

Recycling Services Newsletter

IOWA STATE
UNIVERSITY

Facilities Planning
and Management

CONTENTS

SINGLE STREAM WASTE | PG. 2-3
RECYCLING PLASTICS | PG. 4-5
MINIMUM WASTE LIFESTYLE | 6-7
MEET THE NEW FACE | 8

UPCOMING EVENTS

Join the Challenge Day |
August 25, 2022

Sign up day for joining the challenge of living a Minimal Waste/Maximum Diversion lifestyle. Join the fun and be part of the team! Sign up at the MU table or by [LINK HERE](#).

National Campus Sustainability Day
| Coming in October, 2022

Meet with Green student orgs and businesses from the City of Ames. Watch for future announcements!

National Recycling Day |
November 15, 2022

Join us for a tabling event and games at the MU.

WANT TO LEARN MORE? WANT TO GET INVOLVED?

ONLINE: <https://www.fpm.iastate.edu/recycling>

OR CONTACT:

Steve Kohtz, Recycling and Special Events Coordinator | skohtz@iastate.edu

RECYCLING SERVICES NEWSLETTER

is a quarterly publication of Iowa State University Recycling Services at Iowa State University, in Ames, Iowa. An informative newsletter focusing on helping students, faculty and staff commit to; become aware of; and understanding the importance of a minimal waste/maximum diversion lifestyle

Follow us on Facebook, Instagram, and Twitter.



KNOW YOUR COLORS



BLUE=RECYCLING



GREEN=WASTE



BLACK=COMPOST

Iowa State University is on a mission to Minimize Waste And Maximize Diversion by reducing waste production to 10% and keeping at least 85% of waste out of the landfill by 2025. The approach in managing this minimal waste, maximum diversion focus is the promotion of the Environmental Protection Agency's [Reduce, Reuse, Recycle model](#), which is vital to achieving this goal. The initiative will take concerted effort from all areas of campus, and **YOU** can help! This publication features ways you can practice waste minimization and diversion. We'd love to hear your stories on how you minimize waste! share them on Instagram at [#iastaterecycles](#)

OPENING OUR EYES TO WASTE

DEALING WITH OUR THROW-AWAY SOCIETY

Recycling is one step to minimizing waste however, it is not the whole story. Recycling claims items that can be reused for a second life. However, an average person sends 4.4 lbs of waste to the landfill on a daily basis (1,606 lbs/Yr.).

Americans have lost the conscience reality when it comes to waste. Since the 1970's waste has become an unconscious habit. We purchase fast food, we eat it and we rid ourselves of the wrappers, by throwing them into the trash can. Which then goes into the landfill where it will sit until it decomposes. However, being wrapped in a plastic trash can liner, the elements are shielded from the material to decompose, giving the single used boxes and papers a lengthened life.

Too often we unconsciously drop countless items into file 13 (the trash) many times during the day, and we veil the reality of our waste by using trash liners that collect and neatly/blindly send off our trash to the landfill.

"(GARBAGE IS) so embedded in our daily routine, it's so normal that we don't even see it," says Habits of Waste founder, Sheila Morovati. She seeks to raise awareness of the dangers of a throwaway society, foster grass roots change and help everyone become aware of the power they have to influence others.

~ Sheila Morovati, Habits of Waste founder

[H.O.W. WEBSITE](#)

MINIMIZE WASTE MAXIMIZE DIVERSION

WHAT IS WASTE MINIMIZATION? AND WHY?

Waste minimization/diversion is a lifestyle, philosophy, movement, and solution to reduce consumption, minimize waste, and maximize waste diversion. It is a process aiming to eliminate rather than manage waste. Not only is waste minimization/ maximizing diversion about recycling and diversion from the landfill, it streamlines production and distribution systems to prevent waste from being produced in the first place.

WE NEED YOUR HELP! BE AN INFLUENCER

Iowa State is a large community, and needs everyone's attention, persistence, and commitment in order to minimize the waste to 10% by 2025. With your help, we can do this! However, we need your valiant efforts to get it done. Every piece of waste that is filtered through your hand must be considered before you drop it in the garbage bin. How do you choose where it goes? Learn more in the Single Stream article on page 2-3 **YOU MATTER!** with your help, ISU can minimize waste and maximize diversion, **IT'S IN YOUR HANDS!**

SINGLE STREAM RECYCLING...

