

DRAFT
Recycling Advisory Committee (RAC) Meeting Minutes
November 18, 2020, 8 am – 9:30 am
Virtual Meeting Minute Taker: Sakiko Isomichi

Members present: Ilana Bebchick, Leah Beckett, Holden Cookson, Catrina Damrell, Shirley Elliott, Debby Galef, Rob Gogan, Martha Henry, Susy Jones, Sakiko Isomichi, Debby Knight, Lindsay Levine, Scott MacGrath, Janet Mosley, Audrey Ng, Richard Nurse, Meera Singh, Quentin Steenhuis, Mary Verhage, Kristen Watkins, Suzanne Wong

Members absent: Laura Nichols, Diane Roseman

Staff Present: Mike Orr

Public present: Helen Snively

1. Housekeeping

- Scott runs the meeting!
- Minutes of October 14 approved as presented to RAC.

2. City Updates

- Mike: Save That Stuff is the new contractor, steep learning curve
 - The first two weeks decent collection though there were some missed collections
 - The third week now: recycling is in the good groove
 - Some issues: Some workers working late and the goal is to be done by 4pm
 - Much more yard waste this year: Exceptionally heavy yard waste this year.
 - Many collections are behind
 - Trying to get the message out
 - Working this Saturday to try to get as many trucks out there as possible to collect what was missed
 - Debby Knight asked if the collection would happen by the end of the week.
 - Mike: it is difficult to catch up after the first two weeks with the new contractor
 - Goal: by December, the collection will be all settled
 - Mary asked how Mike is getting the message out: social media, the city hall, people making the posts and reposting at nextdoor.com etc.
 - Scott suggests if there could be a poster on a bulletin board
 - Mike: but this is a very temporary thing and becomes obsolete quickly
 - Rob asked: what is the proportion between paper bags and barrels
 - Mike: hard to say but slightly more paper
 - Richard: technical question whether downed branches from personal property are the property owner's responsibility, to which Mike said yes
 - Mike: what's most difficult

- Not everyone reports missed collections
 - We had so many missed collections which made the collections more difficult
- Small business recycle program
 - 200 small businesses are now being served, many women and minority owned. Mostly retail and restaurant businesses
 - Nearly all are non-formula businesses
 - Program is free. 1 - 2 times a week recycling collection.
 - Trying to do more outreach
 - Mary: what's the target number?
 - Mike: budgeted for up to 250. But not sure if there are more small businesses.
 - Scott: did the small businesses not have a recycling system before?
 - Mike: probably they did
 - Suzanne: is this a good representation of the businesses in the city?
 - Mike: hard to assess. I would not say this is representative because most office and corporate offices didn't apply because they couldn't meet requirements of program.
 - Rob: what about non-profits?
 - Mike: not many non-profits. We already serve non-profits: church, school, etc. They could have applied
- Single use plastics
 - This is a recommendation RAC sent in November 2019 and it is in the minutes from the meeting
 - The city council asked the RAC and DPW to weigh in on banning on single use plastics
 - So RAC did research on ordinances like this in Berkeley, Brookline, etc.
 - RAC recommended life cycle analysis
 - Was supposed to be discussed by City Council in March 2020 but the COVID hit and other priorities arose. In sum, no update.
 - Mike: around last June or July, the state lifted the ban on reusable bags. Then it took a few weeks or more for the City to change their policy.
 - Ilana: any way for the city to incentivize use of compostable containers. What can the city do to promote this?
 - Mike: we don't accept the compostable containers in our composting system. Life cycle of compostable vs. life cycle of recyclable is tricky. I don't know what the city can do, especially since it costs more to purchase compostable. PFAS, forever chemical commonly used in compostable ware, is a concern.
 - Mike: BPI is trying to implement a rule to ban this chemical. But what could replace it in compostable ware? Seems to make more sense to focus on waste reduction
 - Susy: at MIT, there is such a shortage of single use plastics as food businesses are struggling to find containers. A shortage of PPE and clam shells.
 - Mary: asked Mike to send out the letter to commissioner about the ordinance from Nov RAC meeting.

- Scott: any way for the city to encourage and remind businesses to not automatically include single use items
- Mike: not sure if the city has a mechanism but will look into the possibility
- Susy: a lot of restaurants seem to avoid single use items now in Boston. There seems to have been a shift
- Debby Knight: is there any update on EPR? Can Mike let people know when there's state legislation we can or should support?
- Debby Galef: PaintCare: this never passed in MA though it did in other states
- MA forum on waste bans
 - Proposing new regulations in attempt to reduce waste disposal as landfills close in the state and lots get shipped out of state
 - Future proposal: bans on mattresses, textiles and food waste when producing more than ½ ton/wk. For fall 2021
 - Will impact Cambridge around textiles. City already has mattress recycling program
 - City still exploring textile recycling options.

