

# TIPS FOR REUSING & RECYCLING BULKY WASTES

## ...The Northeast Kingdom Waste Management District

“Bulky Waste” is an umbrella term used to describe items such as mattresses and box springs, furniture, carpet, and large rigid plastic items. These are difficult to manage at their end of life because they are large and heavy. This handout includes options for properly managing bulky items you no longer need or want.

### Benefits of Reusing & Recycling Bulky Items

Everyone benefits by:

- Saving money on landfill transportation & disposal costs
- Conserving energy & raw materials
- Returning products & materials back into the economy & fostering job creation
- Helping people who cannot afford to buy new



Furniture Repurposing

### Reuse

If the item is in good condition – donate it! Many charities and social programs accept good condition items for donation. You may also be able to donate or re-sell good quality used items directly through yard sales, or online exchanges.

#### Local Online Exchanges:

- Front Porch Forum – <http://frontporchforum.com>
- Vermont Craigslist - <https://vermont.craigslist.org>
- Orleans County FreeCycle - <https://groups.freecycle.org/group/OrleansVT>
- Saint Johnsbury FreeCycle - <https://groups.freecycle.org/group/StJohnsburyFreeCycle>
- Washington County FreeCycle - <https://groups.freecycle.org/group/WashingtonCountyVT>

#### Local Reuse or Donation Centers:

Donation is only appropriate for items in very good condition (no rips, holes, or stains, and no broken or missing pieces). **Always call first to confirm** that the center can deal with the specific item(s) you have:

- HOPE in Lyndonville (cannot accept big items – but does facilitate donations between individuals): (802) 626-3228; [www.hopevermont.com](http://www.hopevermont.com)
- Salvation Army in Saint Johnsbury (cannot accept big items): (802) 748-5836
- ReSource in Barre (no mattresses): (802) 477-7800; [www.resourcevt.org/restorebarre/donation-guidelines](http://www.resourcevt.org/restorebarre/donation-guidelines) (note: good quality mattresses are accepted at their Burlington location)

### Refurbish, Repurpose, Rebuild, & Renovate

Furniture that may not be suitable for donation or re-sale may be able to be repaired or restored. Look for DIY tutorials on the internet or find inspiration through community Facebook pages and Pinterest boards.

The best way to avoid having to deal with bulky wastes is to think before purchasing. Simply buy less. And when you do purchase, try to buy high-quality items that won't break easily.



[www.nekwmd.org](http://www.nekwmd.org)

## Mattress Deconstruction

Over 50 percent of the weight of a mattress and box spring can be recycled! There are several do-it-yourself (DIY) videos on YouTube and other instructional guidance online – do a Google search. The estimated time for one person to dismantle a full size mattress is a half hour. A mattress/box spring consists of:

- Metal that can be recycled for free at the transfer station
- Wood that is clean and can be reused, chipped, burned, or added to the compost pile
- Fabric covering and foam/stuffing layers that need to be disposed of

**Consider deconstruction for upholstered furniture too!**

## Proper Management Benefits Everyone – Including You

Many bulky items are made from or contain plastic, glue, fabric, and other components that are chemical-based. Burning them releases toxics into the air that you, your family, and your neighbors breathe. Toxins are also left on the ground where they can harm children and animals and pollute water resources. **Burning of all trash, including bulky items is illegal.** Be kind - don't do it!

## Disposal

If the items have been stored improperly or are simply too old, torn, cracked, stained, or broken, they would not be suitable for reuse. Unfortunately, there are no local options for recycling furniture, mattresses, carpet, large rigid plastics, or other bulky wastes so they must be disposed. The exception is metal items that can be recycled at transfer stations for free.

## Local Bulky Waste Disposal

FACILITY	FEES	LOCATION / CONTACT INFO.	HOURS OF OPERATION	OTHER INFORMATION
Permanent Bulky Waste Bins at Transfer Stations	Fees vary by item	Barnet, Groton/Ryegate, Lunenburg, Morgan, Peacham, Sheffield/Wheelock, Westmore	Open every week Days and hours vary by facility	Available to residents only
Once-a-year One-day Bulky Waste Collections	Fees vary by item	Bloomfield, Brunswick, Guildhall, Maidstone, Newark, Sutton	Dates vary by town – more info at: <a href="http://www.nekwmd.org/calendar.html">www.nekwmd.org/calendar.html</a>	Available to residents only
One-day Collections Two or More Times a Year	Fees vary by item	Brighton, Danville, East Haven, Lyndon, Norton, Unified Towns and Gores (Averill, Avery's Gore, Ferdinand, Lewis, Warner's Grant, Warren Gore)	Dates vary by town – more info at: <a href="http://www.nekwmd.org/calendar.html">www.nekwmd.org/calendar.html</a>	Available to residents only
Casella Transfer Station	Fees vary by item	548 High Street in Saint Johnsbury (802) 748-2332	Monday – Thursday 7:15 – 3:45 Friday & Saturday 7:15 – 12:00	Open to all
Waste USA Landfill	Fees vary by item	402 Landfill Lane in Coventry	Monday – Friday 7:00 – 4:00 Saturday 8:00 – 11:30	Open to all

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