

inReturn!

2023


RENHÅLLNINGEN
KRISTIANSTAD





JOHAN KARLSVÅRD
CEO



Inspiration, along with education, is in my opinion one of the main keys.”

SUSTAINABILITY IN PRACTICE

Being able to work in a municipality and at a company where sustainability issues are discussed and handled daily is both inspiring and fun. However, constantly pushing of boundaries to reach an even higher level of sustainability is a challenge. It requires patience, humility and understanding – for the issue as well as for each other. To succeed, we must act together and cooperate to an even greater extent than today.

The 2023 IHF World Men’s Handball has decided to take the issue of sustainability seriously, a fact I celebrate. I am convinced it can inspire other organizers to contribute and make a difference during their events as well.

Inspiration, along with education, is in my opinion one of the main keys. At Renhållningen, we focus a lot on inspiring environmental education activities, which reach thousands of people annually. An important part is to create ambassadors for sustainability issues who can spread the word in their respective environments. That is why we actively collaborate with companies, sports associations and schools.

In the line of this important work, we have produced a children’s book “Mika and the Bumblebee” – a fairy tale focusing on ecological sustainability. The illustrated hard cover book is distributed to approx-

imately 1,200 6-year-old children and their teachers annually. Every summer, we also arrange physical “sustainability activities” at Returum (our sustainability park) with focus on the environment for around four hundred 8 – 12-year-olds at the municipality’s summer sports camp. Furthermore, we carry out important value-based work with the handball team IFK Kristianstad’s boys and girls teams aged 13 – 14. In these groups we discuss and work with issues regarding the environment and sustainability. As one example we let the youngsters create and produce short and fun films to inspire the spectators to sort their waste and keep the arena clean and tidy.

The films will be shown in Kristianstad’s arena at home games and during the Handball World Cup 12 – 16 January – a huge event that aims to achieve Greentime certification for sustainable events. At the world cup, the press lounge will for this reason be furnished with recycled furniture and a new sorting system will be in place at the arena. A system which will increase recycling and improve the work environment for the cleaning staff.

I hope this magazine will inspire you to get involved and contribute to a more sustainable society, which will be handed over to future generations.

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ON THE COVER
Installation with recycled furniture and art in the Recycling Studio at Returum.



FYRFACK!

MAKES IT EASY TO DO IT RIGHT

When a new sorting system called “Fyrfack” – a Swedish term meaning “four compartments” – was introduced in Kristianstad, the amount of residual waste decreased by almost 50 percent. An impressive achievement reached by true heroes – the people of Kristianstad.

The Fyrfack system makes it possible to collect food waste, residual waste, newspapers and no less than five different types of packaging as well as lamps, small electricity and batteries sorted directly at the property. The idea is that it should be easy for the customer to sort properly at home, which in turn leads to reducing the amount of residual waste. When the right kind of waste ends up in the right bin, we make it possible to recycle the material into new products. A great way to save the earth's resources.

– When we changed the system, we sent out 48,000 new bins to all households in Kristianstad, says Marcus Norrman, project manager. Two new four-compartment bins with compartments for sorting different materials and a box for small electricity were distributed to each household.

Different types of waste should never be mixed

Each bin is divided into four compartments, one for each type of waste. Our four-compartment trucks that empty the bins (see next page) are designed so that each compartment in the bin is emptied into separate compartments in the vehicle, which means that different types of waste never get mixed.

Bin 1 – Compartments for: residual waste, food waste, coloured glass packaging and newspapers. This type of bin is emptied once every two weeks.

Bin 2 – Compartments for: plastic packaging, paper packaging, clear glass packaging and metal packaging. This type of bin is emptied once every four weeks.

The box for small electricity – Small electrical waste, batteries and light sources are gathered here. When the box is getting full, it shall be hung on one of your four-compartment bins, and it will get emptied by the staff while emptying bin 1 or 2.

The people of Kristianstad should be proud

– We see great results, says Marcus Norrman. Since we introduced Fyrfack the average residential household produces approximately 42 percent less residual waste, which in turn means a significant increase in recycled packaging.

