

Publication order form | Metro Recycling Information  
**Sustainable living at home, in the garden and on the job**



Thank you for your interest in sustainable living. Metro's publications for residents and businesses in the Portland metropolitan area can help. The free guides offer timely tips to help you recycle, compost, garden with fewer chemicals, clean with nontoxic products, safely dispose of hazardous chemicals and take other steps to reduce waste.

**Ordering publications**

- 1 Select preferred method of getting your publications
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- Pick up in person at Metro Recycling Information office
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**WASTE REDUCTION AND RECYCLING**

- Metro Recycling Information magnet**  
Keep the hotline phone number handy with this magnet
- Say "No" to junk mail**  
Follow easy steps to reduce the amount of junk mail you receive
- Reduce, reuse, recycle\***  
Learn what, where and how to recycle in the Portland metropolitan area, and discover ways to reduce waste and reuse items at home and on the go

**TOXICS REDUCTION**

- Green cleaners: simple cleaning recipes for a safer home\***
- The hazardless home handbook: a guide to hazardous household products and effective alternatives\***

- Household toxic trash: proper disposal, safer alternatives**  
Safely dispose of hazardous household waste in the Portland metropolitan area, and learn ways to reduce the use of toxic products
- Household hazardous waste neighborhood event flier**  
Get upcoming dates and neighborhood locations for Metro's free household hazardous waste collection events from March through November
- MetroPaint brochure\***  
Discover Metro's award-winning, low-cost recycled paint, including colors, prices and retailers
- Safe disposal of medical syringes: sharps container exchange program\***  
Safely dispose of medical sharps from your home or business
- Take on Toxics (TOTS) bookmark**  
Learn 10 easy ways to help protect your family from hazardous household chemicals

## NATURAL GARDENING, COMPOSTING AND YARD DEBRIS RECYCLING

- Compost bin retail flier**  
Buy an Earth Machine home composting bin at the MetroPaint Swan Island store for less than half the retail value
- Home composting resources**  
Learn where to buy compost bins, worm bins and worms
- Basic compost bin construction\***  
Build your own wood-and-wire single compost bin or three-bin system
- Grow smart, grow safe: a consumer guide to lawn and garden products\***  
Find lawn and garden products least hazardous to people, pets and the planet
- It's easy to make your own compost: composting, grasscycling and composting with worms\***
- Native Plants for Pacific Northwest gardens: grow green with planting ideas from Metro's mobile native plant garden\***
- Natural gardening: Learn to grow healthy plants without hazardous chemicals and to recognize beneficial insects, common pests, weeds and plant diseases\***
- Natural gardening magnet**  
Keep Metro's recycling hotline number handy with this magnet
- Grow green: natural gardening workshops and resources**  
Get inspired with free presentations featuring local experts, and learn how to care for your yard without pesticides, conserve water with compost and mulch and choose native plants
- Simple steps to a healthy lawn and garden\***  
Learn how to maintain your lawn without chemicals, including grasscycling and more
- Worm bin basics: how to start and keep your worm bin healthy and productive\***
- Worm bin construction\***  
Build your own worm compost bin with wood or make one from a plastic container
- Yard debris recycling: drop-off centers**  
Get a list of businesses that, for a fee, accept yard trimmings for recycling

- Yard debris recycling: pickup and chipping services**

Get a list of businesses that, for a fee, will pick up or chip your yard debris

## BUSINESS MATERIALS

- Construction salvage and recycling toolkit: the go-to listing of more than 100 local recycling sites\***  
Find a recycler for construction and demolition debris
- Construction salvage and recycling toolkit CD**  
Get the free CD-ROM version of Metro's construction and demolition recycling directory
- Start smart construction salvage and recycling guide: a local how-to blueprint for attaining LEED salvage and recycling points from the U.S. Green Building Council**
- CEG application\***  
Apply for the conditionally exempt generator program, which allows eligible businesses that produce small amounts of hazardous waste to dispose of it at one of Metro's hazardous waste facilities for a fee

## SPANISH MATERIALS

- Metro Recycling Information magnet**  
Mantener nuestro número de teléfono a mano con este imán
- Productos verdes de limpieza: recetas sencillas de limpieza para un hogar más seguro (green-cleaning recipes)\***
- El desecho seguro de jeringuillas médicas: programa para el intercambio de contenedores para objetos (safe medical sharps disposal)\***  
Elimine de manera segura los jeringuillas médicas de su casa o negocio
- Desechos tóxicos del hogar (household toxic trash)**  
Elimine de manera segura los desechos tóxicos del hogar en el área y aprende como puede reducir el uso de productos dañinos
- Volante de eventos para la eliminación gratis de químicos dañinos de su casa (hazardous waste collection)**  
Obtener las próximas fechas y lugares en su vecindario para la eliminación gratis de químicos dañinos de su casa desde marzo hasta noviembre

\*Also available as a downloadable PDF at [www.oregonmetro.gov](http://www.oregonmetro.gov)