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Issue 109  
July—August 2024

**Calendars available online:**  
[www.pridedisposal.com](http://www.pridedisposal.com)

Click on the Schedules button on the homepage. Other features include:

- Weather related updates
- Up-to-date recycling info
- Holiday collection information
- Blog

**Online Bill Pay**

Pay your bill online using a debit/credit card and/or sign up for paperless billing.

It is easy & free to use. Look for your unique ID number to register (printed on your invoice).

**Connect with Pride Disposal via social media**

We have holiday collection reminders, recycling tips, event updates, bad weather collection information, and other fun and helpful customer information. Please connect with us on these sites!



**Twitter Username:**  
PrideDisposal



[www.facebook.com/PrideDisposal](http://www.facebook.com/PrideDisposal)



**Instagram Username:**  
PrideDisposal

**Reduce, Reuse, Recycle!**

Reducing and reusing are more impactful than recycling. On average the American consumer produces just under 5 pounds of trash each day, while a family can create approximately 18 pounds a day.

How can you help to reduce the waste you produce? Try swapping out single use cups for your drinks with reusable drink cups. Try swapping out one-time plastic zip-sealed bags for food storage with reusable glass or BPA-free plastic containers. Not only does investing in reusable containers help reduce waste, it also saves money!



Another way to reduce waste: instead of using disposal napkins or paper towels, try upcycling some old fabrics into reusable napkins and reusable towels. This also helps reduce clothing waste by repurposing old clothes that could otherwise end up in the landfill.

**Recycle Right!**

Please make sure that only the correct items are included in your curbside recycling. Here is a basic list of items that are accepted in your curbside recycling cart:

- Cardboard (flatten and cut (not fold) into pieces no larger than 3' x 3')
- Scrap paper, magazines, newspaper, chipboard boxes
- Milk jugs, plastic tubs (larger than 6oz, remove lids)
- Plastic bottles, with the neck of bottle smaller than the base (remove lids)
- 5-gallon bucket, handles ok (remove lids)
- Tin, aluminum cans, misc. metal (less than 45lbs and 36")

**For more detailed information on recycling, please visit our website: <https://pridedisposal.com/residents/recycling>**

## [Subscribe to Pride Disposal's E-newsletter!](#)

Have you signed up for our e-newsletter yet? This is a great way to stay up to date on holiday collection schedules, weather delays, recycling information, and more! This is the quickest way for you to receive relevant information about your services.

You will receive notification in advance if we're coming to pick up on a holiday or if your services are delayed for any reason. You'll also know if the weather has impacted our ability to provide service, and if so, when we'll be able to make up that service.



On average, we only send less than one email a month, unless there are delays such as weather or hazardous air quality that require more frequent notifications. We won't spam your inbox. We promise!

Subscribe:

[www.pridedisposal.com/  
resources/eneewsletter](http://www.pridedisposal.com/resources/eneewsletter)

**A subscribe option is also at the bottom of each page of our website.**

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## [Document Shredding](#)

Pride Document Shredding offers shredding services at your home or business, with one time, occasional, or regular shredding. Secure drop off is also available at the Pride Depot in Sherwood. Whether at your home or place of business, disposing of intact confidential information is a risk. Contact us to have it shredded and protect yourself and/or your customers from this risk.

**Pre-paid shred bags for \$7.** Purchase a paper bag (grocery bag size) for \$7 from the depot, reminder our depot is closed for lunch from 12pm to 1pm. Take the bag home, fill it with paper to be shredded, and bring it back to the recycling depot to be shredded when it is convenient for you. If you have more than one grocery bag size to shred, we also offer a red bin or 60-gallon tote size for shredding on-site.



Please call Pride Document Shredding at 503-625-0725 for pricing and other information on services available. You can also visit our website: [www.pridesred.com](http://www.pridesred.com).