The residents have also become more aware of food and how it is handled. We see better sorting of food waste and overall, less amounts. It suggests that more people want to contribute to the important environmental work. Also, in troubled times with high inflation and rampant food prices, taking care of leftovers has become an increasingly important issue, not least from a financial perspective.

– The people of Kristianstad should be proud of how much they have contributed. If we can avoid food waste to an even greater extent, it is a big step for the environment, Marcus concludes.

What happens to the food waste?



We want to maximize the use of the collected food waste, why it is extremely important that the food waste is separated from the residual waste and free from other materials.

More than two thirds of the food waste collected from Kristianstad's households becomes biogas and biofertilizer in Karpalund's biogas plant not far from the city centre. The biogas produced from food waste is used as fuel in both our own garbage trucks and many of the municipality's cars and buses.

After all, food waste still contains a lot of nutrition, even if we can't eat it. When the food waste becomes nutritious bio-fertilizer, it is spread on our fields around Kristianstad where new food is produced and so the circle is closed.





RETURUM – A STATE-OF-THE-ART

RECYCLING CENTRE

In September 2020, the doors to Kristianstad's new state-of-the-art recycling center and sustainability park Returum was opened. It feels both inspiring and exciting and it is a big step into a more sustainable future, the project manager Fredrik Holmer says.

After many years of planning and almost exactly one year after the first sod was broken, Returum, Kristianstad's new modern recycling centre and sustainability park, was inaugurated. A park that will develop in stages, but which is already making a difference in terms of recycling, reuse, and sustainability in the municipality. The project, which has been led by waste management engineer Fredrik Holmer since the very beginning, reached a major milestone on September 21, 2020, when the gates were finally opened to the public.

*A place that invites to
dialogue around issues of sustainability*

The design and appearance of Returum is largely inspired by *Vattenriket in Kristianstad*. Lots of plantings and green areas have been created, which will provide beautiful, green surroundings that signal environmental awareness.

– Our idea with the design of the new park and its buildings is to create a connection between the naturally sustainable and the humanly functional in a place where the countryside meets the city, explains Holmer. A place that invites to dialogue and thoughtfulness on issues of sustainability, recycling and the environment.

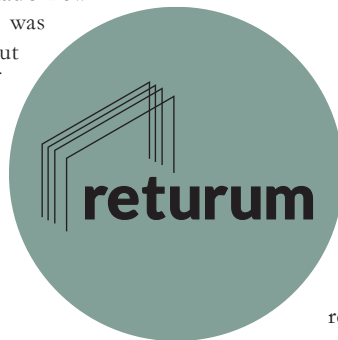
The centrepiece of the park is Returum's main building, which proudly signals its existence to the outside world with meter-high letters facing the E22 highway. The building forms the hub of the educational centre for waste management and is where Renhållningen's environmental educator works. Here you can find premises for both study visits, study circles, workshops and crafts, as well as conference rooms and other staff spaces.

