

Hamilton Family Health Team

Green Initiative

Composting

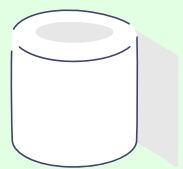
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Design: Teniola Ayeni

The Problem

From our one week waste audit, the Crown Point pilot site put into the garbage:

3.24 kg of
paper towel



1.72 kg of
food waste



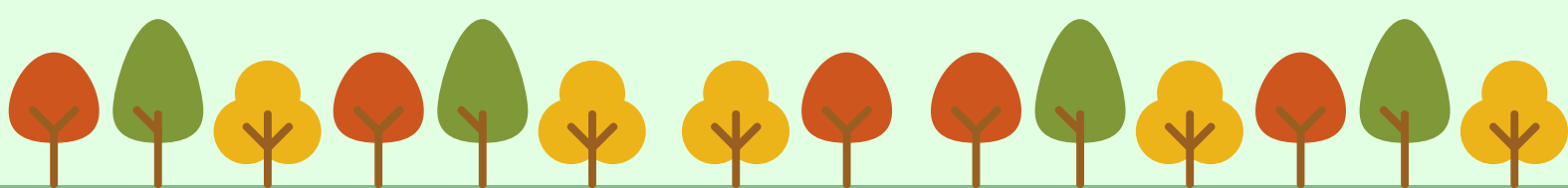
That is **258 kg** of waste per year that is divertible.

The Solution

Since both of our pilot offices are less than 4 stories high, we can participate in the City of Hamilton's composting (Green Bin) program.



Sorting at source is key for the success of green bins and recycling!



The Solution Continued

The Crown Point office purchased a bin system for each exam room. All divertable material is now in one bin and sorted at source.



Contact Chad Dixon from GT French at chadd@gtfrench.ca for more information on the bin above.

Black insertable side bin for recyclable plastic
Code:
FG295073BLACK

Green 28 Quart Bin for compostable items
Code:
FG295606GRN

Blue insertable side bin for recycled paper
Code:
FG295073BLUE

Using three different colours in this compact divided bin system makes sorting easier! Other configurations can be seen in [this Rubbermaid Catalogue](#).

Alternatives to the green bin program:

Bring food waste home!

OR

[Start your own in-office program](#)

OR

[Under sink food waste processors](#)
Food Cyclor, \$400

OR



Food scraps go into the bucket and it breaks down food waste into 10% its original volume and creates a nutrient-rich fertilizer you can add to your soil. The carbon filtration system eliminates odours. This product was reviewed favourably by Diane Saxe, our leading Canadian environmental lawyer on her podcast as she interviews the Canadian inventors of this product.

Benefits:

Environmental:

168 kg of paper towel and 89 kg pounds of food were diverted from landfills from one office in one year - 258kg total!



Social:

We hope that by learning how to divert from the garbage at work, this will encourage our patients and families at home to do the same.



Financial:

Composting and recycling is free! The only cost involved is purchasing the containers.



Further Reading:

[This case study](#) discusses management of organic waste in a healthcare context.

Join the HFHT Green Initiative, and access all infographics, videos, and other resources at:

[HFHT Green Initiative Webpage](#)

If you have any questions, please reach out to us: green.team@hamiltonfht.ca

PLEASE SORT YOUR WASTE

Paper



**EXAM PAPER, PAPER,
AND ENVELOPES**



NEWSPAPER AND MAGAZINES

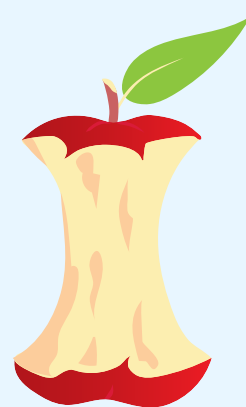


CARDBOARD BOXES

Compost



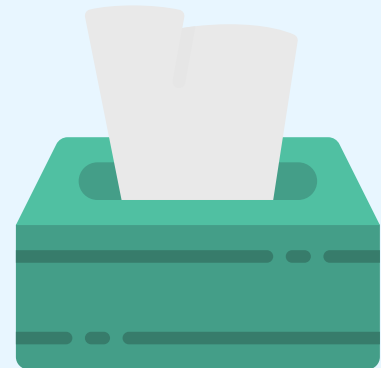
**COFFEE CUPS
(NO LIDS)**



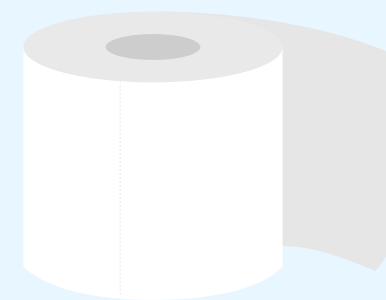
**FRUITS AND
VEGETABLES**



COFFEE GROUNDS



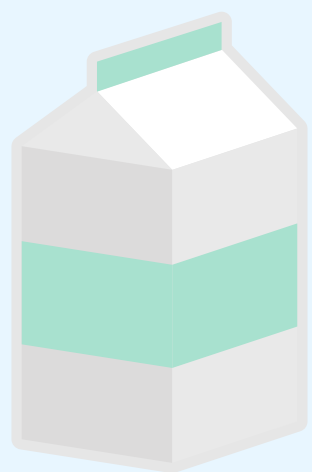
ETISSUE PAPER



PAPER TOWELS



Containers



CARTONS



PLASTIC BAGS



MOULDED PLASTIC



GLASS CONTAINERS



**POP CANS AND
ALUMINIUM**

Reminder: please put
coffee lids in the garbage



Scan here to download
The City of Hamilton
Recycling Coach App:

