

# Improving Safety & Reducing Waste at Rural Transfer Stations

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August 1, 2017

Northeast Kingdom Waste Management District  
Lyndonville, VT



## What is NEWMOA?

Northeast Waste Management Officials' Association

- Non-profit, non-partisan interstate association
- Solid waste, hazardous waste, waste site cleanup, & pollution prevention programs
- CT, ME, MA, NH, NJ, NY, RI, & VT
- Formally recognized by EPA in 1986
- [www.newmoa.org](http://www.newmoa.org)



NORTHEAST WASTE MANAGEMENT OFFICIALS' ASSOCIATION

***Leading the Northeast to a Sustainable, Waste-Free Future***

## Improving Safety & Reducing Waste at Rural Transfer Stations

Funded by USDA Rural Utilities Services Solid  
Waste Management Grant

*This material is based on work supported by the Rural  
Utilities Service, United States Department of Agriculture.*

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## Project Partners

### • Vermont

- ❖ Northeast Kingdom Waste Management District
- ❖ Department of Environmental Conservation

### • New Hampshire

- ❖ North Country Council
- ❖ Department of Environmental Services



## Project Outline

- Consumer Handouts:
  - ❖ Reducing Your Waste
  - ❖ The Benefits of Reuse...
  - ❖ WHY Recycle...
  - ❖ Recycle Right!
  - ❖ Don't Trash That!
- Accompanying Posters
- Local Workshops
- Project Website:
  - [www.newmoa.org/solidwaste/projects/transferstations/](http://www.newmoa.org/solidwaste/projects/transferstations/)

## Today's Workshop

- Short Introduction
  - ❖ Jennifer Griffith, NEWMOA
- Quick "before" survey
- Improving Safety at Transfer Stations
  - ❖ Non-regulatory!
  - ❖ Paul Tomasi, NEKWMD; Jeff Bourdeau, VT DEC; Dan Whipple VOSHA; Jim Carrien, VLCT
- Break – refreshments
- Reducing Waste Disposal
  - ❖ Rachel Smith & Jennifer Griffith, NEWMOA
- Quick "after" survey

# Improving Safety

## Today's Workshop

### Objectives:

- Raise awareness of common issues
  - Lots of photos...
- Spark discussion
- Develop practical suggestions for improvement
- Resulting in safer transfer stations for both workers & residents!

## Today's Workshop

### Topics:

- Equipment safety
- Personal Protective Equipment (PPE)
- Weather & extreme temperatures
- Traffic safety
- Slip/Trip/Fall hazards
- Hazardous & Universal Waste
- Blood borne pathogens, sharps, first aid
- Ergonomics
- Fire & electrical safety
- Miscellaneous

## Equipment Safety

### Compactor

- Most dangerous equipment operated at the transfer station
  - The only motorized equipment you have?
- Need fail-proof control to prevent injury
  - Check drop-off area before you power on
  - Power requires active continuous pushing
  - Enough separation from power on to compactor opening that cannot reach hand in

## Compactor Safety

See a potential issue?



## Compactor Safety

See any potential hazards?





## Compactor Safety

A good set-up?



## PPE

Proper clothing for conditions:

- Headwear (hard hat, sun hat, etc.)
- Footwear (steel toes, warm winter boots, ice creepers)
- Safety glasses
- Gloves
  - Thick leather protects from cuts & sharps
- High-visibility clothing (reflective vest)
  - Safer for you and also helpful to customers

## PPE



## Weather: Heat

- Heat Exhaustion
  - Normal body temperature - sweating
  - Inadequate fluid intake leads to:
    - Fatigue
    - Weakness
    - Collapse
  - Can occur in an inside environment
- Heat Stroke
  - Serious medical emergency – call ambulance
  - High body temperature
  - Hot red, dry skin



## Weather: Heat

### Prevention:

- Appropriate, lightweight protective clothing
  - Still wear your gloves!
- Sunscreen
- Access to shade
- Hydrate!
- Take breaks to cool off

