

FOR IMMEDIATE RELEASE

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## Waste Less for Halloween

Don't let an onslaught of trash haunt your garbage bin this Halloween season! Here are some fun activities that promote waste reduction, save money, and provide quality time for the family.

- ❖ Did you know the tradition of carving pumpkins originated in Ireland, and the Irish actually carved potatoes and turnips? When they settled in North America, they began carving fruit native to the land- pumpkins. Once it's time to start carving your own jack o' lanterns, you can save the seeds to roast for a nutritious snack! Simply rinse and dry the seeds, toss with oil and salt, and bake on a sheet pan at 325°F for 20 minutes, mixing halfway through for an even roast. Check out the full recipe here: <https://www.bonappetit.com/story/how-to-roast-pumpkin-seeds>
- ❖ Rather than buying decorations, try making your own from what you have at home! Try making these mummies using empty jars and gauze <http://alittleclaireification.com/2015/09/17/mummy-mason-jar-luminaries-halloween-jar/> and these spiderwebs using spare yarn <https://www.hgtv.com/design/make-and-celebrate/handmade/giant-yarn-spider-web>
- ❖ Instead of buying a new costume, consider wearing one from a previous year, making one with items you already have, or swapping with a friend or family member.
- ❖ Check out our Reuse of Available Products Facility (REAP) and Paint Swap at the Tehama County/Red Bluff Landfill for free paint and other free craft supplies before going to the store to buy them. <https://www.co.tehama.ca.us/government/departments/landfill-agency/reap/>
- ❖ If you have already stocked up on Halloween essentials, fear not! As the spooky season dies down make sure to store your decorations and costumes away for use next year!
- ❖ Education opportunity: as your children work through their trick or treat hauls, have them toss their candy wrappers into a designated bag/jar/bucket. After some time passes for it to fill explain that all the candy wrappers from

all the children in the country end up in landfills. And that's from just one night! Here is a helpful resource for this information:

<https://science.howstuffworks.com/environmental/green-science/landfill.htm>

Halloween doesn't have to be all scary! Here are some punny jokes to share to get anyone in the spirit:

What does a panda ghost eat? *Bam-BOO!*

What do skeletons order at a restaurant? *Spare ribs.*