



Happy New Year

This is the year to make a resolution you can keep: a no-waste new year's resolution. This year, pledge to do whatever you can to reduce the amount of waste you produce. No matter how big or small the decision at hand, keep in mind to ask yourself what impact your decisions have regarding "Recycle, Reduce and Reuse." A no-waste new year's resolution will have you making better choices regarding minimizing waste. Here are a few ideas:

- Get your name off of junk mail lists** Each year, the average household in the U.S. receives more than 40 lbs. of unwanted, unsolicited mail. Many find junk mail to be a real pain, but it's sometimes hard to know who to contact to remove your name from a list. The Federal Trade Commission maintains marketing name removal information on the Web at: www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email.
- Pack a no-waste lunch** Another easy "be green, save green" tip. Use a reusable lunch bag and reusable containers instead of plastic bags or disposable containers-and of course, a cloth napkin.
- Look for less packaging and avoid disposables** This one's big- nearly 30 percent of our trash is packaging. Much of this is cardboard, which can be recycled, but why use the resources on recycling when we didn't need that packaging in the first place? When you're at the store, buy in bulk and bring reusable bags to carry your purchases in. Choose less-packaged products over individually wrapped items.
- Borrow, rent or shop used** Borrow or rent items that friends or neighbors have or that stores offer, then check out buying used before heading to the store for a new item that you'll only use a couple of times.
- Use a reusable mug** Instead of using a polypropylene or paper cup from the coffee shop, bring in your own mug. Also, bring a water bottle to refill; you'll save money and reduce waste.
- Carry a reusable bag** Have one with you to eliminate the need for a paper or plastic one.



A no-waste new year's resolution is a worthy resolution and one you can stick to. Get your friends, family and kids involved-it's a great way to spread the word about waste and recycling and to help reduce the waste in our landfills.

We want our service to be the best, and you can help

Please place your cart at the curb edge with **at least 3 feet of clearance** from other objects, including other carts, basketball hoops and motor vehicles. Make sure your cart lid is down completely. Thank you for helping us provide you with the best possible service. Together we can keep our neighborhoods safe and clean.

Please, no dirt, rocks, batteries, fluorescent lights, sharps or overloading - lids must be closed to prevent spills.



Recycling Cart Acceptable List Paper, cardboard, aluminum containers and foil, steel or tin cans, glass bottles and jars, plastic bottles and tubs (such as yogurt, margarine and cottage cheese, numbers ♻️ through ♻️).

Recycling Cart Non-Acceptable List Waxed paper containers, plastic bags, foam packaging, paper towels & napkins, food soiled paper & cardboard, aerosol cans, diapers.

Greenwaste Cart Acceptable List Grass and weed clippings, shrubs and tree prunings (less than 4" in diameter), leaves, plants and flowers, food scraps and food soiled paper products.

Greenwaste Cart Non-Acceptable List No household garbage, no plastic bags, **no dirt or rocks**, no overloading - lid must be closed to prevent spills.

Pleasanton Police Unveils Pharmaceutical Disposal Site



Pleasanton, CA- The City of Pleasanton and the Pleasanton Police Department in partnership with the Dublin San Ramon Services District (DSRSD), is proud to announce the opening of a new pharmaceutical disposal site at the Pleasanton Police Department, 4833 Bernal Avenue, Pleasanton. The pharmaceutical collection

bin is located in the Police Department lobby and is accessible to the public 24-hours a day, 7 days a week. All pharmaceutical prescription medications as well as over-the-counter medications may be placed into the bin.

There is a growing concern about expired and unused pharmaceuticals in homes because they are susceptible to accidental ingestion (poisoning young children), theft, misuse, and abuse. According to the 2012 National Survey on Drug Use and Health, almost twice as many Americans (6.8 million) currently abuse pharmaceutical controlled substances than those abusing cocaine, hallucinogens, heroin, and inhalants combined. Moreover, nearly 110 Americans die every day from drug-related overdoses, and about half of those overdoses are related to opioids, a class of drug that includes prescription painkillers.

More than two-thirds of people, including juveniles, who misuse prescription painkillers for the first time, report obtaining the drugs from friends, relatives, or from their home medicine cabinet.

In addition to the significant issues mentioned above, another reason we want to properly dispose of medications is to keep them out of California waters and landfills. American Water Works Association studies show that exposure to certain pharmaceuticals results in abnormal development and reproduction in fish and other wildlife, even at very low levels.

Please follow these simple guidelines when using the pharmaceutical disposal site:

- While at home, pour unwanted pills (NO SHARPS, NO AEROSOLS) into a plastic baggie and seal the baggie.
- Bring the baggies down to the police department and drop them in the collection bin (Keep the original bottles and containers with you in your vehicle.)
- When you return home, remove or black-out the labels containing personal identifying information and recycle those containers that are appropriate to recycle.
- When dealing with liquid medications, keep all liquids in their original bottle. After removing or blacking-out personal identifying information, place the bottles directly into the bin.

PLEASE DETACH HERE AND RETURN THIS PORTION WITH YOUR PAYMENT.



Pleasanton
Garbage
Service Inc.
P.O. Box 399
Pleasanton, CA
94566

One stamp will be given for each 25 lbs. of recyclable material presented at the Buy Back Center. A total of 75 lbs. (3 stamps) of recyclable material must be presented during any given quarter to receive a credit. If you have an automated 96 gallon service, your quarterly credit will be \$3.51. If you have an automated 35 gallon service, your quarterly credit will be \$2.22.

To ensure proper credit, please fill out the information below:

Account Number: _____

Your Name: _____

Service Address: _____