## Weather: Cold

- Hypothermia
  - Shivering – first sign of danger
  - Incoherent – stumbles, mumbles, grumbles
- Prevention:
  - Appropriate, warm, & protective clothing
    - Have spare set at work (or in car)
  - Protection from wind & precipitation
  - Access to warm areas
  - Limit exposure
  - Hydrate!
  - Take breaks to warm up

## Traffic

- One-way is preferred if possible
- Avoid need to back-up
- Clear signs, lane marking or orange cones
- Lighting for evening hours (& winter afternoons)
- Curbing or other barriers near drop-off containers, grade changes, fuel tanks, equipment, etc.
- **High visibility clothing for staff** is safer & also helpful to customers

## Traffic Safety

### Some haphazard parking

(different directions of vehicles & need to walk across traffic - also backing-up likely)



## Traffic Safety

Good one-way traffic flow



## Slips/Trips/Falls

- Keep walkways, stairs, & ladders clear of debris and spills
- Physical or visual barriers near hazards such as grade changes, machinery, or traffic areas
- Watch for oil leaks, spills, etc.
- Use curbing or other wheel stops to keep vehicles away from edges
- Proper grading & drainage can help prevent water & ice accumulation

## Slips, Trips, and Falls

Clutter = slip/trip/fall hazard  
(and other hazards!)



## Slips/Trips/Falls

Clutter is common!



## Slips/Trips/Falls

Any corner or flat surface can become clutter  
(and improper universal waste storage!)



## Slips/Trips/Falls

ponded water = ice!





## Slips/Trips/Falls

### Metal & Bulky Collection

- Clear signage
- Good barriers to keep vehicles & people from falling
  - Reduce clutter
- Cover bulky/C&D bin
  - Limits getting wet – disposal cost is by weight: wet wallboard, or a wet couch, mattress, or rug is much heavier!

### Metal & Bulky Collection

Example of exactly what not to do



## Metal & Bulky Collection

Help? What is going on here?



## Metal & Bulky Collection

Some confusion: bulky in the metal bin



## Metal & Bulky Bins

When bins get full – and a big gap hazard



## Metal & Bulky Collection

Looks pretty good, until you look to the left side



Someone can just fall (or drive) off the edge!



## Metal & Bulky Collection

Bulky collection: nice roof & barrier on the sides



## Metal & Bulky Collection

Metal bin looks good – any issues?



## Metal & Bulky Collection

And  
Mind the Gap!



## Metal & Bulky Collection

No scavenging in the metal bin/pile!





## Metal & Bulky Collection

A good set-up: the backside



## Metal & Bulky Collection

A good set-up: drop-off area



## Metal & Bulky Collection

Another Drop-off Barrier System:



## Hazardous & Universal Waste

- Hazardous wastes:
  - Get training to recognize & help avoid exposure
  - Use PPE: gloves, aprons, safety glasses or goggles
    - Do you have these? Use them?
    - How about if you are exposed? Water & first aid?
  - Set up an exclusion zone for temporary storage – don't use it for anything else!
    - Call NEKWMD as soon as possible
- Universal waste collection:
  - Provide good ventilation for UW storage area
  - Store waste in proper, labeled containers
  - Keep a spill kit on hand for clean up of UW breakage – don't vacuum!

## Propane Tanks

Store outside or in well-ventilated **out** building  
Never store inside! Never remove valves!



## Used Oil Collection

See anything wrong here?



## Fluorescent Bulbs

What's wrong here?



## Fluorescent Bulbs

And here?





## Fluorescent Bulbs

Good Storage Area:



## Universal Waste

Clean Storage Area:





## Fire & Electrical

- **Obtain & adhere to permit guidelines** if open burning
- **Maintain** proper fire extinguishers
- Make sure your fire department is familiar with your facility & has easy access
- Use care with space heaters
- Extension cords should be temporary & adequate for load
- Frayed or damaged cords addressed ASAP – **by a qualified person**
- Proper grounding

## Fire Hazards

Avoid storage near heat sources



## Fire Safety

Fire extinguishers (in relatively uncluttered offices!)