3. Shirley on food waste subcommittee

- See PPT at end of Minutes for presentation from Shirley.
- Susy suggested setting a time to collect questions and comments in the next meeting.
- Mike: Send comments to either Mike or Shirley

4. Breakout room by subcommittee

5. Closing

- No public comment
- Action items:
 - Mike will send the letter on single use ordinance to the RAC
 - Everyone will send in comments and questions about Shirley's food waste project
 - CPAC/RAC subcommittee update to RAC in December meeting
 - Scott, Susy, and Mike will think about whether or not to address action items in the beginning of the meeting every month
 - Susy will send out questions on RAC goal setting

Announcement:

- Rob: DPW will distribute compost bags on 11/23 to help folks compost during Thanksgiving
- Sakiko: waste talk series on MIT material life cycle analysis this Friday (Nov 20th)

Q & A

- Scott: what are some ways to drop off food waste at the drop-off sites?
 - Mike: freeze food waste in the compost bags
- Scott: can we start a Slack to share articles?

- Mike: concern – sometimes it violates the open meeting rule unless someone is willing to ensure strictly no opinions or judgments
- Rob: don't like article sharing unless there is annotation or comments with it. Perhaps, suggest it on the agenda for the next meeting

The meeting adjourned at 9:30am.

REHASH IT DON'T TRASH IT

RAC's 2021 Food Waste Reduction Initiative

THE CURBSIDE COMPOST PROGRAM HAS



Reduced trash by 35%



Resulted in expansion to 20K homes



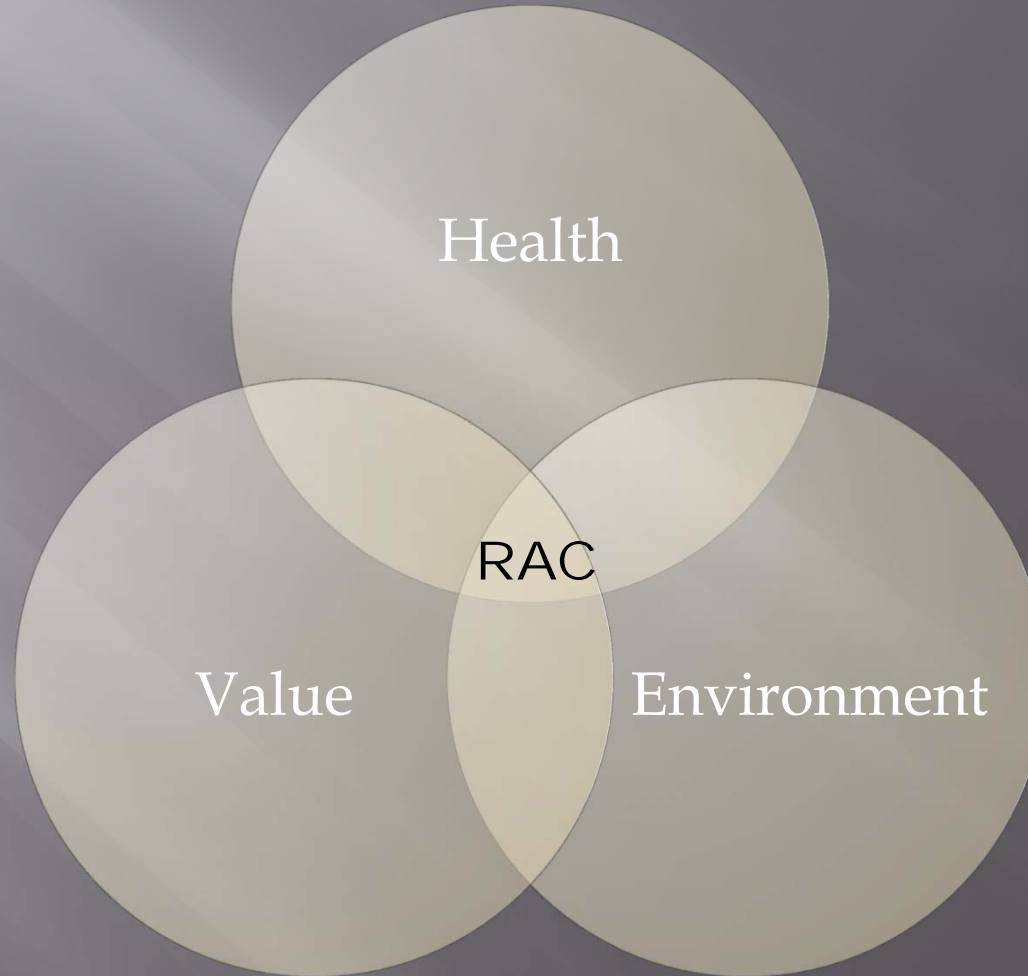
Revealed residents are willing to make changes when informed