More reuse and upcycling

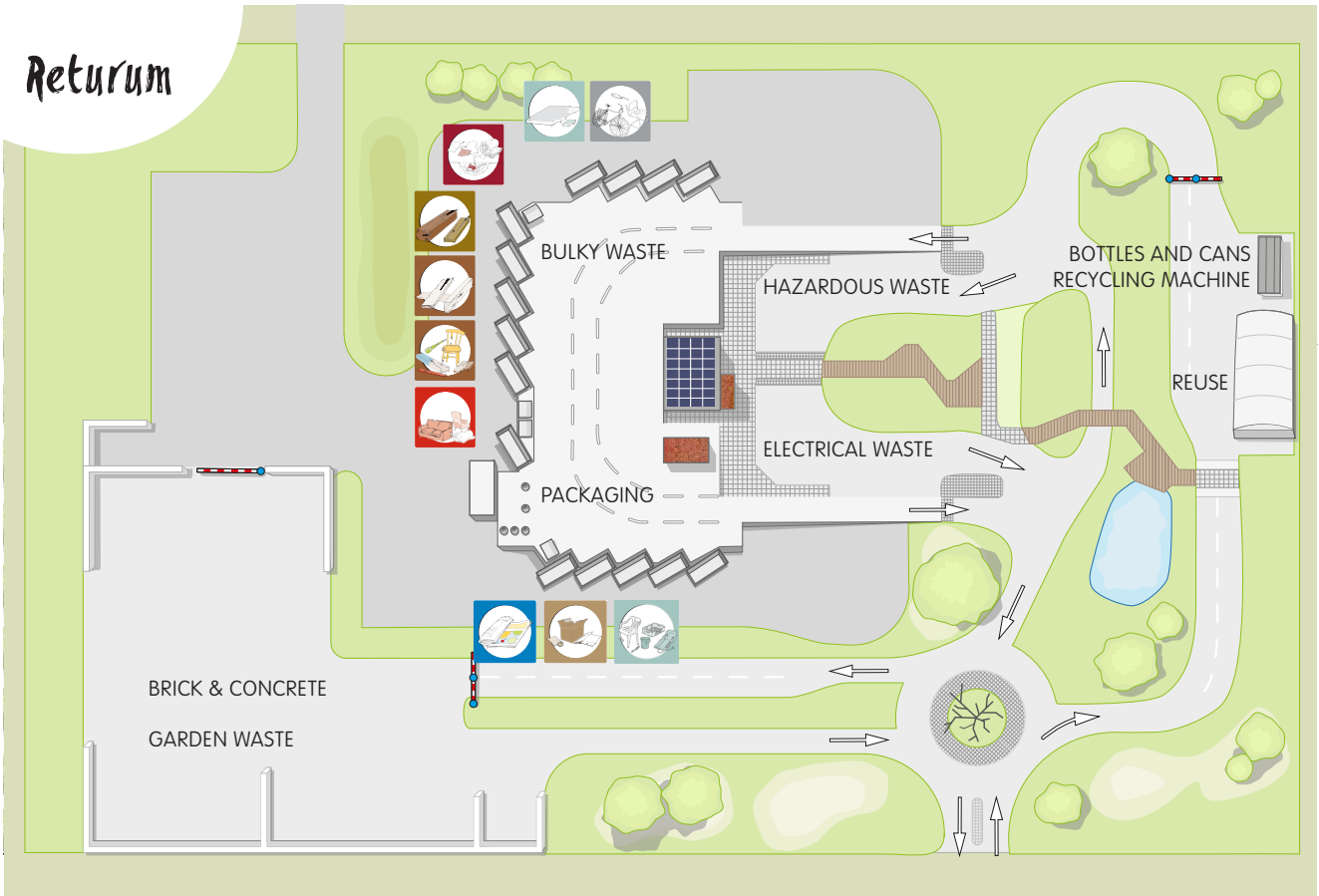
The number of fractions for recycling has increased compared to earlier and the submission of electrical waste, white goods and hazardous waste has been placed in shop-like premises in order to give the visitors a welcoming impression. Underneath the recycling and waste sorting area, which is built upon hollow concrete modules, you will find an inspiring recycling studio, which you can read more about in the next post.

To move between the different areas of the park should be easy and smooth, both by car and by foot. It should also be easy to hand in items that still works, but the visitor no longer needs and make the items available for other people to reuse. The reuse area is therefore the first area visitors will meet – a very conscious placement.