## Biohazards

- Use care handling bagged waste
  - Sharps & other body fluids: transmission of hepatitis, HIV
  - **PPE such as sturdy leather gloves** can protect
- Offer guidance on proper disposal of used needles
  - Collection container at transfer station?
  - Make their own container at home
    - Heavy plastic container, label "SHARPS", close securely
    - Put in their trash
- Wash
  - Do you have water or other first aid on-site?

## Other Biohazards

### Speaking of biohazards...

If open more than 4 hours at a time:

- If don't have a bathroom with running water, need to have a way to wash hands
- Also need drinking water supply
- If solution is to go off-site, need to keep a staff person on-site



## Ergonomics

- What is it?
  - designing and arranging things people use so that the people and things interact most efficiently and safely
- Watch body positions and lift carefully
  - Especially E-waste, bulky items
- Store heavy items on shelves near waist height to minimize the need to bend
- Avoid repetitive motions and static postures
- Training is helpful
- Encourage exercise & fitness

## Miscellaneous

- Personal safety - handling cash
  - Cash collected for bulky waste drop-off? PAYT bags? Other?
- Collecting food scraps
  - Vector control

## Personal Safety

Video surveillance



## Food Scrap Collection

Use of sawdust controls vectors



# Reducing Waste Disposal



## The 3 R's

The 3 R's = Reduce, Reuse, Recycle



Photo Source: EPA

## Today's Objectives

***Offer Strategies to Communicate on***

- ***Recycling*** for people who don't recycle (or don't recycle much)
- ***Reusing & Reducing*** for supporters of recycling (and everyone else too!)

## Definitions

- **Reduce** – Cutting back on the amount of items we purchase, use, & dispose of
- **Reuse** – Finding a new way to use the item; it is kept whole & may be sold or donated for use again
- **Recycle** – Using all or part of the item, separated into its individual components so that it can be used to create new products

## Community Based Social Marketing

An approach to achieving sustainable behavior in communities through:

1. Selecting which behavior to promote
2. Identifying the barriers & benefits
3. Developing strategies to overcome the barriers
4. Piloting the program
5. Evaluating the program once its implemented



Source: [www.cbsm.com](http://www.cbsm.com)



Reduce  
Reuse  
**Recycle**

## General Communication Tips

### Focus on positive messaging

- More recycling = less trash = saves \$
- Saves money on landfill disposal & transport to the landfill
  - Lowers town expenses; helps keep taxes from increasing
- Conserves natural resources, energy, & raw materials
- Returns products & materials back into the economy & creates jobs

## General Communication Tips

Make sure that recycling program is as convenient & easy to understand as possible:

- Label drop-off areas clearly
- Publicize program:
  - Distribute outreach materials regularly
  - Make sure the information is sent to new residents
  - Get the word out about changes in service/s

## General Communication Tips

- Actions are easy to understand
  - Drop-off areas are clearly labeled
  - Examples of labeled & segregated collection signage



Lancaster Transfer Station



Littleton Transfer Station



## General Communication Tips

### Regular communications with public

- Distribute educational materials once a year
  - Increases understanding about what is & is not accepted
  - Reduces contamination
- Send material to new residents when they move in
- Make sure to publicize program changes before & after they happen

## General Communication Tips

### Tailor your messaging to these two separate audiences/constituents

- People that already recycle
- People that do not recycle



# Communication Tips: Recyclers

- Thank them for doing a good job
- Even the best recyclers can make mistakes
- Focus on what to recycle & where
  - Provide clear instructions
  - “Dos & Don’ts” can help
    - Message: when things that can’t be recycled are added or recyclables are put in the wrong place, a worker needs to remove them, which requires labor & can be dangerous
- When recycling is done right, the town generates materials that producers want to buy
  - Generates revenue & keeps recycling viable

## New Handout



Recycling is great, but it's important to do it correctly. The top five items that cause the most frequent problems at recycling drop-off centers are listed below. **Please do not put these in the recycling:**

<b>STYROFOAM®</b> Examples: meat packing trays, restaurant takeout containers, coffee cups, packing materials	<b>Why Not?</b> <ul style="list-style-type: none"> <li>• Contaminates other plastics</li> <li>• Its expansion is often impossible to stop for recycling facilities</li> <li>• Not to your trash</li> </ul>	
<b>PAPER TOWELS, NAPKINS, TISSUES</b> <b>Why Not?</b> <ul style="list-style-type: none"> <li>• Not sturdy enough to recycle, and break apart and contaminate the other paper</li> <li>• Often used, like gloves, coffee pads, and other containers can be a safety hazard for workers at the transfer station</li> </ul>	<b>Recycle!</b> <ul style="list-style-type: none"> <li>• Consider using reusable cloth napkins, dish towels, and handkerchiefs instead of disposables</li> <li>• Add to your compost pile if you compost at home</li> <li>• Not to your trash</li> </ul>	
<b>COATED PAPER CONTAINERS</b> Examples: coffee cups, ice cream containers, milk and orange juice cartons, almond milk cartons, restaurant takeout containers	<b>Why Not?</b> <ul style="list-style-type: none"> <li>• Not made of all paper or all plastic and so cannot be recycled in either one</li> <li>• Its expansion is often impossible to stop for recycling facilities</li> <li>• Not to your trash</li> </ul>	
<b>PLANTING POTS &amp; TREES</b> <b>Why Not?</b> <ul style="list-style-type: none"> <li>• Not compatible with other plastics, so water when recycling with them</li> <li>• Too expensive to collect separately and ship for recycling</li> </ul>	<b>Recycle!</b> <ul style="list-style-type: none"> <li>• Consider repurposing or reuse: use them as planters for seedlings</li> <li>• For disposal, bring to the drop-off center at your transfer station (if available) or make your own container out of an empty laundry detergent bottle, clearly label it "TREES", tape securely closed, and put in your trash</li> </ul>	
<b>MEDICAL WASTE</b> Examples: syringes, needles, scalpels, and needles	<b>Why Not?</b> <ul style="list-style-type: none"> <li>• Use a sharps container for medical waste at the transfer station</li> <li>• Medical waste is not recyclable</li> </ul>	

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### WHEN RECYCLING IS DONE RIGHT, YOUR TOWN GENERATES PRODUCTS THAT OTHERS WANT TO BUY

Help your community generate as much money as possible from recycling by:

- Recycling only items the transfer station accepts
- Removing containers to remove dirt & food
- Returning metal lids from glass containers & keeping plastic lids on plastic containers
- Recycling only plastics labeled with a number that the transfer station accepts & putting each type in the correct bin
- Separating paper by type & putting in the correct bin

### CONSIDER RECYCLABILITY AT THE POINT OF PURCHASE

Unfortunately, many things that seem like they "should" be recyclable are not. For example, just because something is plastic, doesn't mean it's recyclable. Plastics labeled numbers 1 and 2 are accepted just about everywhere, but numbers 3, 4, 5, 6, and 7 are not, so check what's acceptable at your facility.



This booklet focuses on the importance of Recycling Right. It is one of a series developed for most transfer stations to improve safety and promote waste reduction. For additional documents visit: [www.newmoa.org](http://www.newmoa.org)

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

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### Did You Know?

When you put things into the recycling container that can't be recycled or put them in the wrong place, common working at the transfer station needs to sort through and remove them, which is time consuming and can be dangerous. If they stay in the bin, they can ruin the whole lot and that could mean it all ends up sent for disposal.

Your transfer station attendant is there to help. They know what can and cannot be recycled and what to put where. Please cooperate with their instructions.



### What Can You Do?

Many local businesses use drink cups and takeout containers that are not recyclable. Ideas for action include:

- Advocate for the use of packaging and takeout containers that are recyclable by your local system
- Bring your own reusable containers to a restaurant when you think there will be leftovers so you can manage them yourself
- Avoid single-use disposable items:
- Use 550s and other reuse, pick up mixed dishes and aluminum from a yard sale or secondhand shop instead of using disposables and paper plates
- Use cloth napkins and towels instead of paper products
- Pack lunches in reusable bags and containers

[www.newmoa.org/solidwaste/projects/transferstations/publications.cfm](http://www.newmoa.org/solidwaste/projects/transferstations/publications.cfm)

## Discussion Questions

- Do people throw away things that could easily be recycled at your facility?
  - What types of recyclables do you see thrown away?
  - Have you talked to them about recycling?
  - If so, what's their response?
- Are there people who only bring trash & no recycling?
  - Have you asked them why they don't recycle?
  - What other arguments do they make?
  - What works?

## Communication Tips: Non-Recyclers

### Non-recyclers

- Tend to not believe the benefits of recycling outweigh the effort to do it
- Don't always listen to "authority" working at the transfer station
  - Hearing from a different voice can be influential
- Tend not to respond to facts about the benefits of recycling
  - Need to focus on the direct impact to them and their community

## Communication Tips: Non-Recyclers

Ask for town support for the message that recycling is a priority:

- Ask elected officials to visibly demonstrate support for recycling, including:
  - Asking religious leaders, community groups, & local businesses to help get the message out
  - Provide funding for outreach materials & actions
    - Promote recycling on municipal trucks & other town vehicles – serves as a reminder that recycling is available
- Highlight “top notch” recyclers in the local newspaper, website, or newsletter (individual &/or community group)

## Communication Tips: Non-Recyclers

**Emphasize Cost Savings** - Anything that is put in the trash that could be recycled wastes \$\$

- Directly from their wallet due to PAYT
- Indirectly through town expenses:
  - Recycling lowers town’s disposal costs & can help keep taxes from increasing
    - Disposal costs are accrued by weight so more trash (& heavier trash) costs more
    - Transporting to disposal is costly – the greater the volume of trash, the more often it needs to be transported



## Communications Message

### It's Not That Hard to Do

- Find a corner of kitchen area, covered porch or garage for recyclables collection
- Use a cardboard box or plastic tub to collect metal, glass, & plastic containers
  - Rinse before to keep area clean
- Use smaller boxes/tubs or paper bags for paper
- Easy to put in car
- Clear instructions & friendly people in recycling center
  - May get good stuff free from the swap area

## Communications Message

They're probably already doing some recycling – give positive feedback

- Most transfer stations have containers for scrap metal recycling
- Free to drop-off



Photo: Dalton Transfer Station

## Communications Message

### **Contributes to the Community**

- Good to not be wasteful & to conserve resources
- Help the town save money
- Return products & materials back into the economy & create jobs

## Communications Message

### **Some Recycling is Mandatory**

- Aluminum cans, pie plates, and foil
- Steel cans
- Glass bottles & jars from food & beverages
- Corrugated cardboard
- Paper – including white & colored paper, newspaper, magazine, catalogues, paper mail & envelopes, boxboard, & paper bags
- Hard plastics – specifically PET (#1) & HDPE (#2) plastic bottles & jugs

**Items on this list are BANNED from solid waste disposal**

[illegible]

## Other Recycling Resources

- **RE3.org Campaign:** <http://www.re3.org>
  - Some eye-catching posters on benefits of recycling
  - Source: NC Division of Environmental Assistance

**WHY RECYCLE?**  
*Making products from recovered materials...*

- 95% saved for aluminum
- 60% saved for steel
- 90% saved for newspaper

check out: [WWW.RE3.ORG](http://WWW.RE3.ORG)

● bottle of alcohol  
(1 recycled bottle)

● aluminum canister  
(15 aluminum cans)

● polycarbonate (bottle)  
(15 plastic bottles)

WE GOT PLANS FOR YOUR BOTTLES AND CANS.

## Other Recycling Resources

- MA Dept. of Environmental Protection
  - Recycle IQ Kit: (Applies to Single-Stream Programs)  
[www.mass.gov/eea/agencies/massdep/recycle/grants/recycling-iq-kit.html](http://www.mass.gov/eea/agencies/massdep/recycle/grants/recycling-iq-kit.html)
- Environmental Protection Agency
  - Municipal Government Toolkit:  
<https://archive.epa.gov/region4/rcra/mgtoolkit/web/html/improving.html#remind>
- SC Dept. of Health & Environmental Control
  - Recycle Guys: <http://www.recycleguys.org>

Reduce  
**Reuse**  
Recycle



## Discussion Questions

- Do people throw away things that are in good shape & could be reused?
  - What types of good stuff do you see thrown away?
- What reuse options are there?
  - Do you have a reuse area at your facility?
  - Do you know of charitable options?
  - Do you have a way to share options with residents?

