

# ZERO WASTE

Theme: Organic Waste



May-June  
2021



DORVAL

# ZERO WASTE BACKGROUND

The City of Dorval is pleased to announce that it will sponsor a city-wide Zero Waste challenge for the rest of 2021! Since the start of the pandemic, many people have shifted their focus inward to their homes and immediate communities. That makes this the perfect time to examine our own habits and lifestyles, and reset our intentions.

To be clear, the term “zero-waste” is only a shorthand term for a global waste reduction strategy. It is not expected that the City and its citizens will actually be able to reduce waste generation down to zero. We can, however, rethink what items we bring into our homes.

To help citizens reflect on what actions they can take, every few months, the City will be offering different activities and events under various environmental themes, as well as different levels of actions we can take individually. You are invited to participate in these themed challenges and activities, so that we can reduce our waste production as a community and achieve our Zero Waste targets!



# WHAT THIS THEME IS ABOUT

Of the three weekly waste collections in Dorval (garbage, recycling, and organic waste), the organic waste collection is easily the most important for managing our carbon footprint. At the same time, it is the waste collection in Dorval with the lowest participation, when in fact, much of what is put in the garbage can be composted. Organic material that ends up in the garbage, rather than compost, produces methane, which is a greenhouse gas that accounts for 15% of Canada's greenhouse gas emissions and is 70 times more potent than carbon dioxide<sup>1</sup>. This can be reduced by properly composting organic waste! Additionally, after our organic waste has properly decomposed, the resulting compost is distributed, free of charge, to Dorval residents in the spring to use for gardening!

While making sure our waste is properly disposed of is crucial in managing our waste, we can even take greater actions by reducing the waste of all types! For this theme, we invite you to reflect not only on where you are putting your waste, but also if you can reduce the waste you produce in the first place.

This theme is also a part of a larger initiative the City of Dorval is taking to reduce our waste. This includes a recent survey about our waste-disposal habits, which will help us target campaigns to redirect waste away from landfills.

- To participate in the survey "We're rummaging through you trash", **[click here](#)**.

# ACTIVITIES

To help you with this theme, the City is pleased to be offering some educational sessions, as well as various exciting activities!

## DORVAL ENVIRONMENT DAY

**Saturday, May 22, from 9 a.m. to 1 p.m.**

(or while supplies last)

**At the Sarto-Desnoyers Community Centre**

This annual event offers residents free mulch and compost. **Details here.**



## MEAL PLANNING WORKSHOP

**Thursday, May 27, from 6 p.m. to 8 p.m.**

**Online**

A workshop that will share valuable tips about meal planning, with the aim to reduce waste and unwanted leftovers. **Details here.**

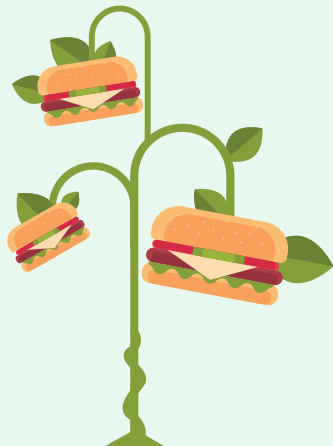
## PLANT-BASED EATING WORKSHOP

**Saturday, June 12, from 4 p.m. to 6 p.m.**

**Online**

A workshop discussing how we can move towards a more plant-based diet, a critical step to reducing our personal carbon footprint.

**Details here.**



# HOUSEHOLD CHALLENGES

For each theme, we issue a challenge to adopt in order to reduce your waste, as part of the Zero Waste challenge. Each challenge focuses on a habit you can adopt, and is offered in three levels: moderate, advanced, and expert!

**Moderate impact:** Make good use of your organic waste bin! Perform a “garbage bag autopsy” to look at what you are putting out on Thursdays and inform yourself about what can instead be placed in your brown bin for organic waste collection.

**Advanced impact:** Expand your meal planning! By planning ahead, you can avoid buying more food than you will need. For excess food, freeze portions for later use. Be sure to store fruits and vegetables properly to keep them fresh. A bonus of good meal planning is that it is also cost-saving!

**Expert impact:** Get the most out of your food. First, explore ways to use leftover food parts, such as by adding them to dishes like soups, frittatas, gratins, and stews. Certain commonly discarded vegetable trimmings are edible and delicious, such as broccoli and cauliflower stalks, beet greens, and kale stems. Secondly, you can also find “ugly” produce at certain grocery stores, often at a discount, which are just as nutritious. Ask your local grocery store if it would be possible to stock these if they don’t already.



# RESOURCES

If you are looking for more information about how you can manage your organic waste, there are a number of other resources you can consult, listed below. You can also reach out to the Dorval Environment Committee by email, at **[dorvalenviro@ville.dorval.qc.ca](mailto:dorvalenviro@ville.dorval.qc.ca)**, if you have questions or suggestions. We would also love to hear about the inspiring actions you have taken!

- A flyer detailing what can be placed in your brown organic waste bin can be **found here**.
- The City of Dorval also offers an infographic to help educate younger family members about where specific waste items should be placed, that can be **found here**.
- Meal planning can go a long way to reduce excess food waste. Even though biodegradation of organic material through composting is drastically better than sitting in a garbage dump, the biggest impact we can have is to minimize waste all together The following website is a great place to start:  
**<https://lovefoodhatewaste.ca>**.
- Purchasing foods in bulk or quantities that you can choose for yourself can also avoid food waste, and will often have the benefit of not coming with single-use packaging. Look for nearby retailers that offer bulk purchasing.

<sup>1</sup> Environment and Climate Change Canada, *About Methane Emissions*.  
<https://www.canada.ca/en/environment-climate-change/services/climate-change/global-methane-initiative/about-methane-emissions.html>