GOALS

- ▣ Reduce Compost Tonnage by
 - 1% year 1*
 - 5% year 2
 - 40% 2030
- ▣ Enhance the 2050 Trash Goal
- ▣ View Compost As The Last Resort

**Based on Pre-Covid figures after adjusting for reinstatement period and WFM shift*

THREE-PRONGED APPROACH



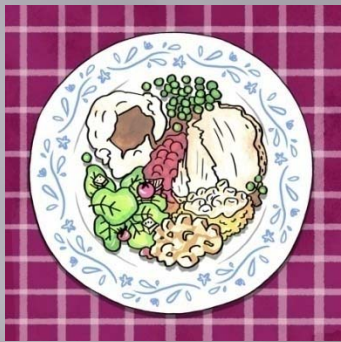
HEALTH IS WEALTH!

- ▣ FOMO
- ▣ Convenience > Cost

VALUE!

- ▣ Reduced Weekly/Monthly Expenses
- ▣ Pantry Cooking Tips
- ▣ Fewer Trips To The Grocer* 🧐

ENVIRONMENT



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- ▣ Inform Residents Their Plates Affect The Environment As Much As Their Cars
- ▣ Simplify Language Of GHG Emissions
- ▣ Make Trash Cans The Enemy

NEWSLETTER

REHASH IT DON'T TRASH IT!

Issue 2
May 2020

RAC Mock Guide to Food Waste Reduction

The Environmental Protection Agency determined Americans wasted an average of 217 million tons of food in 2017. If we incorporate all aspects of fruits, vegetables, and meat into meal preparation we not only maximize the full potential of nutrients available, we can also dramatically cut waste and reduce greenhouse gas.

Rehash Spotlight: Broccoli Stalks

By Shirley Elliott

Broccoli, hailed as America's favorite vegetable, is more than just delicious fluffy florets. A derivative of cabbage, broccoli is a member of the mustard family and related to brussels sprouts, kale, cauliflower, and kohlrabi. Originating in the Mediterranean it has been cultivated since Roman times and made its way to California in 1923. However, broccoli did not become a significant commercial crop in the U.S. until after World War II.

As an excellent source of vitamin E, vitamin C, chromium, and folic acid, our favorite tree-like vegetable is also a good source of dietary fiber, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1 and so much more! Sadly, the stalks are often discarded. Stalks are not only tasty—more mild

than sweet—they're also low calorie and offer more fiber than florets. With a little extra cooking time broccoli stalks are a great addition to stir fry's, salads, soups or sliced and dipped in your favorite dressings.

To prepare first cut the lower 1-2 inches, this section tends to be tough and woody. The skin is best removed with a vegetable peeler. After a few passes of your peeler the pale green, almost white, flesh is revealed. We're all about rehashing, so save those scraps! They can be used for vegetable stock. Once peeled the stalk can be sliced into thin rounds and enjoyed raw or added to your favorite dish.

No matter how you choose to enjoy stalks this new addition to your meal rotation is sure to please!

Broccoli Stem Soup

3 Peeled and chopped Broccoli stems
5 cups of water
1 Small Diced onion
1 cup chopped mushrooms
1 tsp Olive oil
2 Peeled and diced potatoes
1/2 tsp Onion powder
1/2 tsp Garlic powder
1/2 tsp of Celery salt
Salt to taste

In a medium stock pot bring stems and potatoes to a boil until tender. Drain, season, and put aside.

In the same pot sauté onions and mushrooms until caramelized. Add cooked stalks and potatoes.

Using an immersion blender lightly add the stock water to cup at a time until reaching your desired consistency. Add spices then allow to gently simmer for 5 min.

*If no immersion blender available carefully add to a standard blender, cover and pulse until desired consistency is reached.



Rehash Reminders

• Freeze It: Storing foods in the freezer helps preserve freshness and saves leftovers for future meals.

• Juice It: Toss Veggie stems, strawberry tops, and celery tops in your favorite smoothies for a nutrient boost.

• Stock It: Save vegetable scraps for delicious home-made stocks.

Foods You Can Re-Grow Yourself from Kitchen Scraps

Regrowing lettuce is one of the simplest leafy greens you can grow in your kitchen from scraps.

First cut the stem 1 inch from the bottom and place in a shallow dish of water (about 1-2 inches) on a window sill or under grow lights.