Iowa State University practices Single Stream Recycling. What does this mean for the students, faculty and staff? What can be recycled and what should be sent to the landfill? Does it really matter? and How can I get involved? Here's the single scoop...

Single stream recycling allows ALL recyclables to be placed in to one bin for recycling rather than sorting them individually. (Look for these visual reminders on the solar compactors throughout campus, IMG 1.1/1.2) These collected materials from campus are taken to a Materials Recovery Facility (MRF) in Des Moines where they are sorted and sold to markets as raw materials to produce new products. Single Stream Recycling at Iowa State is designed to increase the ease and convenience of recycling, encourage more participation, and save resources by reducing waste. Campus-wide single stream recycling is offered to all students, faculty and staff in academic and campus residential buildings.

Textbooks, journals, hardcover books etc. should be recycled and not thrown into trash bins. Please DO NOT put these heavy items in the blue recycling bins but rather box them and submit an Online pickup request (see website). This is to avoid injuries for custodial staff who haul these bins to the loading dock for recycling.

So, what can be recycled with Single Stream? According to Bob Currie, Director of Facilities Services for Iowa State University Facilities, Planning and Management; "Paper of all colors; newspaper; magazines; paperboard/press board (think cereal box); paper bags; paper folders; soft covered books and journals. (Don't worry about staples or paper clips, but please no binder clips)"

"Also plastics #1-7," see Pg. 5-6 for clarity on numbered plastics, glass, metal food and beverage containers (aluminum pop cans, tin and steel cans). Make sure

to rinse containers before recycling. If they are not rinsed out the items are considered 'contaminated' and will be sent to the landfill. (Remember we are Maximizing our Diversion!)

Corrugated cardboard is recycled separately, please place these in the Green dumpsters with "cardboard only" label on them. These dumpsters are also located throughout the university, usually behind buildings on loading docks. What about confidential items? Any items with personal information, SS numbers for example, can go into light gray confidential document bins (These bins are padlocked) and located throughout the university buildings on campus.

Why does recycling matter so much?

All garbage isn't it? No, recycling takes items that can be melted and/or shredded down to create a second product. This is important because if you simply trash the items, you are sending them to permanent storage, where they will reside until they break down to ash. For many products that is thousands of years. Leaving our trash for three to four generations.



WASTE



WRAPPERS | Food wrappers, Packaging



SINGLE-USE | Plastic (utensils, straws, bags), Paper towels/Tissues/Napkins



FOOD WASTE



IMG 1.1

LIVE GREEN! *Be Beautiful* Questions? Contact: recycling@iastate.edu

These items go to the landfill and are considered waste, PLEASE PLACE IN GREEN BINS



RECYCLE



Please remove all liquids and food before recycling.

PAPER | Paper (White/Color), Magazines, Newspaper, Paperboard/Cereal Boxes



PLASTIC | Plastic Bottles, Milk Jugs, Plastic Containers (#1-7, No Clamshell Containers)



GLASS | Glass Bottles, Glass Jars



METAL | Aluminum/Tin/Steel Cans, Food and Beverage Cans



IMG 1.2



Questions? Contact: recycling@iastate.edu

IOWA STATE UNIVERSITY
Student Government

These items are recyclable, and go in Single Stream blue bins.

How can I get involved?

If you are on the Iowa State Campus you already have many opportunities to get involved:

1. Be responsible.

Recycle your waste, compost your food items, and don't contaminate the recycle with single use items (these go in the waste bin).

What are single use items?

Plastic cutlery, straws, plastic bags, etc. These items are used for the moment and tossed in the garbage. These items are not recyclable and exist only to be used one time, unless they are washed and given a second chance.

2. Think before you buy!

What if you purchased items that didn't have much packaging? Like bulk items, fresh items, etc., items that don't need to be boxed in Styrofoam, or plastics. It's always exciting to come home with a new item and unwrap it, however, the single use waste that occurs is harmful to the environment, and again will lay in waste for many generations. Wise purchasing or even group purchasing can cut this waste in half or into quarters if many people split the items that are purchased, Eliminating single use waste.

