

# The Recology RESOURCE

ROHNERT PARK | SPRING 2023  
INFORMACIÓN EN ESPAÑOL EN EL INTERIOR



## THANK YOU FOR COMPOSTING

California state law, SB1383, requires all residents and businesses to compost.

### Why Compost? ¿Por qué compostar?

Keeping compostable materials out of landfills is one of the easiest actions you can take to reduce your carbon footprint. By placing your food scraps, uncoated soiled paper, and plant trimmings in your compost cart, you are putting nutrients back in the soil and reducing greenhouse gas emissions from landfills. Learn more about the benefits of composting at [Recology.com/SB1383](https://Recology.com/SB1383).

*Mantener los materiales compostables fuera de los vertederos es una de las acciones más fáciles que puede tomar para reducir su huella de carbono. Al colocar sus restos de comida, papel sucio sin recubrimiento y recortes de jardín en su carrito de compostaje, está devolviendo nutrientes a la tierra reduciendo las emisiones de gases de efecto invernadero de los vertederos. Obtenga más información sobre los beneficios del compostaje en [Recology.com/SB1383](https://Recology.com/SB1383).*



Visit [Recology.com/SonomaMarin](https://Recology.com/SonomaMarin) and select your location to find your pick up spot.

### How is SB1383 enforced? ¿Cómo se aplica esto?

Route audits will be conducted randomly to ensure that compostable materials are not being placed in the garbage. You may receive a contamination notice if compostable materials are found in your garbage cart. If you see our employee-owners inspecting your carts, please know that they are required by law to do so.

*Se realizarán auditorías de ruta al azar para garantizar que los materiales compostables no se depositen en la basura. Si se encuentran materiales compostables en su carrito de basura, es posible que reciba un aviso de contaminación. Si ve a nuestros empleados-propietarios inspeccionando sus carritos, sepa que la ley les exige que lo hagan.*

## Food Recovery in Sonoma County

We met with Duskie Estes, Executive Director of Farm to Pantry, to find out more about local food rescue.

### RSM Tell me about Farm to Pantry.

**DE** We are a gleaning nonprofit. We harvest food (Sonoma County-grown fresh fruits and vegetables) on 300 backyards and farms with 500 volunteers. We share that food with 100 community partners, including food banks, food pantries, low-income housing, and various meal programs to feed and nourish people who need it.



### RSM Why is food recovery important for people and the planet?

**DE** 1 in 5 in Sonoma County are facing food insecurity - that's not ok. And it's not about not having enough food; it's about the food being in the right place. Farm to Pantry is here to be that connection. Second, 40% of the food produced in the US ends up in a landfill, producing methane gas and worsening climate change. We each have the power to make sure food feeds people instead of landfills.



### RSM What can someone do to help?

**DE** Cut back food waste by reducing what you are putting on your plate, or when you plan a meal, focus on using whatever has the shortest shelf life first and preserve what you won't get to. Contact us and donate your own surplus fruit and veggies! Learn more at [Farmtopantry.org](https://Farmtopantry.org).

# Your Local Zero Waste Shop

We sat down with Dawna Mirante, owner of local Zero Waste shop, Refill Mercantile, to ask some questions about having a low-waste lifestyle and her journey in this space.

**Q:** What inspired you to start your shop, and why is zero waste important?

**A:** It started with a personal need to have a place you could trust that only provided quality and non-toxic products that actually worked. We do a tremendous amount of research to find these products and then we test everything. And it matters because it reduces waste and pollution to preserve the natural spaces we love. The more we can reduce and reuse and stop using toxic products, then we can leave the planet a better place.



**Q:** What are some tips for someone just starting to be more zero waste?

**A:** Have an easy win first. Try something as simple as refilling your plastic dish soap bottle. Start with that one thing, get used to it, build it into your routine to slowly change your habits. Try being more thoughtful when you purchase and ask questions like "Do I really need this?" or "Is it highly recyclable?". And always use what you have first - the solution doesn't have to be expensive.