Change water in bowl every 1 to 2 days. (dirty water inhibits

growth)

Watch your lettuce grow! It's remarkable how quickly the new shoots start. You may also notice that roots will start to grow on the bottom.

After 10-12 days, your lettuce is going to be as big as it will likely ever get. It's not going to be a full head of lettuce, it'll just be enough to top a sandwich or make a small

salad. (But how cool is that!)

If you leave your lettuce beyond this point, it will become spindly and bitter as it attempts to produce seed. It won't be pleasant to eat. You'll know it has reached this point when the leaves start turning a blue green color and the main stalk shoots up and leaves become less dense.

Showcase your rehash attempts, ideas, and favorite recipes at #RACFoodFun

Cambridge DPW
147 Hampshire St.
Cambridge, MA 02139
Ph: 617-549-4800

Title

Reoccurring FW GHG blurb

Spotlight Article

Tips & Reminders

Fluff Article

Social Media Section

RAC/DPW info and statement

SPOTLIGHT

Educate, inspire, and guide

- ▣ Seasonal items with significant portions typically discarded
- ▣ Written to include history, health benefits, vitamins, minerals, and an easy plant based recipe*
- ▣ Recipes will focus on items on hand and avoid specialty purchases.
- ▣ RAC members are encouraged to try recipes prior to publication and share feedback
- ▣ Readership target: ages 8-80

*Meat based recipes will be featured only twice in the first year

FLUFF ARTICLE

Lighthearted, hands-on, and crafty

- ▣ 'Unconventional' Ways To Use Food Waste
- ▣ Dispelling Misconceptions
- ▣ Getting Crafty
- ▣ How-to's
- ▣ Connecting With Food Resources In The City*

TIPS, SOCIAL MEDIA, STATEMENT SECTION

- ▣ Tips For Storage, Meals, and FoodKeeper App
- ▣ Landing Page
- ▣ Social Media Handles (#CharlesChew)
- ▣ Courtesy of the RAC

OUTREACH

- ▣ Schools
- ▣ Mailers
- ▣ Surveys (Sakiko)
- ▣ Cambridge Access TV
- ▣ Social media (Nextdoor, FB, IG, Cheesy TikToks)
- ▣ 1 Pagers posted in every square, major grocers bulletin boards, and local stores (i.e. Thistle & Shamrock)
- ▣ Demonstrating the ease in short videos (1 min max)

FWR KEY

Food Waste Reduction Sub-Committee Newsletter Resource List

Article Highlight Topics 2021:

The focus is seasonal items with significant portions typically discarded.

January – Broccoli (Stem Soup)* Shirley	July – Watermelon (Rind Avocado Summer Salad)* Shirley
February – Avocado (Pit Scrub) Shirley	August – Carrot top (Pesto)
March – Citrus Peels (Candied) Catrina	September – Potato (Roasted Skins)* Shirley
April – TBD	October – Pumpkin (Sausage Scramble)* Shirley
May – Coffee grounds (cooking with grounds from cold brew)	November – Turkey Carcass (Soup or Stock) Shirley
June – Strawberry (Eat the Tops)	December – TBD

*Written

Article Highlight Topics 2022

January – TBD	July – Corn (Cob Jelly)
February – TBD	August – Cantaloupe
March – TBD	September – Beet Greens (Stems and leaves)
April – TBD	October – Winter Squash (Roasted Skins)
May – TBD	November – Brussels Sprout (Roasted Stalk)
June – TBD	December – TBD

Tips

Storage	Consuming
Food Keeper App	Expiration Dates
Freezing	Leftover Day
Fridge Temps	Pantry Meals (Supercook App)
Reorganizing your fridge	Spoiled Milk (Buttermilk replacement)
Using the back of the fridge	Cooking for 1 resource and recipes
Drying and storing herbs	Smoothies
Berry vinegar bath	Save juiced pulp for fritters or veggie lasagna
Storing carrots, celery, and potatoes in water	Use a julienne peeler to make Broccoli Stem noodles
Pickling/Fermenting	Eat Ugly
Massaged Kale	
Storing Apples	
Share the surplus	
Storing salads, strawberries, and peppers with paper towels	

Fluff Section

Growing food scraps*	DIY Vinegar	
Paint made from egg shells	How to start small and keep it simple for the family	
Chalk from egg shells	Dented vs. Damaged	
How to make a pantry meal*	Uses for coffee grounds	
Dishes from spoiled milk		
Leaf bag bouquet		
Explaining food apps		

- ▣ Spotlight Topics and Authors
- ▣ Tips
- ▣ Fluff Topics

Questions