## Challenge: Space Limitations

### Reuse at the transfer station

- Need a covered or sheltered location
- Need to manage items that are not picked up
- Often limited to smaller items



## Challenge: Staff Limitations

- There is only one transfer station attendant & they are helping someone else
- The resident quickly dumps the items in the trash compactor, before the attendant can get to them
- The resident doesn't even realize their mistake – therefore, they are apt to do it again

## Challenge: Convenience

- The resident has already packed up the materials & driven to the transfer station
- Even if they are made aware of other options (donation centers) – they may be unwilling to make another stop



Vehicle Drop-off Areas at Barnet Transfer Station in Vermont

## Communications Message

### Benefits:

- Saves money on landfill disposal & transport to the landfill
- Conserves natural resources, energy, & raw materials
- Returns products & materials back into the economy & helps create jobs
- **Helps people in the community who need these items but cannot afford to buy them new**

## Communications Message

- Donate through charitable organizations:
  - ✓ HOPE in Lyndonville
  - ✓ Salvation Army in Saint Johnsbury
  - ✓ ReSource in Barre
- Sell at consignment shops or online
  - ✓ Front Porch Fourm
  - ✓ Orleans County FreeCycle
  - ✓ Saint Johnsbury FreeCycle
  - ✓ Washington County FreeCycle
  - ✓ Vermont Craigslist

## Communications Strategy

- Need to educate residents before they bring reusable items to the transfer station
  - What types of items are appropriate for reuse
  - Avoid damage during transport (&/or storage)
  - Identify easiest reuse options
- Post information at transfer station &/or have a handout available

## Communications Strategy

### Provide Information on Reuse Opportunities

- Post signs & notices with information on local reuse options & donation centers
- Partner with local groups or businesses
- Distribute the information to people early & often



FCSWMD - Massachusetts



# Communications Strategy

## Handout

- Include in regular town mailings, such as tax bills, utility bills, & other communications
- Distribute at HHW collections & other community events
- Post on local community bulletin boards
- Post on town's website, Facebook page, & other social media platforms
- Send the information out to people regularly



Includes local options on back

## Other Reuse Ideas

### Repurposing & Repair of Items

- Partner with local boy/girl scout troops, veterans organizations, or small businesses to host a "fix-it clinic" or "repair cafe"
- Encourage people to explore Do-It-Yourself (DIY) tutorials online



Photo Source: Pinterest

## Other Reuse Ideas

### Promote Swapping at the Transfer Station

- Need a covered or sheltered location
- Or host a one-day event in the summer



Photos: Various Swap Shops at Transfer Stations in Massachusetts

## Other Reuse Ideas

### Community One-day Swap Event

- Need to manage items that are not picked-up
  - Coordinate with community organizations to take high quality items for donation
  - Recycle items, if feasible & dispose of the rest



Recycling Rally in Northampton, Massachusetts

# Reduce

## Reuse

## Recycle

### Discussion Questions

- Do you see the same people throwing out a large amount of trash each week?
- What are they throwing away a lot of?
  - Take-out containers
  - Food waste
  - One-time disposables, such as napkins/paper towels/paper plates/plastic ware
  - Small trinkets & other cheap plastic items
  - Furniture & other large items
- Have you ever talked to them about it?