**Q:** Recology envisions a World Without Waste. What does that look like for you?

**A:** I think a waste free world would be reducing overconsumption overall and everyone would be reusing everything as much as possible. We don't need to produce a ton of waste. Reduce, reuse, refill, rot and recycle - in that order and trash should be the very last thing we make. Even just learning how to fix things like mending a clothing item by sewing a hole is the mindset shift we need.



## Plastic Swaps

Looking to make some simple changes? Here are some swaps you can make to reduce plastic.

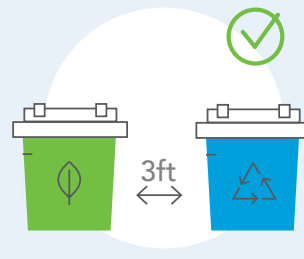
- Buy reusable bags and produce bags and keep them in your car so you never forget them.
- Try a soap dish block or bring your glass jar in to refill with liquid soap.
- Grab a travel utensil set for restaurants or social gatherings.

## BEST PRACTICE MEJOR PRÁCTICA



**Sign up for alerts**  
**Regístrese para recibir alertas**

Visit [Recology.com/RSMschedules](https://www.recology.com/RSMschedules) and sign up for alerts to be notified if there are service disruptions.



**Carts must be 3ft apart**  
**Los carritos deben separarse 3 pies**

It is especially challenging for our drivers to service carts that are set out too close to each other or a car.



**Don't bag recyclables**  
**No embolsar reciclables**

Always keep items loose! If the items are bagged when they enter our sorting facility, they are considered trash.



**Don't overload or overfill**  
**No sobrecargue ni sobrellene**

Overflowing carts spill out when serviced, and our trucks can't lift carts that are too heavy.

## SPRING CLEANING LIMPIEZA DE PRIMAVERA

### Bulky Item Pick-up Recogida De Artículos Grandes

Rohnert Park residents are eligible for 2 free bulky item pick-ups per year. Schedule a pick-up at: [RecologySonomaMarin@Recology.com](mailto:RecologySonomaMarin@Recology.com) or **800.243.0291**. Find out more information at [Recology.com/RohnertPark](https://www.recology.com/RohnertPark) under the "Bulky Items" tab.

Los residentes de Rohnert Park son elegibles para 2 recolecciones gratuitas de artículos voluminosos por año. Programe una recogida en: [RecologySonomaMarin@Recology.com](mailto:RecologySonomaMarin@Recology.com) o **800.243.0291**. Obtenga más información en [Recology.com/RohnertPark](https://www.recology.com/RohnertPark) en la pestaña "Bulky Items".



### Debris Box Service Servicio de Cajas de Desechos

Have a larger project you need to clean up? Contact our debris box department for a quote today! Contact [jroyjr@recology.com](mailto:jroyjr@recology.com) or [jgeist@recology.com](mailto:jgeist@recology.com) or submit a request online at [bit.ly/RSMRequestBox](https://bit.ly/RSMRequestBox). ¿Tiene un proyecto más grande que necesita limpiar? ¡Póngase en contacto con nuestro departamento de cajas de desechos para obtener una cotización hoy! Póngase en contacto con [jroyjr@recology.com](mailto:jroyjr@recology.com) o [jgeist@recology.com](mailto:jgeist@recology.com) o envíe una solicitud en línea a [bit.ly/RSMRequestBox](https://bit.ly/RSMRequestBox).

### Reuse & Thrift Reutiliza y Ahorra

For gently used items, consider reselling them or donating them to a local thrift store. You can find a list of organizations on Zero Waste Sonoma's website at [bit.ly/ZWSthrift](https://bit.ly/ZWSthrift). Para artículos usados con cuidado, considere revenderlos o donarlos a una tienda local de segunda mano. puede encontrar una lista de organizaciones en el sitio web de Zero Waste Sonoma en [bit.ly/ZWSthrift](https://bit.ly/ZWSthrift).



### Battery Recycling Reciclaje de Baterías

You can recycle batteries curbside! Tape the battery terminals and place them in a sealed clear plastic bag **ON TOP** of your recycling cart.

¡Puede reciclar las baterías en la acera! Pegue con cinta los terminales de la batería y colóquelos en una bolsa de plástico transparente sellada **ENCIMA** de su carrito de reciclaje.