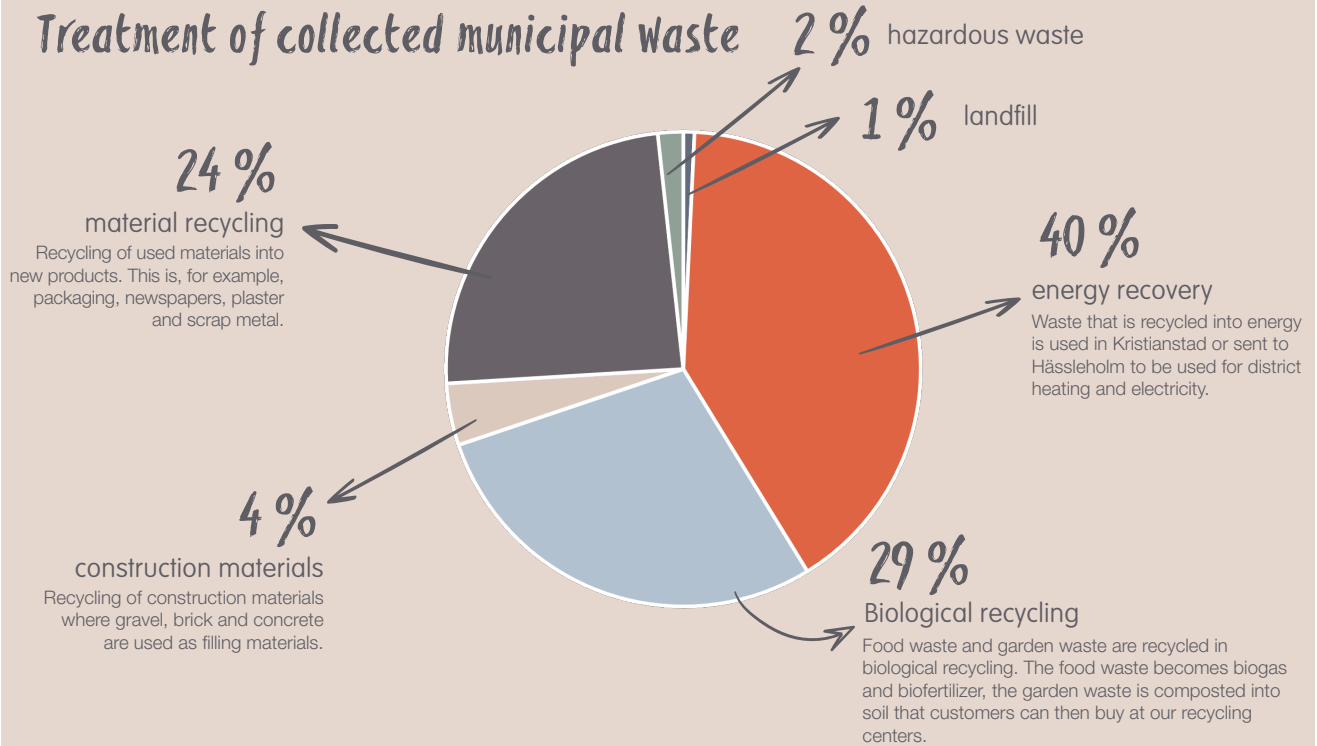
– We aim to invest more in reuse and upcycling. Already within a couple of years, larger premises will be built for the reception and sale of used items and construction materials at Returum, Fredrik Holmer concludes.



Returum



Treatment of collected municipal waste



WELCOME TO THE

REUSE STUDIO

At Renhällningen, many different educational activities are carried out under the leadership of environmental educator Leonie Wendt Bergmark. In the space underneath the main sorting and recycling area at Returum we find the Reuse Studio, where Leonie spends much of her time. Join in!

The Reuse Studio enables different types of workshops in an inspiring environment, it has become an extension of the original "Skaparverkstaden" (creators' workshop) inside the main building and our lovely outdoor environments at Returum. Visitors are invited to join in on a journey of sustainability focusing on the top steps in the waste hierarchy defined by the EU – reduce, reuse and recycle. In the studio you will find a lecture room, educational activity stations (partly developed and designed through collaborations with the high schools in Kristianstad focused on creative handcrafts and art), and a large area for upcycling/redesign and creation with recycled materials.

How did it all start?

– Already when I joined Renhällningen in the fall of 2020, the plan was that the natural place to meet and inspire people, with behaviour change and behaviour improvement in mind, was our state-of-the-art facility Returum, Leonie explains. The enormous potential of the premises for us to reach out to all types of customers was clear, but how to do it in the best way was still to be answered.

An idea emerged to create a larger area where we could meet schools and all the municipality's residents – a place to be inspired, to play and to learn new things. The vision was an industrial premises that breathes recycling, where the creative space gradually will be shaped by the visitors, who all have the chance to leave their own imprint on the interior.

Walls as well as parts of the interior are mainly built and painted by members of staff from the recycling centre and Saveko – one of

the municipality's daily activities for people with various functional variations. The studio is furnished with second hand furniture and decorated with recycled materials.

