

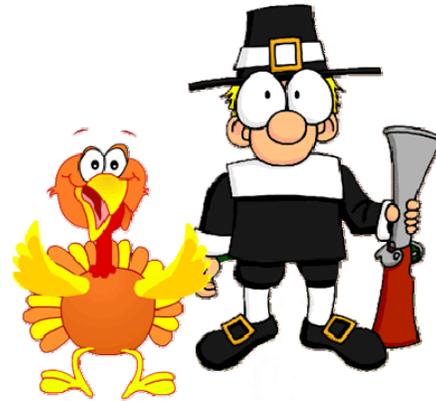
KBCB NEWSLETTER

'Tis the Season

Once again the holiday season has come back around. It's a wonderful time of year. Time to enjoy friends and family, put up festive decorations and, of course, eat lots and lots of good food (my favorite part of the season). Unfortunately along with all of the fun festivities comes the shopping, the present wrapping, and lets not forget, the bills and the crippling impact the holiday season has on each household's environmental footprint. So in light of these last two facts I thought I would talk about some easy ways that we all can lighten the financial and environmental burden that the holidays can impose.

In this edition of the KBCB Newsletter I've included some great ideas to help reduce waste and save money. Check out some of these suggestions and if you have any cost or waste cutting ideas please drop me an email and I will share your ideas with the rest of the readers.

I wish everyone a safe and happy Thanksgiving. Eat lots of good food and remember what you don't eat compost, compost, compost!



Left-Overs (yum-yum)

Every year my family gets together at my parents house for Thanksgiving dinner. Both of my parents are wonderful cooks so there's lots and lots of great food. At the end of the evening we all get doggy bags of left-overs to take home and snack on. All of those left over's need to be packaged and sent with each family member. This wouldn't be a problem if we would remember to return the containers. But that doesn't happen very often and my parents are, once again, out of Tupperware.

This got my step dad thinking and he came across this neat recycling idea for the left-overs. Granted this won't work for everything, you'll still need containers for items such as gravy, mash potatoes and liquids but it certainly will cut down on the number of containers lost to relatives every year.

The instructions and pictures are on the next page. This idea works for storing lots of things, not just food.

Storage Idea

How to seal a bag and make it air-tight . . .

1. Cut up a disposable water bottle and keep the neck and top.



2. Insert the plastic bag (or wrap) through the neck and screw the top on to seal.



This also works great for chip and bread bags.

Lose the Left-over's



Statistics show that over 28 billion pounds of edible food is wasted each year. That's more than 100 pounds per person. Reduce your waste and expense this holiday season by planning ahead using practical portion control. The following suggested practical portions were created by Use Less Stuff and can be found at www.use-less-stuff.com/ULSDAY/42ways.html.

- Turkey - 1 pound
- Stuffing - 1/4 pound
- Sweet Potato Casserole - 1/4 pound
- Green Beans - 1/4 pound
- Cranberry Relish - 3 tablespoons
- Pumpkin Pie - 1/8 of a 9" pie (*unless you're my son in which case it's more like 3/4 of a 9" pie*)

Away for the Holiday

If you plan to be out of town during the holiday season, before you leave, turn down the thermostat and make sure all lights are off (if you want a light on at night use a timer). If you are planning on being gone for a week or more consider turning down the thermostat on your hot water heater and refrigerator (maximum safe temperature for food in the fridge is 41°).



Good News for the Clean Up Crew!

Who ever is responsible for cleaning up after the holiday feast will be thrilled to know that the dishwasher is the environment's friend. Truthfully, it is more environmentally friendly to use the dishwasher than it is to hand wash your dishes if you follow two rules:

1. Only run the dishwasher when it's completely full.
2. Don't pre-rinse.

This glorious information came from John Morrill of the American Council for an Energy-Efficient Economy. He also advises that you don't use the dry cycle. The water in most dishwashers is hot enough to evaporate quickly if the door is left open after the wash and rinse cycles are complete.
(Three cheers for John Morrill)



Black Friday

Yes! It's here again. The day that we rise like zombies and hit the stores before daybreak, fighting our way through crowds like line-backers and all to save a buck or get that "must have" item on the Christmas list. But, you have to admit, there is some unexplained thrill about the whole tradition. This, very unusual, tradition can also be "green" just by creating a plan of action.



Follow these few steps to turn your **Black Friday** into a green shopping trip:

- Determine what you want to buy and for whom.
- Check ahead to find out where the best prices are. Many sites like BlackFriday.info can help you plan the best bang for your buck.
- Don't forget the internet. Many stores have online specials for Black Friday.
- Plan your travel route. This will save time as well as gas.
- Load up your car with reusable bags.
- Drink lots of coffee and, by all means, have fun.

Important Announcements:

- The Brunswick County Landfill will be closed on Thursday, November 25, 2010 for the Thanksgiving holiday. The Landfill will resume regular hours on Friday, November 26, 2010.
- Keep Brunswick County Beautiful will not have it's regularly scheduled meeting in December. The next regular board meeting for KBCB will be on January 12, 2010 at 5 pm. The meeting will be held in Bldg. L of the Brunswick County Complex. *The public is always welcome.*