

Getting wise with waste

According to a statewide food waste study performed by the Oregon Department of Environmental Quality (DEQ) in 2019, Oregon households throw away 6.3 pounds of wasted food per household per week. Of the food waste that Oregonians threw away, it was estimated that 71 percent could have been eaten by humans.

“We have had to get creative in our celebrations over the last two years,” said Lane County’s Master Recycler Program Coordinator Kelly Bell. “We should all keep finding creative ways to celebrate holidays and milestones that put an emphasis on spending time with loved ones over large meals that often go uneaten.”

For this holiday season, Lane County is offering ideas to simplify celebrations and reduce food waste:

- Plan menus ahead of time to reduce last-minute grocery store runs and help reduce waste
- Feature local foods on the menu. Local food has not been transported as far and has a lower carbon footprint than foods transported from other states
- Celebrate with appetizers or dessert instead of serving a full meal
- Encourage guests to bring reusable containers to

Jingle Rush 5K offers fun, healthy start to holiday season

Cottage Grove tradition returns as an in-person holiday happening

COTTAGE GROVE – For over a decade, area runners and walkers have kicked off their holiday season with the Jingle Rush 5K, and will be lining up again this year on Saturday morning, Dec. 4.

These days, fun traditions that can take place safely are more important than ever. With this in mind, the folks at Run CG Run – a Cottage Grove-based group of running/walking enthusiasts that organizes events that showcase their community – will host this year’s Jingle Rush, which starts and finishes at Cottage Grove High School.

A true family event, the Jingle begins at 8:30 a.m. with a choice for kids of either a one or two-lap warm-up run around the high-school track. The 5K begins at 9 a.m.

The event begins and ends behind the Cottage Grove High School track.

Participants are encouraged to work some of their COVID stress out in a way that will benefit participants (exercise reduces stress, after all) while helping others (this year, the proceeds will benefit the Cottage Grove area Tree of Joy and CGHS Key Club, and they will support Run CG Run’s efforts to provide positive, healthy

events for the community.)

The course offers a loop of mostly paved roadways in surrounding neighborhoods, and Run CG Run would love to have participants tag them and post their times and photos on Facebook and Instagram.

The 5K walk/run is ‘economy priced’ at \$5 or \$10 for participants 18 and younger.

Participants can sign up at cgjingerush2021.eventbrite.com.

For questions about the race, call Jim at 541-968-2392.

take home leftovers

- Make sure guests know what can be recycled and composted

“It’s not only the food that gets thrown out that drains our resources,” said Bell. “It’s all the water, fuel and transportation that it takes to grow the food. One quarter of our fresh water goes to grow food that will never be eaten. We can have wonderful holiday celebrations and be smart about reducing food waste at the same time.”

Through WasteWise Lane County, residents, schools and businesses can get more tips, tools and resources to reduce waste, conserve resources and live more sustainably.

To learn how to “Eat Smart, Waste Less” visit eatsmart-wasteless.tips.

No bus service on Thanksgiving Day

There will be no Lane Transit District (LTD) bus service on Thanksgiving Day, Thursday, Nov. 25. LTD Administrative Offices and the Customer Service Center will also be closed in observance of the holiday.

LTD buses will operate on Friday, Nov. 26, 2021, on Saturday bus schedules. The Customer Service Center will be open from 9 a.m. to 5 p.m. The District’s Administrative Offices will remain closed for the day.

More information about LTD holiday bus service visit www.ltd.org/hours-holiday-service.

South Lane Wheels will have no bus service on Thanksgiving Day, Nov. 25 and Friday, Nov. 26.



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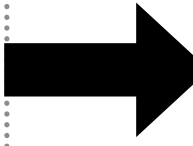
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