The vision becomes a reality

What only two years ago was an idea and a vision, has now become a reality. Every week the Reuse Studio is the home for workshops and visits from schools, sports clubs, and companies. Currently we educate and inspire 3,500 people yearly in how to adopt a more sustainable approach. One of the projects worth mentioning is a creative workshop for 11–12-year-olds we carry out together with local artist Tina Lundgren. Here we use creativity as a tool for spreading knowledge and to create curiosity about a more sustainable and circular society. We get the chance to emphasize the importance of recycling, reusing, and minimizing waste for the fifth graders.

The Reuse Studio continues to develop, not the least by its users who each leave their unique imprint behind.

– This journey is far from over and it will be very exciting to watch and be part of the studio's growth – group by group and workshop by workshop, concludes Leonie.



The design of the Reuse Studio began with a solitary red chair representing solidarity, gray concrete floors and unpainted walls.



The red chair has been joined by more recycled chairs in the Reuse Studio.



Full action at the Reuse Studio.



The garbage dump with recycled neon hangers decorating the walls.



Beautiful green surroundings promotes biodiversity on the outside.

CUTTINGS

RECYCLING IN ITS PUREST FORM

Sharing cuttings is more popular than ever. Perhaps it has something to do with the increased interest in interior design and the fact that plants are the perfect interior detail. A simple, sustainable, and health-promoting way to renew the home. With pots in new colours or patterns, the transformation becomes even greater, and the best part is that it doesn't have to cost anything. So, get inspired and make yourself or your neighbour happy.

A very simple way to bring new life to the home is to put in new plants. Preferably in different pots than the ones we are used to, to enhance the feeling of renewal. With simple tricks, a little imagination, and the reuse of both plants and old tried and tested knowledge, we can breathe new life into the home, without having to spend a lot of money or wasting our planet's resources. The Instagram account [@ekotipsset](#), gave us useful tips on how to turn empty glass and tin jars, mugs, and old pots into the new megastars of the windowsill. All that is needed is a few splashes of leftover paint, baking soda and a brush or two. Bicarbonate is mixed into the paint to make it adhere more easily to the surface of the can and to make the paint duller. Paint, let dry and voilà, a whole set of new pots! Then fill them with soil to plant a cutting or a seed.



When a cutting is taken from a plant it must be allowed to root, either in water or directly in planting soil. To be able to become large plants, sooner or later they should end up in a pot with soil. Adding some clay pebbles to the bottom of the pot drains excess moisture into the soil that surrounds and nourishes the newcomer. Monstera, Elephant Ear Plant and Coleus also known as Painted nettle are some examples of plants that are beautiful to look at and easy to take cuttings from. Another popular houseplant from which cuttings can be taken is the Aloe Vera, well known for its healing properties, as it purifies the air and contributes to a better indoor climate.

*Get your hands dirty,
it's good for you!*

Touching planting soil gives a special, lovely, and almost therapeutic feeling. In addition, the microbes in the soil do good. Not only for the plants that end up in it, but also for us humans. In fact, putting our hands in the soil makes us a little happier. Amazing, isn't it?

Once the planted cuttings have rooted and grown larger, the procedure of picking and dividing cuttings can be repeated. Creating new opportunities to become a link between friends, neighbours and generations. A simple and beautiful way to be reminded of each other. Because when we share a cutting with someone else, we're not just sharing a plant. We share a story.



Bags are packed for the members of Matraddarna



Well-stocked shelves in the Food Saviour's shop



The customers will arrive soon, the volunteers are ready

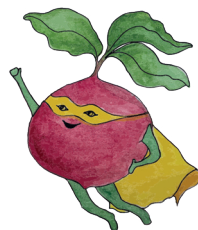
WASTED FOOD

A SOCIAL, ENVIRONMENTAL, AND ECONOMIC CONCERN

One third of all food produced for human consumption is wasted. This creates a major impact on both the environment and our society. Every year, in Sweden alone, households throw away around 450,000 tons of food that they could have eaten. **Matraddarna (The Food Saviours)** is a collaborative project in the spirit of sustainability that aims to reduce food waste and at the same time make an important contribution to the socially and economically vulnerable people in Kristianstad municipality.

