



Fall 2017



**REPUBLIC
SERVICES**

We'll handle it from here.™

RECYCLE TODAY

WASTE & RECYCLING NEWSLETTER FOR SEAL BEACH

Call for a bulky-item pickup

Republic Services will pick up bulky items, such as furniture and appliances, and electronics at the curb. Just call 800-299-4898 at least 24 hours before your regular collection day to request a special bulky-item pickup, or head to the My Resource™ app or RepublicOnline.com. Republic Services will send a special truck and crew equipped to pick up bulky items and electronics. If you don't make the call, Customer Service won't know to send out the bulky items truck and your regular collection crew won't be able to handle the larger waste.

Single-family residential customers

may request free pickup for two bulky or electronic items per year. Additional pickups are available for a fee. If you live in a multi-family complex, check with your property manager to find out how to dispose of bulky items.

If you are doing a large clean-out or remodeling your home, call Republic at 800-299-4898 to learn more about renting a larger waste container. These can be delivered to your driveway and picked up when you have filled them.

Remember that household hazardous waste is NOT picked up at the curb. If you have unneeded household chemicals, such as tub and tile cleaner, toilet bowl cleaner, paint, stain, paint thinner, used motor oil, antifreeze, pool chemicals, pesticides, and similar hazardous products, you may dispose of them for FREE at the Orange County Household Hazardous Waste (HHW) Collection Centers, which are open Tuesday through Saturday, from 9 a.m. to 3 p.m. (closed major holidays and during rainy weather). For locations and other details, visit oclandfills.com/hazardous or call 714-834-6752. To confirm whether centers are open during rain events, call 714-834-4000.



Credit: mfcouter | iStock | Getty Images Plus



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Heavy rain guidelines for trash and recycling collection services

Fall and winter often bring heavy rains to Southern California. These storms may flood the street gutters and potentially wash away collection containers and loose items in the way. In preparation for heavy rains, follow these guidelines:

- Clear street gutters and alleys of trash and loose items that could potentially interfere with storm drainage.
- If there is heavy rain on your day of service, place collection containers 2 feet away from the curb to keep

the gutter flow line clear.

- Keep lids closed on your curbside containers.
- Whenever possible, set out only full containers, as heavier containers are less likely to tip over or float away with running water.
- Promptly return your containers to your property after they have been emptied to prevent them from floating away.
- Avoid placing any loose, bulky items or bags of trash outside of your collection bins on days when heavy rain is expected.



Empty. Clean. Dry.

Be sure your recyclables are clean before you toss them in the blue container.

Remember to help conserve water by lightly rinsing.



Did you know?



The My Resource™ app is your one stop for reports and requests to Republic Services. You can request repair or replacement of residential containers, repair or graffiti removal on business containers, pay your bill, schedule special pickups, report a missed pickup, and receive alerts from Republic Services. Whether you are a resident or a business, My Resource is for you. You can download the My Resource app at the App Store or at Google Play, or sign up at RepublicOnline.com.

PRST STD
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Republic Services protecting our Blue Planet™

Republic Services is committed to improving our relationship with the environment in order to preserve our Blue Planet™ for a cleaner, safer, and healthier world.

One part of that commitment is our yearly Sustainability Report highlighting our most recent achievements and reporting on the advancement of our sustainability initiatives. The latest report, released this past August, addresses progress on our sustainability goals and actions taken to keep our commitment to sustainability.

According to the report, our sustainability goals are on track:

Energy: Develop at least two land-fill gas-to-energy projects per year through 2018.

As waste decomposes in a landfill, it creates gas comprised of methane and carbon dioxide. Republic was able to collect that landfill gas and repurpose it into energy at more than 70 landfills, including the Sunshine Canyon Landfill in Sylmar, California. Almost 50% of that landfill gas is used to generate energy.

Safety: Reduce OSHA recordable rates by 7% year-over-year.

Republic's safety performance is 41% better than the industry average based on U.S. Occupational Safety & Health Administration (OSHA) data. Our Focus 6 program equips employees with tips and techniques to prevent the six most common types of serious accidents. Last year it helped reduce accidents by 14%.