## Communications Message

### Reducing Purchasing = Reducing Waste

Focus on direct benefits:

- Saves \$\$\$
  - By buying less & buying carefully
- Reduces clutter - home & yard
- Reduces waste that needs managing
  - Direct savings due to PAYT
  - Lowers town's waste transport & disposal costs

## Communications Message

“Consider before buying” concept:

- Think about whether they really need the item
- Can they borrow it from someone or buy it second-hand?
- Is it well-made & fixable so it can be given to someone else when they are done with it?
- Can it be recycled? If not, it will be trash
- Is it made with recycled content?
  - Helps close the loop & boost market demand for materials the transfer station collects for recycling

## Communications Message

### • Benefits

- Conserves natural resources, energy, & raw materials
- Best way to prevent pollution & waste & save \$\$ is to not purchase to begin with or purchase reusable items instead of disposables
- Recycling is better than disposal, but still uses resources to move items; reduction avoids those impacts

## Communications Message

- Shop at yard sales & secondhand stores
- Avoid using single-use disposable items
  - Drink cups & food take-out containers
    - Bring reusable containers to manage leftovers
    - Use containers that can be recycled at the recycling center
  - Use washable cloth versions of paper napkins, towels, & tissues
  - Pack lunch in reusable bags & containers
  - Use washable plates/cups/silverware at parties & buy them second-hand



## New Handout



**Reducing your waste**  
Save Money & Reduce Waste

Cutting down on trash can save you money and help keep your community clean. Start with some quick and easy steps:

**RECYCLE IS THE ANSWER**  
By recycling, you can save money, conserve energy, reduce the amount of trash sent to landfills, and reduce the amount of "waste" that is sent to landfills. Recycling is a win-win for you and the environment. It also saves money by reducing the need for new materials.

**THE WORLD DRINKS ABOUT 100 BILLION BOTTLES OF WATER PER YEAR. 17 MILLION BOTTLES OF WATER ARE REQUIRED TO PRODUCE THOSE BOTTLES, WHICH IS ENOUGH TO FILL A 100-YARD SWIMMING POOL FOR EVERY PERSON ON EARTH. IT TAKES 1,000 TIMES MORE ENERGY TO PRODUCE BOTTLED WATER THAN IT DOES TO USE TAP WATER.**

**HOW CAN YOU HELP?**  
There are many things you can do to help reduce waste. You can recycle, reuse, and reduce. You can also compost your food scraps and yard waste. You can also use reusable containers and bags. You can also use energy-efficient light bulbs and appliances. You can also use public transportation or carpool. You can also use a reusable water bottle. You can also use a reusable shopping bag. You can also use a reusable coffee cup. You can also use a reusable food container. You can also use a reusable water bottle. You can also use a reusable shopping bag. You can also use a reusable coffee cup. You can also use a reusable food container.

**THE AVERAGE HOUSEHOLD REUSES 144 POUNDS OF PAPER PER YEAR, WHICH IS ABOUT 1.5 TIMES MORE THAN THE AVERAGE HOUSEHOLD RECYCLES.**

**NEWMOA**  
New England Waste Management Organization

1. **Recycle** - Recycle paper, plastic, glass, and metal. Recycle is a win-win for you and the environment. It also saves money by reducing the need for new materials.

2. **Reuse** - Reuse items whenever possible. Reuse is a win-win for you and the environment. It also saves money by reducing the need for new materials.

3. **Reduce** - Reduce the amount of waste you generate. Reduce is a win-win for you and the environment. It also saves money by reducing the need for new materials.

**Other Resources:**  
- [Recycling](#)  
- [Composting](#)  
- [Energy Conservation](#)  
- [Water Conservation](#)  
- [Waste Management](#)

**For more information, visit:**  
[www.newmoa.org](http://www.newmoa.org)



**Photo Source: VT DEC**

[www.newmoa.org/solidwaste/projects/transferstations/publications.cfm](http://www.newmoa.org/solidwaste/projects/transferstations/publications.cfm)

## Communications Message

### The Problem with Food Waste

- Food scraps make up 1/3 of total waste generated by a typical family in VT
- Heavy & expensive to dispose of

