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Eco-Friendly Rainy Day Ideas

School is out for the summer – but the sun sure hasn't been. Here are some eco-friendly rainy day activity ideas to keep you and the kids entertained on those days when playing outside just doesn't seem like an option.

In the Kitchen

Find a recipe that showcases local, organic produce and get baking! This is not only a great way to learn about local produce and the importance of supporting local farmers, but following recipes can also be a fun way for kids to practice their math and reading skills outside of the classroom. Click here for recipes from Foodland Ontario to get you started. Remember to compost any leftover ingredients or fruit and vegetable peelings.

In the Living Room

Most local libraries now carry extensive collections of educational and entertaining documentaries and feature films which can be borrowed for free. The BBC's award winning *Planet Earth* documentary series, Al Gore's *An Inconvenient Truth* or Disney Pixar's animated blockbuster hit *Wall-E* are at the top of the list of eco-friendly films worth seeing.

In the Craft Room

Recycled crafts are a great way to exercise your creativity while "walking lightly on the environment". Almost any object can be reused in a crafty way. Old soup cans can be made into pencil holders, magazines can be cut up and used to make collages or envelopes, and paper towel rolls can be turned into musical rain sticks. For more recycled craft ideas, visit the Ottawa Valley Waste Recovery Centre's (OVWRC) craft booth at the Petawawa Library's Open Air Art Fair being held August 8th – rain or shine!

Be Bear Wise!

The Ottawa Valley has witnessed a rise in bear sightings this summer. The rain and lack of sun has left little natural food sources for the bears to feed on which means that household garbage and composters may become attractive options for the hungry bears.

The OVWRC has been working closely with the Ministry of Natural Resources to provide residents the tools they need to keep their properties bear-free. The important thing to remember is that if there is no food source on your property, a bear will not stay long and will likely not return.

You can reduce the possibility of a bear visiting your property by:

- Storing household waste bins (garbage, recycling and green cart) in an area not accessible to bears; like a garage or shed and placing material out on morning of collection.
- Freezing odorous food waste and placing in green cart on the morning of collection.
- Wrapping food waste well in newspaper or paper bags to absorb moisture and reduce odours in green cart.
- Using lime in green cart or layer with dried yard waste to help reduce odours.
- Rinsing waste bins with a mild detergent after each collection.
- Removing ripened fruit from fruit trees and the ground below.
- Keeping BBQ grills clean and free of grease.

[Click here to download our Green Cart Tip Sheet.](#)

Do You Know Where it Goes?

Some materials make us think twice before we throw them away. Is it recyclable? Can it be composted? Or is it garbage?

Clothing

Finding reusable clothing a new home is an important part of "walking lightly on the environment". The Canadian Diabetes Association's clothing and household item collection program, Clothesline®, diverts over 42 million

kilograms of material from landfill sites across Canada every year. Individuals can donate by calling 1-800-505-5525 to schedule a free pick-up from their home, or click here to find the Clothesline® drop box nearest you. Rags and unusable clothing are not acceptable and must go in the garbage.

Berry Baskets

Strawberries and raspberries and blueberries - oh my! What do you do with the baskets that hold these delicious fruit? Cardboard berry baskets (plastic handles removed) and pulp paper berry baskets should be placed in your green cart. Plastic berry baskets cannot be recycled and must be disposed of in your regular garbage. Before throwing out your plastic berry baskets, consider calling a local berry farmer to see if s/he could reuse them for next year's crop.

Re-Use It!

There must be 101 ways to reuse plastic pop bottles! One of our favourites is to turn empty pop bottles into ice packs. Simply fill the empty bottle $\frac{3}{4}$ of the way with water, twist the cap back on and place it in your freezer. The bottles can then be used to keep food or drinks cold in camping coolers or as ice packs for injuries.

The OVWRC E-Newsletter is published by the Ottawa Valley Waste Recovery Centre.

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