3. Plan before your buy.

What will you do with the item once it has lost usefulness to you? Are you going to toss it, give it to someone, or sale it second hand? How long will you have it, and for how many uses? Think about your purchase before you buy, to make sure you aren't just emotionally purchasing the item for the "like" of it instead of the "necessity" of it. [Maybe take it to Rummage Rampage (July 29- August 6) Say "Hello" to Steve Kohtz or Merry Rankin, and get a free blow-pop!]

Here on Iowa State University campus, we can get involved with volunteer groups, like The Green Umbrella, The Recycling Team, the Live Green team, and many other student organizations (See livegreen.iastate.edu) that are concerned and focused on reducing waste.

85% x 2025

It is Iowa State's goal to divert 85% of our waste from being landfilled by 2025. ISU can only do it with everyone's help. Start thinking today how you will reconsider the "three R's" at Iowa State University.

Paper Towel Composting Pilot Project

ISU Recycling Services in conjunction with Student Government, and in collaboration with Facilities Planning and Management Campus and Custodial Services and the Office of Sustainability, are be piloting a bathroom paper towel composting project at the Lloyd Veterinary Medical building. This program started March 2021 and continues this year. This pilot program focuses on determining the opportunity to reduce landfilling through a unique waste stream, as well as the feasibility of expanding to other campus locations. The program started with 8-10 restrooms with designated bins placed, specifically for paper towel disposal, lined with compostable liners in place of the regular trash liners. Signage also is posted to remind restroom users where to place "Paper Towels Only" and where to place any other restroom trash. If you have a building that would like to try this program, speak to [Steve Kohtz](#) Recycling and Special Events Cord.

CHECK US OUT!



[Iastate Recycles](#)



[keep_isu_beautiful](#)



[isu_keep](#)

SOLAR-POWERED BIGBELLY RECYCLING COMPACTOR

In 2017, as part of Iowa State University's recycling initiatives, the BigBelly was introduced as an online smart technology recycling system with solar-powered compactor. These are a system to effectively manage recyclables generated outside the campus buildings. This is to support the already installed solar-powered "BigBelly" trash bins (started in 2013) to divert our recyclables from going to the landfill. Advantages to these trash bins are that it provides the opportunity to digitally monitor the content of the compactor online to know when they are full and need to be emptied which has reduced labor costs and emissions from truck pickups, provided the capacity to hold five times more recyclables than previous receptacles; and have also added some aesthetic value to our campus. Each compactor has a unique theme to them. Cy is imaged doing actions or tasks that a student at Iowa State might find themselves involved with. These graphics were created by the Live Green Student Interns (2017-2018).

CHALLENGE!

As you walk around the campus and view the compactors, find the image that best describes what you do at Iowa State, and take a selfie with it. Put your selfie on our social media with the hashtag (#iastaterecycles) and at the end of each month we will draw a name from the social media to receive a "Sustainable/Green Gift!"

**Minimize WASTE!
MAXIMIZE DIVERSION!**

2025

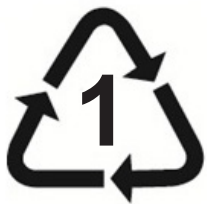
PLASTICS AND HOW TO READ THEM

When it comes to plastics, there can be a sense of confusion on what can be recycled and what can't. What do the numbers mean and how do they work? This article will put to rest some of those nagging questions and help you understand what can go in recycling and what can't. Remember at Iowa State and with Single Stream, most plastics 1-7 (with exception of plastic utensils) can go in and will be separated later. Remember, plastic recycling varies from city to city, check with your local municipality to confirm what plastic materials can be recycled in that locale. Plastics are set up with a number system known as Resin Identification Codes (RIC) to let the recycling industry know what the product is made of and how it should be taken care of. ([Sustainable Packaging Coalition](#))

Plastic/resin is differentiated by the temperature at which the material has been heated and classified. Below is a listing of these numbers and a brief (not complete) description of which resin the number represents. More information found at [Sustainablebrands.com](#).

