



CASCADE DISPOSAL  
Bend, Oregon

# Curbside News

Fall 2024

## Why Waste Prevention Matters

Preventing waste has a greater positive impact than recycling or composting. Everything we buy or use starts by taking resources from the land, making them into a product, transporting and using it, then recycling, composting, or landfilling it. By taking action to prevent waste, we can

- Save money by buying and using less.
- Help our community by donating and sharing materials.
- Conserve natural resources, such as water, energy, land, and fuel.
- Reduce greenhouse gas emissions that cause climate change.

Find more tips and resources on the back page, also at [ZeroWaste.org](http://ZeroWaste.org) and [RethinkWasteProject.org](http://RethinkWasteProject.org).



## Questions?

Contact

(541) 382-6660

[cust2012@wasteconnections.com](mailto:cust2012@wasteconnections.com)  
CASCADE DISPOSAL.COM

Help Reduce your waste and sign up for paperless billing.



For more details, including a list of acceptable and non-acceptable items, visit [CascadeDisposal.com](http://CascadeDisposal.com) or call 541.382.6660 for a mailed copy.

## City Residential & Commercial Organics Collection Service

It's easy to sign up within the city of Bend and start composting yard and food scraps at your home or business. Acceptable materials include all food (meat, dairy, bakery, produce) and yard debris.

Instead of food waste ending up in the landfill which produces methane and other harmful greenhouse gasses, organic material will be diverted and made into nutrient rich compost.

It's important to only include acceptable materials and keep contaminants out. No plastic bags or food containers of any kind.

## Collection Schedules & Recycling Information

Do you need a recycling collection schedule or want to know what materials can and can't go in your commingle recycling cart or at drop off depots?

- You can find what you need and download a recycling guide at [CascadeDisposal.com](http://CascadeDisposal.com).
- Call 541.382.6660 to request a mailed copy.

## Commerical Recycling

Do you know what materials you can recycle at your business? You can download recycling guides for your business at [CascadeDisposal.com](http://CascadeDisposal.com) or email our staff at [cust2012@wasteconnections.com](mailto:cust2012@wasteconnections.com) to answer any questions you have for your business or to request printed guides.

Please take advantage of our Cascade Disposal App by downloading it from the app store. View your collection schedule, access quick BillPay, contact customer service, and use our recycle waste wizard.

## LOVE FOOD, NOT WASTE

In the United States, food waste is estimated at between 30-40 percent of the food supply.

Planning, prepping, and storing food can help your household waste less food. [SaveTheFood.com](http://SaveTheFood.com) has useful tips to reduce food waste at home and offers new recipes for scraps and 'past-its-prime' food. You'll find everything from cilantro tips to overripe avocados, giving that food a new and delicious second life!

Food preservation can also help maintain a constant food supply and lets you enjoy seasonal foods year-round, while reducing food waste ending up in landfills. OSU Extension Service provides information and resources related to food preservation. Examples include canning tomatoes, drying & roasting seeds, and properly freezing fruits & vegetables. Visit OSU Extension Service at [Extension.OregonState.edu/food/preservation](http://Extension.OregonState.edu/food/preservation) for hands-on workshops, demonstrations and healthy recipes that are tasty, quick, and low-cost.

Restaurants, Grocers, and other food producing businesses can help save good food from going to waste by using the Too Good To Go App. Businesses can register at [TooGoodToGo.com](http://TooGoodToGo.com) and start offering their surplus food that would otherwise go to waste. Consumers have an opportunity to get good food at a great value, ultimately helping reduce food waste.

Donating nonperishable and unspoiled perishable food is another alternative to help stock the shelves at food banks, soup kitchens, pantries, and shelters. To donate or for those in need, visit [NeighborImpact.org](http://NeighborImpact.org).

# PREVENT WASTE IN CENTRAL OREGON



► Waste prevention is all about using less stuff. It's about making thoughtful choices before we buy or use things, considering how everything from production to disposal (upstream to downstream) impacts people and our planet.

## RETHINKING OUR RELATIONSHIP WITH STUFF

UPSTREAM IMPACTS ARE FAR GREATER FOR EVERY POUND OF WASTE WE GENERATE AT HOME, THERE ARE AN ADDITIONAL 71 POUNDS GENERATED UPSTREAM\*



# 70%

OF GREENHOUSE GAS EMISSIONS COME FROM EXTRACTING, TRANSPORTING, MANUFACTURING, STORING, USING, AND DISPOSING OF OUR FOOD AND STUFF\*\*

THE WASTE MANAGEMENT HIERARCHY PRIORITIZES PREVENTION



### REDUCE TIPS

- Rethink about it – before you buy, ask yourself if you really need it
- Borrow and share – checkout more than just books (and try it before you buy it) through the Deschutes Public Library's Library of Things
- Take the Rethink Waste Food Waste Challenge to learn what and how much food is going to waste in your home, and practice strategies to love food, not waste
- Support food rescue, like the HDEFA's Grow & Give program, which redirects excess fresh produce to Central Oregonians experiencing food insecurity

### REUSE TIPS

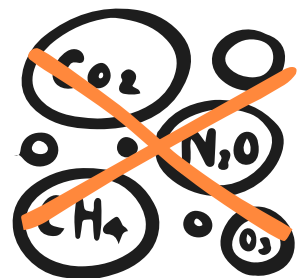
- Fix your broken stuff before buying new – learn to repair at the next Repair Café or join the fixer volunteer list to share your skills with others
- Shop secondhand first and "donate with dignity"\*\*\*
- Make your next event low-waste with the Rethink Waste Project's free, washable dishware kits
- Make reusable swaps – keep shopping and produce bags, water bottles, coffee cups, dishware/silverware kits handy... What other items can you think of?

► While our choices make a big impact, it's also important to advocate for policy changes and business practices that support and enable these low-waste choices in the first place.

## LOVE FOOD, NOT WASTE



WHY PREVENTION IS KEY PREVENTING FOOD WASTE IN THE FIRST PLACE HAS OVER 6 TIMES THE GREENHOUSE GAS REDUCTION POTENTIAL OVER SIMPLY KEEPING FOOD OUT OF LANDFILLS\*\*\*\*\*



LEARN MORE AT  
[RETHINKWASTEPROJECT.ORG](http://RETHINKWASTEPROJECT.ORG)