Food Scraps Recycling Site
Opening Soon!

In November, the City Council approved a food scraps collection agreement with Ramsey County. The new site will be open at City Hall in the next few weeks! The site is located at City Hall (2077 Larpenteur Ave West). Recycling food scraps returns essential nutrients to the soil and improves soil health. Start a home food scraps collection (organics recycling) program by following these four easy steps:

1. Visit City Hall (2077 Larpenteur Ave West) to pick up a free starter kit. The starter kit includes a small kitchen caddy, compostable bags and tips for success. City Hall is open Monday-Friday from 8:00 am to 4:30 pm.

2. Fill up your compostable bags with food scrap recycling materials from the accepted items list.

3. Bring it to the collection site for free disposal.

4. Get more bags from the dispenser on the fence (there is a two-bag limit per week). If the site is out of bags, stop by City Hall to pick up more bags.

If you are unable to visit City Hall during business hours to pick up a starter kit, you can get one at any Ramsey County yard waste site or Ramsey County Library while supplies last. For other drop-off locations and hours, visit RamseyRecycles.com/FoodScraps or call 651-633-EASY (3279), which is answered 24/7.

The site is for residential use only. No businesses please.

January 2020 key dates

Environment Commission - Mon, Jan 13 - 6:30 pm
Agenda

City Council workshop - Wed, Jan 15 - 6:30 pm
Agenda

Monday, Jan 20 - City Hall closed in observance of Martin Luther King, Jr. Day
The Environment Commission has proposed an ordinance that would allow residents to plant and nurture native landscaping on their property. We would like your feedback on the new regulations. Visit the city's website to learn more. https://bit.ly/2LVVsd1

FALCON HEIGHTS
Human Rights Day
"Food Security & Child Hunger"

Monday, February 3
6:30 PM - 8:30 PM

Location:
Falcon Heights City Hall
2077 Larpenteur Ave. W.

Guest Speakers
- Sarah Augenbaugh - Food and Nutrition Programs Supervisor, MN Dept. of Human Services
- Stacy Koppen - Nutrition Services Director, St. Paul Public Schools
- Jessica L. Webster - Attorney, Mid-Minnesota Legal Aid
- Lindsey Torkelsen - Director of Programs, The Sheridan Story

Parks and Recreation Commission will provide activity for school children.

RSVP TODAY!

Photo Contest - deadline extended!

The city is sponsoring a winter photo contest. The community has the opportunity to submit photos taken within the Falcon Heights city limits. The photos will be used for the new city website. The theme is Shades of Winter. Photos with the most likes on Facebook will win passes to the History Museum. Two participants with winning photos will win a pair of MN Historical Society passes. For rules and more information please click here.
Como Park/Falcon Heights
Living at Home Block Nurse Program

The Como Park/Falcon Heights Living at Home Block Nurse program provides services and support to residents 65 and better who wish to remain in their home safely and independently. We are a local nonprofit that has served this area for almost 25 years.

No Cost Blood Pressure Clinics: Come meet our RN, Maria! Every 4th Monday, Maria is available at the City Hall, 2077 Larpenteur Avenue, for a No Cost Blood Pressure Clinic. The next No Cost Blood Pressure Clinic is on Monday, Jan. 27, 1:00pm-2:00pm.

Homemaking Services: Would you like to have a hand cleaning out the basement or has your doctor recommended you limit household activities like vacuuming and mopping the floor? We have Homemakers that will come to your home for housekeeping. This service is $25/hour with a one-hour minimum. They can come one-time or on a regular basis. Homemakers can also help with laundry, changing bed linens, meal prep, dusting, bathroom and kitchen cleaning.

No Cost Rides to Medical Appointments: We have reliable volunteers that can take you to and from your medical appointments. Must be enrolled in our program to qualify. Call for more information.

Tech Help: Do you have an ipad, smartphone or an electronic device and have questions about using it? We have volunteers that specialize in helping with technology issues. All volunteers have had training and have passed a background check. Call our Volunteer Coordinator to be connected with a tech helper.

For more information about any of our programs or services, please call 651-642-1127 or visit us at www.comobnp.org

Saint Anthony Park Seniors

Saint Anthony Park Area Seniors helps seniors maintain their independence and remain in their homes as long as they wish and that is safe to do so. They provide individualized services (such as rides, chores and shopping trips) for seniors who live in Falcon Heights, west of Cleveland Ave. Upcoming activities that are open to ALL Falcon Heights residents include:

Exercise Class
Tuesday, January 14th at 2:30-3:30PM
SAP Library (2245 Como Ave)
Wednesday, January 15th at 10:30-11:30AM
Centennial United Methodist Church (2200 Hillside Ave)
No registration or fees required.

Tai Ji Quan: Moving for Better Balance
Monday, January 13th and Thursday, January 16th
2:00-3:00PM
Lauderdale City Hall (1891 Walnut Street)
Registration is required and class is full.

Chair Yoga
Friday, January 17th from 2:30-3:30PM
SAP Library (2245 Como Ave)

Game Day: Come and Play games with your neighbors
Friday, January 17th 10AM-Noon
Centennial United Methodist Church (2200 Hillside Ave)

Blood Pressure Clinic
Wednesday, January 15th
11:30AM-Noon
Centennial Methodist Church (2200 Hillside Ave)
Tuesday, January 14th 3:-3:45PM
Seal Hi- RIse (825 Seal Street)

For more information, please visit us at: http://www.sap seniors.org or call 651-642-9052

Follow us on Social Media!

#FalconHeights #TheCityThatSoars #FHFD