Plastic is made from crude oil. Some plastics labeled PLA are made from sugars in corn and other plant-starches like cassava.

There are two types of plastics thermo set and thermoplastics. Thermoplastics are remeltable and remoldable, thermo set plastics are irreversible chemical bonds, these bonds are unbreakable no matter the amount of heat you create.



Number One in plastics is PETE. Polyethylene Terephthalate, is the most common thermoplastic polymer resin, made

from the polyester family and used in fibers for clothing, containers for liquids and foods, and thermoforming for manufacturing use and in combination with glass fiber for engineering resins.

Number Two is HDPE or High Density Polyethylene. This thermoplastic polymer is made from petroleum.



One of the most versatile plastic materials, this plastic is used in many applications, including plastic bottles, milk jugs, shampoo bottles, etc. This plastic has a high-impact resistance and melting point.



Most simply known as V plastic Number Three represents the Vinyl/Polyvinyl Chloride (PVC). This plastic is the most commonly

used thermo plastic polymer worldwide. It is colored a natural white and is very brittle plastic. [First synthesized in 1869](#), and commercially produced by B. F. Goodrich Company in the 1920's. This plastic is commonly used in the construction industry, most widely seen in plumbing.

Number Four is abbreviated LDPE which stands for Low Density Polyethylene. A soft, flexible, lightweight plastic material. Known for its low temperature flexibility, toughness, and corrosion resistance. Most often used for orthotics, and prosthetics.



PP or Polypropylene plastic is the fifth category in the listing. Often used for

plastic containers (yogurt, butter containers) and liners (cereal box liners, and disposable diapers), but most often as disposable cutlery, or single use items. It is also used for product packaging, and plastic parts for various industries including the automotive

industry. First synthesized in Spain in 1954, this resin product exploded in popularity across Europe in commercial production. Today this is the most commonly produced plastic in the world.



Number six plastic is PS, or polystyrene. A synonym for polystyrene is Styrofoam. It was first invented in 1941. The most controversial of all plastics Styrofoam has a slow biodegradability and is increasingly present in outdoor litter, as seen floating in oceans, seas, and river ways. From 2002-2015 about 316 million metric tons were produced globally. In 2015 an estimated 302 million tons of styrofoam was placed in landfills. Number six plastic is also used to create jewel cases for CD's, food containers, the famous red solo cup and packing peanuts. Due to toxicity, BPA is suspect in numerous health challenges.

The last category of plastic is level seven, "other." This is the benevolent category for plastics.



This combines all the six in various qualities. This plastic is associated with BPA (bis-phenol) and can be found in baby bottles, sippy cups, water bottles, metal food can liners, condiment bottles and dental sealants.

Being familiar with plastics is good, however there are three important points to take with you, according to waste4change.com (a blog on all things in waste management).

First it is said that plastic can leach hazardous materials if put into extreme heat. Secondly, the three plastics considered most safe are 1, 2 and 5, PETE, HDPE and PP. While there are studies researching on how to recycle these plastics, the two types most commonly recycled are plastics 1/ PETE and 2/HDPE. Third, check with your municipalities in your location. Plastic recycling is different from town to town, depending on the recycling companies abilities.

Having this knowledge is important as you consider single use food and drink packaging, as well as purchasing packaged items. Think about your purchases before you litter the landfill with these slow decomposing items. Many generations will be dealing with our wasted water bottles and foam food containers. The other thing to consider is not drinking from warm or hot water bottles. [Research has found](#) that BPAs have leached into the water from the plastic bottle when left in the heat for a "long time." Interesting note: [Americans consumed 15 billion gallons of bottled water in 2020](#), shifting from other plastic packaged beverages (sodas, energy drinks and fruit juices) to water.

Join the Conversation...

What are your ideas on how to minimize single use items on the Iowa State Campus?

Share your ideas by joining in the conversation with our volunteer groups or reach out to Steve Kohtz, Recycling and Special Events Coordinator to share your creative and unique ideas.

Help us reach minimal waste/maximum diversion by 2025, by joining the team!

NOT ALL PLASTICS RECYCLE

While some plastics are recyclable, others are not and ultimately end up in our landfills. Be on guard to collect these items and properly dispose of them to keep them contained and from roaming around our earth.

