



Sustainable solutions: your guide to healthier homes and communities



Bulky waste collection event in North Portland

Metro's Regional Refresh Fund sponsors cleanups in underserved communities

Are you organizing an Earth Day cleanup effort in an underserved community in the Portland region? You might be interested in Metro's Regional Refresh Fund, a new flexible, low-barrier funding program that sponsors community-led cleanup efforts in the Metro region. Nonprofits, public agencies, schools and business district associations can apply for up to \$5,000 per project. Applications are accepted on an ongoing basis and funds are disbursed in advance and may be applied to most expenses supporting a cleanup event.

For more information and how to apply, visit oregonmetro.gov/regionalrefresh to learn if your project qualifies. All materials are also available in [Spanish](#).



Become a Block Ambassador with AdoptOneBlock

AdoptOneBlock is a nonprofit that helps communities across Portland cleanup their neighborhoods one block at a time. Frank Moscow is the inspiration behind AdoptOneBlock. Having lived in Portland his entire life, Frank wants the city he loves to be a clean and happy place. This dream is becoming a reality through this low barrier program that encourages community members to care for a block that is special to them.

As operations manager Olivia Langley states, "AdoptOneBlock empowers people with the tools, technology, and support to get outside and do a good thing for their community." And it shows - in less than two years over 5,400 blocks have been adopted by individuals, families, schools and neighborhood groups. Visit [AdoptOneBlock](https://www.adoptoneblock.org) to learn how you can become part of the collective effort to care for this special place we call home.



Tips for building better soil this spring

1. Add compost and till under fall cover crops with a garden fork.
2. Sprinkle in natural/slow release fertilizers right before planting edible plants and before perennial plants begin growing again.
3. Prevent compaction of the soil by avoiding walking on growing areas.



Take your soil game to the next level with this video about composting with worms.



Spring Cleaning Tips

1. Let the spring breeze refresh your home

Opening windows and running fans while you clean will help improve air quality in your home. During the winter, the air in your home can become more stagnant and chemicals in the air can build up over time. Good air flow and exchange with outside air can help refresh the air, and it also helps carry away any harmful residues left from cleaning.

2. Choose safe cleaning products

Safer cleaning products mean less exposure to potentially harmful chemicals for your family and pets. Look for products at the store with a Safer Choice label, or make your own cleaning products using simple ingredients like baking soda, vinegar. Swap bleach out for hydrogen peroxide. Find more easy and safe cleaning recipes [here](#).

3. Use natural scents

Natural scents from fruits or herbs such as lemon, orange or rosemary are safe and non-toxic. These scents will make your home smell good without the harsh chemicals found in conventional air fresheners.



Clean paper recycling yields quality products

Most clean paper with good, solid fibers can be recycled into useful products. Tissue paper, cardboard boxes, greeting cards and newspaper are just a few common items that often contain at least some recycled content. The creation of quality products from recycled paper requires good, clean material be sent to the paper mills.

Check out this handy [guide](#) to learn more about the types of paper products that can be recycled in our region. Have more questions? Our recycling information specialists are here to help too - visit oregonmetro.gov/askmetro or call 503-234-3000.

Stay Informed

Subscribe to Metro's quarterly newsletter, Sustainable Solutions, which provides resources for waste prevention from Metro and community partners. Learn helpful tips for recycling, gardening and reducing toxic chemicals in your home and yard.

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