

# ZERO WASTE AT TRU

## **TRU's Zero Waste (ZW) Initiative**

TRU is striving to be a Zero Waste campus. To help us reach this goal, the Sustainability Office & the Facilities Department are working together to assess our waste stream and implement a comprehensive waste management plan to improve on our recycling and recovery rates while reducing the amount of material going to the landfill. **Together** we can divert over 1200 tons of material from entering the landfill every year.

## **What is Zero Waste? Definition**

Zero Waste means designing and managing products and processes to systematically avoid and eliminate the volume and toxicity of waste and materials, conserve and recover all resources, and not burn or bury them. Having a Zero Waste system will eliminate all discharges to land, water or air that are a threat to planetary, human, animal or plant health.

## **TRU's Waste – the Current Reality**

With current initiatives, TRU achieved a waste from landfill diversion rate in 2016 of 55%, or 242 tonnes of material annually. Throughout campus, many departments and individuals are doing a lot to divert waste. For example, all campus yard waste is composted at city facilities (90,000 KGs); Culinary Arts sends kitchen scraps to a local farmer for livestock feed, and we collectively recycle over 3200 KGs of electronic-waste annually.

## **What You Can Do—Lots!**

All of these efforts are an important part of waste reduction at TRU, but none of them are possible without the cooperation and commitment of individuals. The Zero Waste Toolkit will not only provide details on which discarded items go into the various bins, but also help reduce waste by considering other important factors before waste is created. REDUCE - REUSE - RETHINK

Our Zero Waste Stations across campus (over 100 of them!) are designed to provide a simple, consistent and systematic sorting method. Please take time to read the posters above each bin to ensure your discarded items are separated into the proper waste stream.

## **Questions/Concerns**

Do you have any questions/concerns, or do you have a specific need regarding a waste-stream that needs diverting from the landfill? If so we want to hear from you at [jgordon@tru.ca](mailto:jgordon@tru.ca) or 250-852-7153.

Thank You

From the TRU Sustainability Office



# TRU Zero Waste Toolkit

1. Rethink
2. Reduse
3. Reuse
4. Recycle



# MIXED RECYCLING

(curb-side pickup by City of Kamloops)



## Paper or Boxboard

So long as it isn't soiled or wet. Recycle even hard or soft covered books!  
- Shredded Paper—please contain in a paper bag or box



## Coffee & Pop Cups

Includes cups, lids and sleeves. \*Please empty liquids before recycling!



## Hard Plastics

Anything with the recycling symbol 1 to 7



## Metal

Includes food & beverage containers, lids, aluminum trays & foil, etc.  
**NOTE:** Only 'big chunks' need to be rinsed from food containers.



**DO NOT** put greasy, messy, or wet cardboard food containers in MIXED RECYCLING. Put in Compost instead; but not plastic food containers (they stay in MIXED RECYCLING). Thanks!

## Ideas to REDUCE and REUSE before RECYCLING

### Paper

TRU has saved tons of paper in the last few years (literally!). We now use 9 million sheets per year, instead of 22 million four years ago! But we can still do more...

Go Digital—It's easy, and saves paper, time and money. Here's how...

- 1st Step: Create a **Digital Signature** - Click [here](#) to learn how.
- **Digital Exams & Assignments** - Click [here](#) to learn how to get started.

Sustainable Printing—When you have to print, click [here](#) for great tips on doing it well.

Reuse Paper—If you must print single-sided, please use the blank side for note paper.

Paper Towels in Washrooms—If you use the paper towel to ONLY dry your hands, you can recycle them in the blue MIXED RECYCLING bins.

### Coffee & Pop Cups

Bring Your Own Mug! You'll get a discount, and help divert 92,000 coffee cups from going to the landfill every year.

# COMPOST

## WHY COMPOST?

Please put the following in the green compost bins.

Organic waste produces methane gas in the landfill, which is 21 times more harmful than CO<sub>2</sub>! Plus, composting produces a rich soil amendment which retains moisture, and is the natural order of things!