Shopping bags, while there are collection points at some retail stores, these bags often end up in the trash, and ultimately the landfill. If you are throwing these bags away and not recycling them, please tie them into a knot to add weight to them. This way if they do go astray they will get caught easier than if allowed to blow in the wind. A better option is to take a reusable shopping bag from home to carry your purchases.

Plastic zip lock baggies, are another source of unrecyclable waste. These handy sandwich and snack bags create a mass of single use trash. Generations past would wash these out and drape them over the kitchen facet to dry. However, in our current generation, it is easier to use it once and toss it. There are alternatives to single use items. Many earth-friendly companies are creating silicone zipper bags now that can be washed out in the dishwasher, but not only that, they can be heated up in the microwave as well! On line shopping offers a plethora of options for your needs. Check them out.

Plastic Straws, one of the most challenging of all plastic wastes are sipping straws. These single use items become a nuisance, because of their convenience and challenge to the waste stream with their single use efficiency. Imagine how many straws walk out of restaurants each day. Take that times millions of stores, and we have a mountain of straws in the landfill.

Better practices to cutting the straw is to find stainless steel ones. These can be washed time and time again, and foregoes the single use straw.

There are also glass straws that can be used to sip your soda. Glass straws are easily washed and saved for another use.

Cling wrap is such a quick easy way to keep things fresh, but lands in the same place as the rest of the items in this article. Cling wrap again is usually a single use item. It protects food products during its useful stage and then is discarded into the refuse bin. A better alternative is to use beeswax wraps, or silicone toppers that will act the same way cellophane does. Reusable storage containers can also replace single use cellophane.

Plastic cutlery is another item that is so convenient to purchase, use and throw, we mindlessly do it at large gatherings, lunch time, or in a pinch. Plastic cutlery can be replaced with simply supplying yourself with a set of actual cutlery (at work) or travel utensils that can be washed and reused. Cut the trash and stash a travel utensil with you as you go about your day.

Take home foam containers or clamshells are often a challenge to the landfill as well. Styrofoam as mentioned in the earlier article deteriorates very slowly and is hard to deal with. Best practices are to take a small storage container with you as you eat out. If you find a need for a doggie bag, you can slip the leftovers into your storage container and take it home guilt free, saving the Styrofoam from the landfill and single use.

MINIMAL WASTE LIFESTYLE

Trying your hand at living a minimal waste lifestyle? Interested in helping Iowa State University become a minimal waste/maximum diversion campus? There are many Resources out there helping us understand the focus of minimal waste living and how to do it. Here are a few tips to help you get started. It may not happen immediately, but being aware of tips and tricks to living this way will be useful as you continue to move forward and practice a minimal waste/maximum diversion lifestyle.

GETTING STARTED

The first step in a minimal waste lifestyle is to observe. Pay attention to what is going out of your house. Easiest way to do this is to remove your trash liner. WAIT, WHAT!?!? Yes, remove your trash liner (for a week or so...) and see what kind of waste you are tossing out. Removing your liner helps you focus on what is in the trash. Or if you choose to, you can set out three containers to collect, Single Stream items, Waste items and Compost items. Too often we have trash bags that collect the waste, but the bag diverts our eyes to what we are throwing out. If we pay attention to what is going in the bin we can then discover what purchases we can be changing to help less go out of the bin. When there is no liner we are also more concerned at how we are sending things out of our house. We will be more careful as we place liquids into the bin. We may be more aware of the coffee grounds and tea bags we are throwing out, instead of composting them around the garden and trees in the area. Ridding ourselves of the trash bag (for a stint) opens our eyes and makes us more aware. What else do you see in your trash? Plastics? Papers? items that could actually go into the recycle bin? Here at Iowa State we use a single stream waste bin. It is our goal that we are sending more to the recyclers than to the landfill (Minimum waste/Maximum Diversion).

We can still audit our trash and see how else we could benefit the challenges in the waste bin.