### Hazardous Waste Residuos Peligrosos

**DO NOT dispose of household hazardous waste in the garbage, recycle, or compost bins.** HHW is extremely dangerous to sanitation workers and must be disposed of properly. Zero Waste Sonoma has several options for the proper disposal of household hazardous waste. Visit [ZeroWasteSonoma.gov](https://www.ZeroWasteSonoma.gov) or call **707.565.3375** to learn more.

**NO ponga los residuos domésticos peligrosos en el bote de basura o en los contenedores de reciclaje o compostaje.** Es extremadamente peligroso para los trabajadores de saneamiento, y deben ser eliminados adecuadamente. Zero Waste Sonoma tiene varias opciones para la eliminación adecuada



de los residuos domésticos peligrosos. Visite [ZeroWasteSonoma.gov](https://www.ZeroWasteSonoma.gov) o llame al **707.565.3375** para obtener más información.

### CCNB Recycling CCNB Reciclaje

Use the drop-off recycling programs for **mattresses, carpet, and e-waste** provided by the Conservation Corps North Bay at their Novato and Cotati locations: [CCNorthBay.org/Zero-Waste](https://www.CCNorthBay.org/Zero-Waste)



Consulte los programas de reciclaje de **colchones, alfombras y desechos electrónicos** proporcionados por Conservation Corps North Bay en sus ubicaciones de Novato y Cotati: [CCNorthBay.org/zero-waste](https://www.CCNorthBay.org/zero-waste).

# Recycling Don'ts

## No en el Reciclaje

These items never go into the recycling cart because they can cause severe harm or pollution.

Estos artículos **nunca** van al carrito de reciclaje porque pueden causar daños o contaminación.



**PROPANE TANKS AND BATTERIES**  
**TANQUES DE PROPANO Y BATERÍAS**



### CAUSES FIRES AND EXPLOSIONS PROVOCA INCENDIOS Y EXPLOSIONES

When propane tanks and batteries encounter our equipment, they can cause extremely dangerous fires. They must be disposed of as hazardous waste. *Cuando los tanques de propano y las baterías se encuentran con nuestro equipo, pueden causar incendios extremadamente peligrosos. Deben desecharse como residuos peligrosos.*



**MEDICAL SHARPS**  
**OBJETOS PUNZOCORTANTES MÉDICOS**



### CAN HURT EMPLOYEES PUEDE LASTIMAR A LOS EMPLEADOS

Part of the process of sorting recyclables is done by hand. If a sharp is in the stream of recyclables, it can poke through their glove, potentially causing injury or spreading infection. Sharps must be disposed of as hazardous waste. *Parte del proceso de clasificación de los reciclables se realiza a mano. Si hay un objeto afilado en el flujo de materiales reciclables, puede atravesar el guante y causar lesiones o propagar una infección. Deben desecharse como residuos peligrosos.*



**STYROFOAM™ (POLYSTYRENE)**  
**PLIESTIRENO**



### POLLUTES THE ENVIRONMENT CONTAMINA EL MEDIO AMBIENTE

Processing polystyrene with recyclable materials causes it to break into tiny pieces that easily blow away and are impossible to contain. They should be contained in bags and placed in the garbage. *El procesamiento de poliestireno con materiales reciclables hace que se rompa en pedazos diminutos que vuelan fácilmente y son imposibles de contener. Deben guardarse en bolsas y colocarse en la basura.*

## COMPOST COMPOSTAJE



**FOOD SCRAPS**  
**RESTOS DE COMIDA**



**PLANT TRIMMINGS**  
**DESECHOS DE JARDÍN**



**UNCOATED SOILED PAPER AND WOODEN UTENSILS**  
**PAPEL SUCIO SIN RECUBRIMIENTO UTENSILIOS DE MADERA**

## RECYCLING RECICLAJE



**PLASTIC BOTTLES, TUBS, AND JUGS**  
**BOTELLAS, BALDES Y JARRAS DE PLÁSTICO**



**METAL**  
**METAL**

**GLASS**  
**VIDRIO**



**PAPER, FLATTENED CARDBOARD, AND CARTONS**  
**PAPEL, CARTÓN PLANO Y CARTONES**