

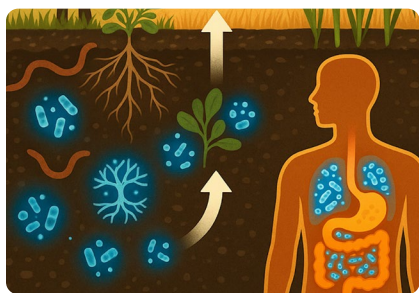
Sustainable Benician

News on Community Recycling & Waste Services



Sustainability in Action

FREE CLASSES



Healthy Soil. Healthy Gut. Healthy You.

Wed. Sept. 30th, 6–7:30 p.m.

Register and receive a link for the online class, visit:

SustainableSolano.org/events

Join registered dietitian **Toni Toledo** for an engaging and interactive exploration of the powerful connection between **healthy soil, nutrient-rich foods, gut health, and overall wellness**.

In this session, we will explore practical and delicious meal ideas, recipes, and the **Rainbow Plant Challenge**. You'll leave with simple, evidence-informed strategies to nourish your gut microbiome, make more informed food choices, and bring the principles of **Food is Medicine** into everyday life including how to apply practical shopping, cooking, and meal-planning strategies that support both personal and planetary health, while creating delicious, colorful meals that nourish your body.

Whether you're a healthcare professional, nutrition enthusiast, or simply curious about where your food comes from, this session will inspire you to think differently about what's on your plate.



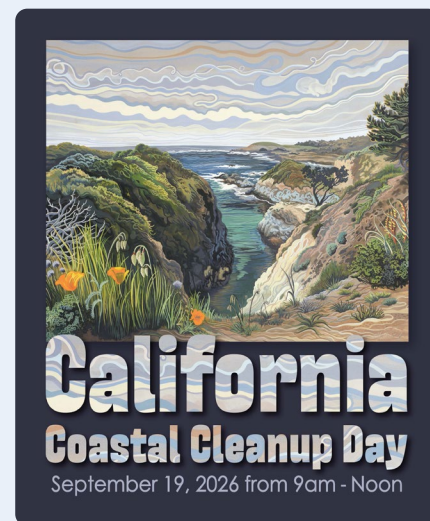
Reuse, Recycle & Reimagine: Holiday Edition

Thursday, Nov. 5th, 6–7:00 p.m.

370 East L St., Benicia, Room 2

Register for this in-person class, visit: SustainableSolano.org/events

Get ready for the festive season with a green twist! Join us for an up-to-date look at local recycling practices, followed by creative upcycling examples and a hands-on activity to take home. You will discover unique, sustainable ways to repurpose everyday items into holiday decor and thoughtful gifts. Turn what you have into Holiday magic!



Coastal Clean-up

Join the City of Benicia for **Coastal Cleanup Day on Saturday, September 19th, 9:00 a.m. to Noon at the Alvarez 9th Street Parking Lot**. Supplies will be provided: Bags, buckets, gloves, and a small supply of litter grabbers, or use your own. From there, choose your favorite beach, park, or neighborhood to collect litter. Return to 9th Street to have your litter weighed and disposed of. All participants are required to sign a waiver. Forms will be available at the event or print one and bring with you to save time.

Download the CleanSwell app to count your trash... and have your trash count for Coastal Cleanup! Trash from inland areas flows downstream to the coast. Cleaning up neighborhood trash helps prevent marine debris in Benicia's waterways and beyond. For more information visit: ci.benicia.ca.us/stormwater

Kids are back at school. Pack a Zero-Waste Lunch

This includes Middle and High School students and Parents! Set a good example for those around you. Reducing and reusing packaging from your lunch should come before recycling, because recycled goods still require energy and materials to be produced and later recycled. Zero waste lunches save money too.



- **Start with the lunch bag.** Paper bags can be recycled, but why not make it a treat to pick out a reusable lunch bag to use over and over.
- While you are shopping, **purchase a reusable water bottle**—ditch the plastic.
- **Add reusable utensils to the lunchbox.** Bamboo sets are a great alternative or bring a set of real utensils from home. No more single-use forks and spoons going in the trash that can take up to 1,000 years to break down in a landfill. The “compostable” ones need to go in the trash too.
- **Use reusable containers instead of throwing away plastic baggies.** There are silicone washable/reusable baggies available.
- Instead of using disposable paper towels or napkins, **put a cloth napkin in the lunch bag.** Buy a couple. They are easy to throw in the laundry. If that doesn't work for you, be sure to compost the paper ones.
- **Compost any remaining food waste,** but we hope your lunch was tasty and you ate it all.

Holiday Hints

Halloween—Play dress up at a second-hand store for you or your kid's costumes. Goodwill may have closed in Benicia, but there are other thrift stores in our city. There is a Goodwill and Salvation Army next to each other in Pleasant Hill with more second-hand shops close by. Or consider exchanging costumes and decorations with neighbors. *Don't forget to compost that jack-o'-lantern pumpkin in your green organics cart.*

America Recycles Day is Sunday, November 15th, 2026. Try to go plastic free. Use a cloth shopping bag at all stores. Use a refillable water bottle. Don't accept single-use plastic utensils from fast food places- bring/use your own real ones. State law (AB 1276) requires all retail food facilities to provide single-use utensils upon request only to reduce plastic waste. When you order, remind them to skip the plastic, including straws.

Thanksgiving is a big food-centered holiday. Don't let food go to waste. Shop wisely. Cook creatively using leftovers or freeze them. Compost food waste in your green organics cart. Use real utensils and plates. Visit RepublicServices.com/BeniciaCA and click on the HHW button to schedule an appointment for pickup of cooking oil if you deep-fried the Thanksgiving turkey.

Christmas and winter holidays sneak up on us. Remember to consider giving experiences as gifts instead of things. Things get old and go out of style. Experiences get better every time you talk about them. Give restaurant or movie gift certificates, cooking or art classes, or offer to take them on an adventure you both enjoy.

July Rate Increase

Under our franchise agreement with the city, Republic Services increased rates using the twelve (12) month average percentage change in the CPI between December 2024 and December 2025, but not more than 4 percent. The July 1 increase was 3.04%.



Time for Lid Flippin'!

SB 1383 requires local jurisdictions to monitor contamination and proper sorting of organics and recycling by performing annual route audits. Republic Services employees may be in your neighborhood throughout the year performing “lid-flips” and looking into all 3 of your carts—landfill, recycle and organics. We are looking for proper sorting of materials in each cart and may leave an educational “OOPS Tag” if something should have gone into a different cart.

Here are a few things to know:

- No bags are opened.
- No contents are taken or emptied.
- No contents are touched.
- No fines or penalties as of 2026
- Educational tags (OOPS Tag) attached to cart (s).
- Only a small number of streets will be randomly selected for lid-flip audits.

HINT: Don't bag your recycling. Leave it loose in the cart. Paper towels go in the green compost bin.