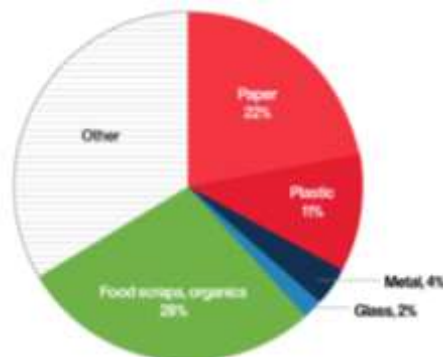


Photo Source: VT DEC

## Communications Message

- Reduce food waste
  - Eat leftovers before they go bad
  - Plan meals prior to shopping (saves \$\$ too)
  - Check out these resources:
    - <https://cswd.net/reduce-and-reuse/reducing-food-waste/>
    - [www.epa.gov/recycle/reducing-wasted-food-home](http://www.epa.gov/recycle/reducing-wasted-food-home)
- Donate appropriately



Photo Source: VT DEC

## Communications Message

- Easy to compost at home
  - Contains valuable nutrients for gardens/farms
  - Avoids transporting & reduces “yuck” factor
  - Check out these resources:
    - <http://nekwmd.org/organics.html>
    - <http://dec.vermont.gov/waste-management/solid/materials-mgmt/organic-materials>
    - [https://nerc.org/documents/Organics/Reduce%20Waste%20Food%20-%20Tip%20Sheet%20for%20Residents\\_Final.pdf](https://nerc.org/documents/Organics/Reduce%20Waste%20Food%20-%20Tip%20Sheet%20for%20Residents_Final.pdf)

## Communications Message

- Many transfer stations are collecting for composting
  - Mandatory in Vermont
  - Use sawdust after depositing – controls vector problems
  - Work with local farm to manage containers



Photo: Sheffield-Wheelock Transfer Station in Vermont

## Summary

## Summary

### Reduce Waste

- Reducing Purchasing = Reducing Waste
  - Saves \$\$\$ & reduces clutter
- Encourage people to “think before they buy”
  - Buy less
  - Borrow or buy secondhand (helps keep reuse viable)
  - Purchase quality items that are durable & repairable
  - Buy recycled (helps keep recycling viable)
- Encourage small daily changes
  - Purchase reusable items rather than disposables
  - See handouts for other ideas

## Summary

### Reuse

- Proactive outreach needed
  - Signs & handouts
- Promote existing donation options
  - Helps people in the community who need these items but cannot afford to buy them new
- Promote reuse/refurbish/repurpose ideas
- Support swapping to greatest extent feasible
- If really motivated, help organize:
  - One-day reuse swap event
  - Fix-it clinic

## Summary

### Recycle

- Needs to be easy to understand
  - Clear signage & instructions at facility
  - Regular communication on program
- Messages:
  - Recycling saves \$\$\$
    - Directly due to PAYT
    - Reduced waste transport & disposal costs to town
  - Recycling isn't hard to do
- Encourage people to buy recycled
  - Helps keep recycling program viable

## Summary

### Dispose

- Ultimately, some things need to go in the trash
- Provide information on proper disposal of items that should not go in the trash
- Items banned from disposal in Vermont:
 

• Lead acid batteries	• Mercury products
• Waste oil	• Electronic devices
• White goods	• Mandatory recyclables
• Tires	• Leaf & yard waste
• Paint	• Food waste (2020)
• Nickel-cadmium batteries	



## New Handout



**Don't Trash That!**  
In the Northwest Kingdom of Vermont

Some things should not go in your trash because they are a safety hazard to workers and others at the transfer station. **Please do not put these in the trash:**

<p><b>HAZARDOUS MATERIALS, USED OIL, PAINT, AND OTHER HAZARDOUS MATERIALS</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable or toxic.</li> <li>They can catch fire or explode when they are dumped.</li> <li>They can pollute the ground water by leaching out.</li> </ul> <p><b>HAZARDOUS FLAMMABLE LIQUIDS</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul> <p><b>HAZARDOUS SOLIDS</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul> <p><b>HAZARDOUS GASES</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul> <p><b>HAZARDOUS LIQUIDS</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul> <p><b>HAZARDOUS SOLIDS</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul> <p><b>HAZARDOUS GASES</b></p> <p><b>Why Not?</b></p> <ul style="list-style-type: none"> <li>These materials are extremely flammable.</li> </ul>	   
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**Why Not?**

- These materials are extremely flammable or toxic.
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- They can pollute the ground water by leaching out.

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## Questions?

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