Matraddarna is a collaboration between employees at *Renhällningen Kristianstad*, *Skåne City Mission*, *the Swedish Church in Kristianstad* and *Saveko*, which organizes daily activities for people with different functional variations within the municipality. The public housing company *ABK* has contributed with suitable premises and *Coop's* grocery stores in Kristianstad helps to fill the shelves with food. Collaboration at its finest.

Matraddarna involve participants from *Saveko* who, as part of their daily activities, are driving around and picking up food from *Coop's* grocery stores all around Kristianstad, that would otherwise have been thrown away. They bring the food to the food saviour's premises where, if necessary, the goods are repackaged before it is placed on shelves or in



the fridge and freezer ready for distribution, which is then managed by volunteers.

The rescued food is only intended for those living in financial vulnerability, therefore, to pick up a bag of food you need to be a member, which you become through the Church of Sweden or Skåne City Mission.

Then you just show your membership card and pay SEK 20 to get a bag of food packed for you. All money raised goes back into the work of the food saviour's service, *Matraddarna*.

Together we make a difference!

Matraddarna give us the possibility of saving tons of food and handing out up to 200 food bags every week. This embraces all aspects of sustainability – the social, where we help people in financial need; the environmental, where we save food from being thrown away unnecessarily; and the economic, for our members as well as for the grocery stores.

Together we make a difference. Together we work for social, environmental and economic sustainability in Kristianstad municipality.



A SUSTAINABLE EVENT

THE 2023 IHF WORLD MEN'S HANDBALL CHAMPIONSHIP IN KRISTIANSTAD

What does it really mean to organize a sustainable event and why is it important? Is sustainability in this context only about the environment or could it be about other things as well?

Sustainable sporting events should inspire diversity, equality and encourage lifelong participation in physical activity, and at the same time be socially, environmentally, and economically successful. The events must be open and transparent while contributing to good health, influence, knowledge, and a fair and meaningful life for everyone, both locally and globally. This is how the *National Sports Council* defines a sustainable sports event.

Another important thing to consider is what resources will be used and offered during the event. By using renewable energy, biodegradable chemicals and resources from well-managed fields, forests, and oceans, we support the planet's ability to regenerate and sustain life in all its forms. It's a big responsibility that will clearly give us a lot to think about, right? But by working together we can get there.



We want to inspire the audience

The 2023 IHF World Men's Handball Championship aims to achieve *Greentime* certification for a Sustainable Event. We asked Anders Olsson, project manager for Handball World Cup Kristianstad, about the impact he thinks their sustainability work will have on society.

– In Kristianstad, we have been working actively with sustainability in our events for a long time. We want to inspire the audience and the delegates from the International Handball Federation to think and act more environmentally conscious and develop the championships even more in that direction in the future. During the World Cup we will make sure to inform the audience and fans in Kristianstad Arena about our sustainability approach and we hope they will join us.

To achieve the certification, the World Handball Championship has chosen to focus on four different areas of sustainability: ecological sustainability, social sustainability, economic sustainability, and sustainable leadership. This includes keeping food waste and water consumption down during the event, reducing transport as much as possible and, of course, only using fossil-free transport when transport is necessary. It also includes the social projects *Hand the Ball* and *Little World Cup*, two initiatives in the suburbs of the host cities to get young people more engaged in sports activities, and to attract more people to the world of sports.

By working together, we will contribute to increased sustainability

The World Cup in Kristianstad is a large organization that involves many people working on the event, in many different areas, but they all have one thing in common: they all have a strong commitment to contribute to sustainability within their own areas of responsibility. And they all have a lot to do before the event can begin.

– New sorting bins will be placed at the arena in Kristianstad, where the audience can sort their waste as either paper, plastic, residual waste, or bottles and cans. The arena will thus be the first in the municipality to introduce waste sorting in a public environment. It will of course be a new situation for the visitors of the arena, but we are convinced that they want to contribute to a better environment and at the same time create a clean and pleasant arena. This will also mean an improved working environment for the cleaners, Anders concludes.

By collaborating and working together, we will contribute to increased sustainability in several different areas, while creating a memorable event for a lot of people.