What by-products do you have slipping out of your hands? By-products can be items like K-cups, plastic sandwich zipper bags, etc. all products that can be replaced with out by-product (K-cup shells). Consider a French press for a coffee maker instead of the K-cup. The French press is great for zero waste, because the used coffee grounds can be placed as top soil enrichment and fertilizer for your plants. You simply take a small amount of water to swish out your used grounds and dump them around your garden. Gone are the small plastic k-cup shells which go into permanent storage (in the landfill) and it will save your bank account a couple of dollars for the coffee grounds over the filled k-cups, and fertilizer. It's a win win!

GO BACK TO THE BAR

Why not try a change in your shower? Instead of the plastic loofah sponge and plastic bottle for liquid soap try going back to the bar, the soap bar that is. Some soap bars have natural ingredients in them and are good for your skin, and plastic items are avoided. The soap bar is a single item and most times the bar is less expensive than the liquid soaps. Or if you can't live without your liquids, then perhaps try buying in bulk, where you can refill your plastic bottles instead of throwing them. You will save space in the landfill for every bottle you reject. Or how about making your own detergent? Look on line for recipes to help you [craft your clean](#).

What about a change in your study habits? Instead of using a bound notebook, why not go digital instead? A digital tablet will let you take notes and print if needed with less paper involved! or use your laptop to take notes, both are light and easy to manage.

FORGET SINGLE USE ITEMS

Drop the plastic straws, the disposable cutlery and paper plates and towels. These only add to the landfill with no reason other than convenience. It's easier to throw the plastic and paperware away rather than wash them. **(Here's a kudos! Iowa State you're AWESOME at bringing a reusable water bottle! If you glance around you will find the majority of students, faculty and staff carrying a reusable water bottle. Good job at the first steps in protecting the landfill from single use items.)**

How about making or purchasing some cloth napkins to carry in your backpack or leave at your desk to use instead of the paper towel/napkin? There are substitutes for most everything we use. Instead of using plastic bags carry reusable bags in your car, and carry them in with you when you go into a store. This will help narrow the estimated [100 billion plastic bags](#) that are consumed each year which uses 12 million barrels of oil to manufacture.

Perhaps the best thing we could do is use our voice in saying, "No" to plastics, next time they offer you a single use item, (straw, cutlery, plastic bag) simply say, "No thanks."

DON'T THROW YOUR FOOD

Instead of throwing out your leftovers, or food that has expired, compost them. Here in Ames there are a couple ways. If you're near [Freddy Court](#) there is a composting opportunity there. Or you can sign up with [Food Waste Diversion \(FWD\)](#) at the city of Ames website to receive a 5 gallon pale to collect your food scraps, and take them to the Ames Resource center collection site. This service has a minimal cost, but worth every earth-saving cent. Did you know ISU Dining services composts as well? Left over food waste is collected and sent to the composting site near the ISU farms [read more here](#).

MINIMAL WASTE | MAXIMUM DIVERSION

You have read this phrase several times in this publication, Minimal Waste Maximum Diversion, what is it? Minimal waste Maximum Diversion has one thing in common, to produce the least amount of trash that makes its way to the landfill.

Finding ways to minimize the permanent storage opportunities (throwing our waste in “the circular file or garbage can” and ultimately the landfill), by moving waste to other streams of use.

Another term you may have heard is zero waste. People who [practice zero waste](#) show their years (yes more than one year) of [waste fitting into a small mason jar](#). They have consciously figured out how to manipulate their waste to small bits and pieces (usually non recyclable plastics) [which fit into their mason jar](#). They practice bulk purchasing and when they find they must purchase something with packaging, they discover ways to rid or reuse the material they have in hand.

Zero-sters (zero wasters) purchase many things at a second hand store, which has little or no packaging. They shop in bulk, and pack in glass jars and cloth bags.

So what do the Minimal-sters do? The same things! However, they haven't mastered the zero amount of recycling yet. Either way is good and beneficial. As long as something is happening we are avoiding the landfill, saving space, and treasuring the Terra firma that we live on.

If you haven't felt the challenge of living a minimal or zero waste life style yet at this point in the publication, let me give you one more encouragement, give it a try! Reduce your waste by simply thinking through what you purchase. Where will it go when you are done with it and how will it be disposed of? [Sell it or Give it to a friend](#)? Tear it apart, or find another use for it. All are acceptable and correct in minimal living.