Recycled Commodities: Add an additional 150,000 tons or more per year of recycling capacity through 2018.

Last year, we invested over \$13

million in new recycling capabilities at select recycling centers, even as others in the industry reduced or eliminated their investments. At the Sonoma County Recycling Center in California, we added new recycling capabilities to collect and sort more materials. The upgrades allow more than 200 tons of recyclable material to be processed per day. In total, Republic Services collects approximately 5 million tons of materials from its 64 recycling centers annually.

Fleet: Reduce absolute fleet emissions by 3% from direct operational impacts by 2018.

Today, nearly 18% of Republic's total fleet operates on natural gas. Twelve of our locations' fleets have 75% or more vehicles running with CNG, or compressed natural gas. Our natural gas powered fleet saved approximately 26 million gallons of diesel fuel. In addition to CNG, Republic is turning to RNG, or renewable natural gas. A type of CNG, RNG has the lowest carbon intensity of any transportation fuel, according to the California Air Resources Board. Currently, we are purchasing three times more RNG than one year ago. Using RNG can reduce our emissions by roughly 110,000 metric tons of CO₂e, which is equal to planting 2.8 million trees.

Republic Services remains dedicated to our environment by increasing recycling, generating renewable energy, and helping our customers to be more resourceful. To learn more about Republic's Blue Planet sustainability plan, or to download the latest Sustainability Report, visit RepublicServices.com/Sustainability.



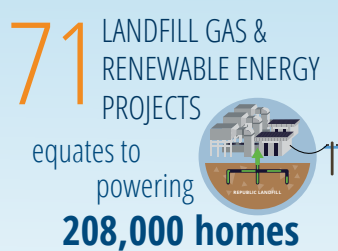
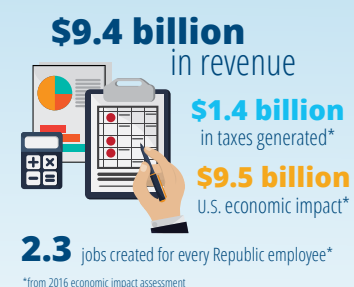
Recycle universal waste properly — it's the law

In California, it is illegal to put universal waste in landfills. Universal waste contains harmful materials, such as mercury and lead, and includes fluorescent, LED, high-intensity discharge (HID), and neon lamps and bulbs, as well as batteries, ballasts, electronics, and mercury-containing devices, such as thermostats. Universal waste requires proper handling and recycling as outlined in the California Green Building Standards Code (CALGreen) Construction Waste Management Requirements. Residents may recycle and prop-

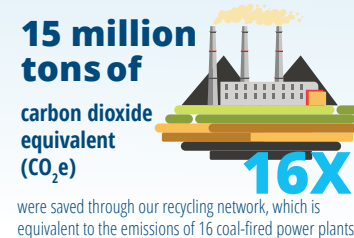
erly dispose of universal waste at the County's Household Hazardous Waste Collection Centers. For details, visit the website oclandfills.com/hazardous or call 714-834-6752.

Republic Services offers commercial customers convenient options for universal waste recycling, including mail-back kits for small quantities and pack-up and pick-up services for large generators. To learn more about the best alternative for your business, call your Republic Sales Representative or visit the website RepublicServices.com.

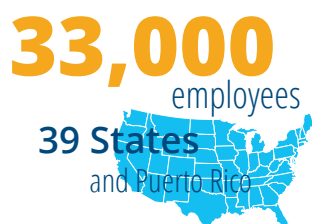
Republic Services At-a-Glance



Republic is one of the few **Fortune 500** companies



whose Board has a Sustainability and Corporate Responsibility Committee



Helpful holiday hints

Your holiday season should be merry and bright, not stressful and wasteful. Keep the environment in mind by trying some of these gift-giving alternatives this year.

Make a List (and Check It Twice!): Write down all the names of people for whom you normally buy gifts. Is there someone on the list that you'd like to see more often? Instead of giving a gift, make arrangements to get together or promise a monthly visit.

Stick to a Budget: Decide in advance how much you plan to spend on holiday giving. Once you have a total, estimate an amount for each person on your list. The little extras, such as stocking stuffers and accessories, can add up.

