



FAST FACTS

SOLID WASTE (GARBAGE, RECYCLING, ORGANICS)

- Ladysmith was the first community in the Cowichan Valley Regional District to introduce curbside collection of recyclable materials, in 2003
- In 2006, the Town introduced curbside collection of organic waste materials
- Where Ladysmith residents' waste goes:

	Solid Waste (Garbage) Going to the Landfill	Recyclables	Organics
2005	71.7%	28.3%	
2006	42.3%	32%	25.7%
2007	42.6%	32.3%	25.1%
2008	39.6%	34.2%	26.2%
2009	41.6%	31.8%	26.6%
2010	41.6%	32.1%	26.4%
2011	40.1%	32.1%	27.7%
2012	38.1%	31.3%	30.6%
2013	40.8%	30.6%	28.6%
2014	42.5%	28.4%	29.1%
2015	42.9%	27.1%	29.9%

- The next challenge: **reduce** overall waste by 10 per cent, we are good at **recycling** but according to the Cowichan Valley Regional District, the amount of materials going into recycling has actually increased although the amount of solid waste – garbage– going to the landfills has remained steady.
- The Cowichan Valley Regional District's newly expanded and renovated Peerless Road Recycling Centre accepts hundreds of products for recycling, most of which can be dropped off free of charge.
- The online Cowichan Recyclopedia can help you determine where to take products for recycling <http://www.cvrd.bc.ca/recyclopedia>. You can also call the CVRD recycling hotline at 1.800.665.3955.

What Can People Do to Reduce Waste?

When Shopping:

- Reduce the amount of packaging you buy, reuse what you can, and recycle the rest.
- Look for products without packaging - tools, fresh produce, dry goods.
- Avoid individually wrapped portions (cheese slices, juice, etc.).
- Favour products with a high recycled content, even if they cost a little more.
- Choose concentrated products in reusable containers, and largest size containers.
- Buy in bulk. Sometimes you can take your own plastic or other containers to the store to be filled directly with bulk goods.
- Buy frozen foods in plastic bags rather than boxes. A 28-oz. bag of frozen corn is 59% less expensive and results in 98% less waste than buying the equivalent weight in single-serving 4.5 oz. boxes.
- When purchasing just one or two items, tell the clerk, "I don't need a bag, thanks."
- Choose rechargeable batteries and long-life bulbs.
- Avoid disposable razors, pens, pencils and lighters.
- Choose long-lasting metal or wood toys rather than plastic.
- Buy recycled paper bathroom tissue, napkins and kitchen towels.
- Take your own mug or thermos to the coffee shop. Some shops will offer a discounted price when you provide your own container.
- Avoid pump toothpaste - it is over-packaged and includes excess plastic.
- Use your own reusable canvas or string bags when shopping.
- If you do opt for paper or plastic grocery bags, take them back to the store to be recycled.
- Buy quality products and keep them for a lifetime.

At Home:

- Use re-sealable, reusable containers for lunch and leftovers.
- Install flow-reducing shower heads, faucet aerators and other fixtures which reduce water consumption. These include automatic shut-off hose nozzles, water conservation devices for toilet tanks and dye tablets which can be used to detect leaky toilets.
- Use old toothbrushes and other brushes to clean bathroom tile, shoes, etc.
- Make an all-purpose cleaner: *1 gallon hot water, 1/4 cup ammonia, 1/4 cup vinegar & 1 tablespoon baking soda*. Safe on most surfaces, rinses off with water.
- Use hot vinegar instead of paint thinner on brushes.
- Make up an inexpensive silver polish: 1 quart warm water, 1 tsp. salt, 1 tsp. baking soda, 1 piece aluminum foil. Soak silver for 10/15 minutes, wipe with a soft cloth.
- Instead of paper or plastic, use ceramic mugs, cloth napkins & towels, china plates and silverware.
- Prepare a simple furniture polish with either lemon oil and beeswax, beeswax and olive oil, or mix 2 teaspoons lemon oil with one pint mineral oil in a spray bottle.
- If you're in the market for a new washing machine, look for a front loader. They are more energy efficient than top loaders, and use only 22-25 gallons per load while top loaders use 40-45 gallons per load.
- Use baking soda to clean sinks, toilet bowls and showers without harsh chemicals. Also, only a box will be left instead of plastic bottles.
- Reuse glass jars to store nails, screws, craft supplies and other small items in the garage, workshop or sewing room.
- Clean windows and mirrors with a simple solution of 3 tablespoons of white vinegar and two cups of warm water in a spray bottle. Apply with wadded up newspaper.
- When spring cleaning or moving, have a yard sale or donate items to charities instead of throwing them away.