Waste Reduction Hierarchy

The graphic above is a waste hierarchy and shows how Iowa State practices managing waste. Our goal is to focus waste in the top three tiers. To reduce, reuse and recycle are the standards and the focus of Minimal waste/Maximum Diversion. If we can focus waste into these three areas we are minimizing and diverting rather than sending it to the landfill.

Tier four takes waste and uses it for energy. Taking waste and disposing of it by incinerating places the waste to another level - energy. We can use the waste to warm, or produce energy. The city of Ames takes a good claim in that. The goal is that trash would be siphoned through Ames Resource Recovery Center which will take trash and sift through for items that can be incinerated. They then use the heat from the incinerator to create energy which powers electricity throughout the city.

The last and least preferred tier is sending waste to the landfill. In the landfill, trash is placed into the ground, like a permanent storage system. It is defined permanent because the trash will take many years, decades or centuries to decompose.

Practicing this hierarchy at Iowa State University is vital for our minimize waste and maximize diversion goal in 2025. Helping us focus on and reach the goal for Iowa State University. That's what good cyclones do. Join in the effort and have fun doing it.

Mental Note:

I can reduce my waste by practicing these three steps: (write in your answers)

- 1.
- 2.
- 3.

MEET THE NEW FACE

Want to learn more?
Check out these resources...

<https://habitsofwaste.org>

An organization committed to providing solutions, allowing individuals to live more Eco-consciously without being overwhelmed.

<https://www.sustainablejungle.com>

Sustainable Jungle encourages and helps create positive change. Sharing sustainability related ideas, tips, tricks, hacks, products, brands and stories of people & organizations doing meaningful work to future-proof the planet.

[Goingzerowaste.com](https://www.goingzerowaste.com)

A struggling Musical Theater Actor who found living a zero waste lifestyle was healthiest and best life she could live. She has over 500 pod casts and ideas galore on living a zero waste lifestyle.

ZERO WASTE LIFE HACKS PODCAST

This podcast features tips on daily living. Offering zero-waste opportunities and hosting featured guests, Sofia Ratcovich and Michelle Sinclair tackle subjects like shipping and packaging and plastic bags. This podcast is free at Apple music or Spotify.

KNOW YOUR COLORS

Know your colors is “grass-root effort” at ISU to help people minimize waste and maximize diversion. Knowing your colors for waste bins will help you understand which bin your rubbish goes.



BLUE is recycling



GREEN is waste



BLACK is compost
(food scraps)

MEET IOWA STATE UNIVERSITY'S NEW RECYCLING AND SPECIAL EVENTS COORDINATOR

Steve Kohtz has accepted the position of Iowa State University's Recycling and Special Events Coordinator for Iowa State University. Steve worked at Iowa State University in the Office of Sustainability as the first Graduate Assistant Sustainability Coordinator (2015-2019) while attending Iowa State University studying his MFA in Interactive Graphic Design.

Kohtz lives with his wife of 20 years, two Sons, and dog, in West Des Moines, Iowa. He is excited to be part of the Sustainability and Facilities, Planning and Management team. He looks forward to achieving the 2025 goal of minimal waste/maximum diversion and creating active Velcro spots for students, faculty and staff as they join in the momentous move to a waste reduced lifestyle.



Steve Kohtz | Image by Matthew Cook

Steve is looking for interested students, faculty and staff to join the minimal waste team and help carry out the vision of the talented, gifted, and wise Ayodeji Oluwalana the previous coordinator. Steve welcomes your questions on how to live a minimum waste lifestyle. Reach him at: sakohtz@iastate.edu.

HELP ISU BOSS THE TOSS

Every time you toss something into the waste can you have a choice. Do you know which can it should go? **BLUE = RECYCLE; GREEN = WASTE; BLACK = COMPOST.**

BOSS THE TOSS by practicing thoughtful recycling procedures.

Three categories CAN NOT be recycled, they are:

1. **Food stained items** (pizza boxes, stained take away containers etc.)
2. **Single use plastic items** (cutlery, straws, and plates)
3. **Food** (save this for the compost!)

Help us **BOSS THE TOSS**

