailed assessment of the world’s current solid waste practices and a look at what the future might hold.

Worldwide, cities now generate 1.3 billion tons of garbage annually. By 2025, that number is projected to be 2.2 billion tons. The cost of managing that much garbage is expected to increase from \$205.4 billion to \$375.5 billion over the same period. These global increases of 69% in volume and 83% in costs will be more pronounced in developing countries. Lower and lower-middle income countries will experience a 400-500% increase in costs by 2025.

In many low and middle income countries, solid waste management is solely the responsibility of municipal government and, hence, their largest budget item. Mishandling this task impacts the health of a community’s residents, environment, and economy. Effective waste management is a prerequisite to the successful delivery of higher-level services like transportation, education, and healthcare.

A complete copy of the report is available at: <http://documents.worldbank.org/curated/en/2012/03/16537275/waste-global-review-solid-waste-management>.

**A motorcycle-powered rickshaw, or tuk-tuk, collects cardboard for recycling in Cambodia.**



## Green Gift Ideas

*(Continued from previous page)*

try converting old costume jewelry into dazzling napkin rings, quirky refrigerator magnets, or fabulous frames. Garage sales and flea markets can be excellent sources for old pins, brooches, earrings, and necklaces in big bold shapes. Don’t forget to check your own jewelry drawer. Chances are, you have some old jewelry that hasn’t been worn in years. Looking for craft ideas or instructions? Search online for “costume jewelry crafts.” If you aren’t crafty, look for repurposed jewelry at arts and crafts fairs or online at sites like Etsy.com.



**Moboo molded-bamboo kitchenware from Natural Home Products has the look and feel of plastic.**



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