



Metro provides information to help residents and businesses in the Portland metropolitan area recycle, compost, garden with fewer chemicals, clean with nontoxic products, safely dispose of hazardous products and reduce waste. Find this information on the Metro website or order free publications below. You can also download this form at oregonmetro.gov/ask-metro.

Ordering publications

- ❶ Select preferred method of getting your publications
- ❷ Indicate quantity for each selected publication and provide contact information
- ❸ Mail, email, or fax the form, or call Metro Recycling Information

Phone 503-234-3000
Fax 503-797-1851
Email mri@oregonmetro.gov
Postal mail Metro Recycling Information, 600 NE Grand Ave, Portland OR 97232

Choose preferred method of getting your publications

- Pick up in person at Metro Recycling Information office
- Receive by postal mail, free of charge (Up to five items. Larger orders require in-person pickup.)

Name _____ Organization _____
Street address _____ City/state/ZIP _____
Event _____ Phone/email _____

Enter a quantity for each desired publication

WASTE REDUCTION AND RECYCLING

___ **Metro Recycling Information magnet** "Recycling beyond the curb." + Metro website and recycling information phone number.

___ **Ask Metro magnet** "Can I get less junk mail?" + Metro website and recycling information phone number.

___ **Ask Metro magnet** "Toss or recycle?" + Metro website and recycling information phone number.

___ **Ask Metro magnet** "Can my cleaners be cleaner?" + Metro website and phone number.

___ **Junk mail kit** Use these postcards and phone numbers to opt out of junk mail by mail or by phone.

___ **Junk mail postcard** Information to help you opt out of junk mail online.

___ **Reduce, reuse, recycle** Learn what, where and how to recycle in the Portland metropolitan area, and discover ways to reduce and reuse at home and on the go.

HOUSEHOLD HAZARDOUS WASTE

___ **Household toxic trash** Safely dispose of hazardous household waste in the Portland metropolitan area, and learn ways to reduce the use of toxic products.

___ **Safe disposal of medical syringes: sharps container exchange program** Safely dispose of medical sharps from your home or business.*

___ **Household hazardous waste neighborhood events** Get upcoming dates and neighborhood locations for Metro's free household hazardous waste collection events from March through November.

CONSTRUCTION SALVAGE AND RECYCLING

___ **Construction salvage and recycling toolkit** Find a recycler for construction and demolition debris in this go-to listing of more than 100 local recycling sites.*

TOXICS

___ **Green cleaners** Simple cleaning recipes for a safer home.*

___ **The hazardless home handbook** A guide to hazardous household products and effective alternatives.

___ **Take on Toxics (TOTS)** Learn 10 easy ways to help protect your family from hazardous household chemicals.

___ **Healthy home improvement bookmark** Learn top tips for repairing, remodeling and maintaining your home safely.

___ **Healthy home pest prevention bookmark** Get tips to help you tackle home pest problems without pesticides.

___ **MetroPaint brochure** Discover Metro's award-winning, low-cost recycled paint, including colors, prices and retailers.*

GARDENING AND COMPOSTING

___ **Natural gardening magnet** Keep Master Gardeners' number handy with this magnet.

___ **Natural gardening guide** Learn to grow healthy plants without hazardous chemicals and to recognize beneficial insects, common pests, weeds and plant diseases.*

___ **Native Plants for Pacific Northwest gardens**

___ **Healthy lawn and garden packet** Get coupons, tips and contact info for gardening experts, and take the healthy garden pledge.

___ **It's easy to make your own compost** Compost, grasscycle and compost with worms.*

___ **Basic compost bin construction** Build your own wood-and-wire single compost bin or three-bin system.*

___ **Compost bin retail flier** Buy an Earth Machine home composting bin at the MetroPaint Swan Island store for less than half the retail value.

___ **Worm bin basics** Learn 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.*

___ **Natural gardening activity book** Share these awesome activities with your family and be a garden superhero!*

___ **Garden superhero bookmark**

___ **Garden seeds** Plant lettuce seeds for home harvest.

SPANISH-LANGUAGE MATERIALS

___ **"Preguntas sobre el reciclaje?" magnet** ("Questions about recycling?") + Metro website and recycling information phone number.

___ **"Haz tu parte. Prepara tus propios limpiadores naturales" magnet** ("Do your part. Make your own green cleaners") + Metro website and recycling information phone number.

___ **Haz tu parte** (Do your part) Recycling brochure

___ **Productos de limpieza que protegen el medio ambiente** (Green cleaners) Simple cleaning recipes for a safer home.*

___ **Desecho seguro de jeringas de uso médico** (Safe medical sharps disposal) Safely dispose of medical sharps from your home or business.*

___ **Deshágase gratis de los productos tóxicos de su casa** (Free toxic trash disposal) Get upcoming dates and neighborhood locations for Metro's free household hazardous waste collection events from March through November.

___ **Sé un Salvador de RRRecursos** (Be a Resource RRRescuer) Color your way through this activity book and learn how reducing, reusing and recycling can help conserve natural resources.

___ **Divertido jardín natural** (Natural garden fun) Share these awesome activities with your family and be a garden superhero.

___ **¡Es fácil hacer su propio compost!** (It's easy to make your own compost) Compost, grasscycle, and compost with worms.

*Also available as a downloadable PDF at oregonmetro.gov/tools-living