Made by You: Put your skills to work and make homemade gifts, such as scarfs, ornaments, and baked goods. Decorate an old picture frame and add a photo. Put your old jewelry, clothes, and hats into an unneeded suitcase to create the perfect dress-up chest for a child.

Give an Experience: Do you have friends or relatives who are sports fans but don't go to games very often? Give them tickets! Not a sports fan? Give tickets to a concert or play, a movie gift card, a museum membership, or park passes.

Remember to Reuse: Reusable shopping bags

aren't just for groceries! Wherever you are shopping for holiday gifts — antique stores, secondhand stores, or the mall — carry your own reusable bags with you to the store.

Wrap It Up: To wrap without waste, reuse last year's paper, bags, and bows (and save this year's for next year). Choose reusable gift bags if you need to buy something new. Use fabric scraps, magazine pages, colorful brochures, or old maps to create unique wrapping "paper."

Don't Forget to Recycle: Provide bins for bottles and cans during holiday parties. Recycle non-metallic wrapping paper and holiday cards, too. When your fresh holiday tree dries out after the holidays, remove all of the decorations and the stand and set it at the curb next to your containers. We will collect it from the curb and deliver it to a facility where it will be ground and turned into mulch.

Check off recycling with Republic's All-in-One Recycling™ plan

When you are running a business or managing a multi-family property, there are a lot of tasks to check off your list. Let Republic Services make recycling an easy check mark! We can perform a free waste assessment and create an All-in-One Recycling™ plan for you. With this plan, you can make sure that you have the right containers and the right levels of service. Republic can also provide indoor containers, posters, and additional tools. If you have questions about your business or multi-family recycling program, or wish to make changes or improvements, call Republic Services at 800-299-4898.

Under state law AB 341, recycling is mandatory for businesses that generate 4 or more cubic yards of waste per week and multi-family properties with five or more units.



What can be recycled?

Recyclable

These items can be recycled in one container with All-in-One Recycling™



Paper

- Paper (staples okay)
- Newspaper
- Envelopes
- Junk mail
- Phone books
- Brochures
- Magazines & catalogs
- Paper Bags
- Shredded Paper (in a paper bag)



Cardboard

- Ream wrappers
- File folders
- Poster board
- Paper or frozen food boxes
- Cardboard boxes
- Milk & juice cartons



Metal

- Aluminum beverage cans
- Food cans
- Scrap metal
- Aerosol cans (empty)
- Aluminum foil & trays (clean)



Plastic

- Bottles & jugs
- Plastic bags, shrink & stretch wrap (bagged)
- CD & DVD Covers
- Plastic Plant Pots (empty)
- Round Dairy Tubs (empty)



Glass

- Bottles & jars (empty)

Special handling

These items should never be mixed with regular recycling and require special handling. Learn more at republicservices.com

- Incandescent light bulbs
- Fluorescent tubes
- Computers & electronics
- Needles or syringes
- Hazardous waste
- Paint
- Toxic material containers
- Batteries

Non-Recyclable

- Food waste
- Mirrors or ceramics
- Styrofoam
- Tissue, paper towels or napkins

For more information on recyclables, visit republicservices.com



We'll handle it from here.™

Partnership reduces food waste and feeds the hungry

Under Assembly Bill 1826, California businesses are required to reduce the amount of organics sent to landfills. Organics include edible food, food scraps, food-soiled paper, and lawn and landscape waste. Donating edible food is one of the ways to reduce food waste and also has the benefit of feeding hungry people in our community. Republic Services has partnered with Food Finders to connect businesses that have excess food with agencies that can use it.

Food Finders is a nonprofit food rescue organization that strives to eliminate hunger and food waste while improving nutrition throughout Los Angeles and Orange counties. Since 1989, Food Finders has received more than 132 million pounds of donated, wholesome food, providing enough food for more than 100 million meals. This food is delivered same-day to nonprofit shelters, missions, senior and youth centers, recovery homes, and other agencies. Some businesses donate regularly and others just occasionally.

By donating edible food, your business may benefit from:



Credit: asiseit | E+ | Getty Images

- Improved compliance with AB 1826, the mandatory commercial organics recycling law
- Tax deductions for charitable giving
- Stronger ties with your community

If your business is interested in donating food through this partnership, contact Republic Services at 562-347-4100.

Republic Services and Food Finders are partners in the Waste Not OC Coalition, whose mission is to feed the need in Orange County. The Coalition includes multiple agency partners and promotes food recovery and distribution, as well as training potential donors to handle food safely. To learn more or to get involved, visit WasteNotOC.org or call 855-700-WNOC (855-700-9662).

Less money, more time, better flavor

"It's hard to imagine buying new clothes, coming home, and throwing half of them away, yet that's what many of us do with our food." So says Sherri Brooks Vinton in her book, *Eat It Up! - 150 Recipes to Use Every Bit and Enjoy Every Bite of the Food You Buy*, from Da Capo Press. Wasted food at home is what we see, but that is just part of the story. Produce is wasted in the field, during processing and packing, and at retail stores, as well. Overall, 40% of the food produced in the United States is wasted.

In *Eat It Up!*, the author reveals the many ways kitchen waste can be reduced by using more of the food we buy. With each specific food comes tips on how to buy, store, and prepare the item in such a way to get the most out of your food budget. Not only does using all parts of the food you buy save money, but it also saves time by reducing trips to the market, preserves the natural resources used to produce and deliver the food, and honors the farmers' labor in producing it. Where this book really shines, however, is in providing recipes that allow all that unwasted food to taste great! For instance, celery and radish salad can be prepared from the leaves that would have been discarded.

Fruit peels often become kitchen waste, but Vinton provides insights into how to utilize these. Watermelon rind can become curried watermelon,

lemon and orange peels can be transformed into citrus and chili dust, and apple peels can be made into apple tea. Ranging from drinks and desserts to full meals, the various recipes are broad in application.

One of the costliest items purchased is meat. *Eat It Up!* details methods to savor all aspects of an animal from fat down to the bone. Vinton describes the benefits of cooking with meat still attached to the bone, allowing bone marrow to infuse flavor into the meat as it cooks. The meat by-products of meals can be saved and used to make broth or stock.

In the preparation of these, the slow simmering of meats collected from prior meals allows vitamins and minerals remaining from the animal to be infused into the pot. Providing details on the techniques that go into creating good broth, Vinton expresses three golden rules, "Never boil. Never stir. Never cover."

Finally, rethinking pantry items can keep them in use until the every bite is consumed. Stale bread can be transformed into a savory bread pudding or used to create stuffed vegetables, while jam and jelly can be turned into sweet-and-sour sauce. If only a small amount is left, you can try making a Jam Jar Martini.

Eat It Up! highlights numerous ways food waste can be reduced tastefully. If you are trying to find new ways to use foods you already eat, give this book a try. From the market to the counter, Vinton provides strategies to save yourself from throwing out food.



Thrifty, Tasty Tips

Reducing wasted food means creating less trash and also saving money. In this word search, each phrase is a tip for preventing waste and using up the food your family buys. For more tips, visit SaveTheFood.com.

S D Q H G G N C U B S Y K G T A A R A Q A E J
 L T O F B D H E G X L L R C K W R O K Q V P H
 C W O O Q C S G D A A R E B D A I T F G U H A
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 P E M O T O M X C Q N L Z W M O V D O D A E Y
 C R E A T E S H O P P I N G L I S T H H C I A

CHECK PANTRY
CREATE SHOPPING LIST
EAT LEFTOVERS
EAT THESE FIRST

FREEZE FOOD
MAKE SOUP
PLAN MEALS
SHOP YOUR REFRIGERATOR

STORE FOOD PROPERLY
TAKE SMALLER PORTIONS



Credit: Moncherie | iStock | Getty Images Plus

Holiday Collection Schedule

Trash and recycling collection will be delayed by one day for the remainder of these holiday weeks:

- Thanksgiving Day – Thursday, November 23
- Christmas Day – Monday, December 25
- New Year's Day – Monday, January 1

We want your suggestions, questions and comments!

Republic Services
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RepublicServices.com/site/los-angeles-ca

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Please recycle after reading.