**Fruits & Veggies**—Anything.



**Coffee & Tea**—Including coffee filters and tea bags, but not tea bag pouches.



**Pastries & Bread Products**—Anything besides raw dough.



**Meat & Meat Products**—Anything besides big bones from beef, pork, or lamb.



**Noodles, Rice & Grains**—Anything.



**Cheese & Yogurt**—Anything

~~**Compostable Food Wares**—Plates, clam shell boxes, vegetable-based or wooden cutlery (chopsticks), etc.. Anything JUST paper, cardboard, wood or vegetable-based, but NOT coffee/pop cups; they go in MIXED RECYCLING.~~



**DO NOT** put large volumes of oil-based products in the compost bins (like bottles of old salad dressing, lard, or rancid cooking oil)

NEW!



**WHAT HAPPENS TO THE FINISHED COMPOST?** All campus compost is processed in our state of the art in-vessel composting machine. See it in action by [clicking here](#). Finished compost is given away to TRU community members, or used as a soil amendment on the campus grounds.

## Ideas to REDUCE and REUSE what gets COMPOSTED

**Donate Unwanted Food**—The TRU Student Union Food Bank (<http://trusu.ca/services/food-bank/>) or Kamloops Food Bank (<http://kamloopsfoodbank.org/>) are always happy to receive unwanted, edible food!

**Avoid Wasting Food (and money!)**—Currently, 40% of all food produced in Canada enters the waste stream. Try these great tips to avoid food waste:

- [Mobile Apps and Web Tools for Meal Planning](#) (PDF)
- [Shopping List](#) (PDF)
- [A-Z Food Storage Guide](#) (PDF)
- [Home Freezing Fruits and Vegetables](#) (PDF)
- [Storage Tips](#) (PDF)



# REFUNDABLE CANS, BOTTLES & BOXES

All 'Return for Refund' beverage containers go in the red bins

\*money collected is used by local groups for an Autism program lunch plan, and a scouts group



**Cans**—pop, juice, beer, cider, etc.



**Plastic Bottles**—water, pop, beer, cider, iced tea, etc.



**Glass Bottles**—pop, beer, cider, wine, spirits, etc.



**Juice Boxes or Pouches**

**Put Them in the Right Bin PLEASE!** In 2104, TRU still threw 13,000 refundable beverage containers into the landfill (386 kgs)... worth almost \$700!

**Please Be Clean!** Try not to spill liquids in the bins when you put the containers in them. Pour unwanted liquids down drains or toilets.

## Ideas to REDUCE USING CANS, BOTTLES & BOXES

**Refillable Water Bottles**— Please use a refillable water bottle at one of the campus Water Bottle Refill Stations: A&E 2nd floor; HOL 1st floor; IB 1st floor; Old Main 1st & 2nd floors; Science 2nd floor; and Trades 2nd floor

- The [Kamloops Centre for Water Quality](#) is a world-class treatment facility, ensuring all city tap water is safe and delicious.
- In the TRU Tap Water Challenge, most people preferred TRU tap water over leading brands of bottled water.

# STRECHY PLASTIC (plastic bags or film plastic)



Most stretchy plastic bags or soft 'film' plastics can be recycled! For example...



**Shopping bags**



**Garbage bags**



**Coloured Bags**



**Ziplock bags**



**Fruit, Veggie, Bread and Other Food Bags**



**Food Wrap (like Saran Wrap)**

So long as it's not too dirty



**Bubble Wrap & Other Soft Plastic Cushioning Wrap**



**Shrink Wrap**

For wrapping shipping palettes, etc.



**Soil / Fertilizer Bags**

But only if there's a recycling symbol on them, and if they're empty of all big chunks



**DO NOT** put the following types of soft plastics in the yellow bins. They go in the black LANDFILL WASTE bins:

- 'Crinkly' Plastic—chip bags, chocolate bar & candy wrappers, cellophane wrap (for gift baskets), etc.
- Any other types of soft 'film' plastic

## Ideas to REDUCE and REUSE PLASTIC BAGS

**Cloth Shopping Bags**—This is still one of the best way to reduce the need for plastic bags.

Tips for remembering to bring them: place them back into your car or purse right after you unload the groceries at home, or leave a few spares in convenient locations.

**Shop at Farmers' Markets**—A lot of food doesn't even come in a bag at Farmers' Markets; plus you're supporting local farmers and local food security.

**Buy Bulk**—You can bring your own bags!

# LANDFILL WASTE

... and everything else goes in the landfill! :(

Here are some examples of what SHOULD go in the black bin:



**Chewing Gum**



**Crinkly Plastic**— Chip bags, candy wrappers, cellophane wrap, etc..



**Tissue for Nose Blowing** (or any other type of bodily fluids)



**Pencil Sharpening Shavings**



**Items that fuse two or more types of materials**—Like plastic and paper tea bag pouches, or concentrated orange juice containers (that combine metal, cardboard and plastic)

## Ideas to keep your waste from the LANDFILL

### Zero Waste Events

Whether your 'event' is bringing in coffee and doughnuts for a meeting with a few co-workers, or the Back-To-School BBQ for a few thousand, we want to make every event at TRU a zero waste one. Give us a call with event details (when, where, how many people, what sort of trash/recycling you expect, etc.) and we'll work with you to try and make it as waste-free as possible.

- **NEW Mobile Zero Waste Stations**—Be the first to try this new innovation: zero waste stations wherever you're having your event. We'll set you up with our new mobile zero waste station. Contact us!

### Litter-less Lunches

Some great ideas for you and your kids:

[lunchwithoutwaste.com](http://lunchwithoutwaste.com); [mylitterlesslunches.ca](http://mylitterlesslunches.ca); [See this video about litter-less lunches](#)

### Motivation to Work at Landfill Diversion

Did you know that after year's at working at diverting as much of their waste as possible from the landfill, the Mountain Equipment Coop now claims a [91% diversion rate!](#)?

# OTHER TYPES OF WASTE & RECYCLING AT TRU

There are many other waste or recyclable items produced on campus that should not go in the five bins of the zero waste stations. Here's how to deal with them (listed alphabetically).



**Batteries** There are brown BATTERIES ONLY recycling bins wall-mounted around campus at these [locations](#). Please recycle all types of household batteries. **NOTE:** Tape over the two points on 9-volt batteries so they don't catch fire.



**Keurig Cups** Van Houtte Coffee picks up only Keurig brand coffee pods that they supply to (**coffee pods**) TRU offices, which are then brought to the Lafarge cement plant for hog fuel.



**Corrugated Cardboard** - Please...

BREAK DOWN BOXES! Big pieces go in [outdoor bins](#) (see 'Corrugated'). Small pieces go in zero waste stations or wooden wheeled boxes.



**Electronic Waste** (including unwanted CDs and DVDs)

To recycle 'anything with a cord', fill in this [form](#), then email a work order to [facilities@tru.ca](mailto:facilities@tru.ca) for pick-up (along with form). Drop-off boxes for smaller electronics in Student Street and 1st floor Campus Activity Centre



**Hazardous Waste**

Properly recycle all hazardous materials: paint, solvents, chemicals, bleach, etc., Please email [facilities@tru.ca](mailto:facilities@tru.ca) to pick them up.



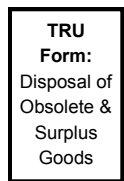
**Palettes**

Please leave them near outdoor yellow waste dumpsters around campus (not in them!) for pick-up by Facilities staff.



**Printer Ink & Toner Cartridges**

Please put used cartridges in a bag, then in their box, then write on box 'For Recycling', then leave in any TRU Mail Room for pick-up.



**Reusable Items**

TRU Procurement Services deals with the disposal of obsolete & surplus TRU goods that are of value. Please use this [form](#). For items not covered with this process, write 'Free' on a box, put your stuff in it, and put it in a hallway!



**'Sharps'** (used syringes)

Containers to properly handle used 'sharps' are located [here](#) (scroll down to 'Sharps'). TRU Security can also be called for help: 250-828-5033



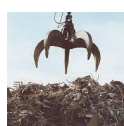
**Styrofoam**

Only big chunks can be recycled (not 'packing peanuts' or other small bits). Please put chunks in the wheeled yellow carts in Student Street, Facilities, Sciences building or Open Learning.



**Text Book Reusing**

Put unwanted textbooks in wooden bin outside TRU Bookstore. They're used by *Better World Books* in developing countries.



**NEW—Scrap Metal**

Start a scrap metal bin in your office (email [jgordon@tru.ca](mailto:jgordon@tru.ca) if you need help), and then email [facilities@tru.ca](mailto:facilities@tru.ca) to pick it up anytime it's full.