

THE 17TH ANNUAL

REduce use cycle

A guide to help you **REDUCE** your trash, **REUSE** durable items, **RECYCLE** everything you can, and **RETHINK** waste.



SQUASHING FOOD WASTE:

How to make
an impact

INFORMATION VALID THROUGH APRIL 2025

A SPECIAL SUPPLEMENT TO THE *DAILY HAMPSHIRE GAZETTE*, *GREENFIELD RECORDER*, *ATHOL DAILY NEWS* & *AMHERST BULLETIN*

Welcome to the 2024

Reduce, Reuse, Recycle Guide

Dear Western Mass Residents and Business Community,

The Springfield Materials Recycling Facility (MRF) Advisory Board is pleased to share this issue of the Reduce, Reuse, Recycle (RRR) guide as we celebrate the 54th anniversary of Earth Day. This guide is full of useful information. I encourage you to keep a copy handy so you can refer to it all year long.

In this issue of the RRR Guide, we offer a new twist on reducing our waste stream; how western Massachusetts residents and businesses can trim food waste (and save money!) We follow the journey of a strawberry to demonstrate the opportunities we all have to put the strawberry - and the resources used to grow, ship, and preserve it - to its best use during various stages of its lifespan. You'll also learn about other ways you can reduce waste, reuse what you can, and improve your recycling, including the detailed "What

Do I Do With...?" section, which is painstakingly updated each year to provide the best disposal options for household items - from aerosol cans to yoga mats.

The Springfield MRF continues to be the cornerstone of recycling for 66 communities in western MA. This state-owned facility processes an impressive 17,000 tons of dual-stream recyclables each year. As Chair of the MRF Advisory Board, I am proud of the Board's work, particularly as it relates to public education, as well as our collaborations with the MRF operator, Waste Management Recycle America. For 35 years, the MRF's public-private partnership model has served our region well.

We are pleased to provide this 17th edition of the Reduce, Reuse, Recycle Guide in collaboration with The Daily Hampshire Gazette, Greenfield Recorder, Athol Daily

News, and Amherst Bulletin, and send special thanks to the western Massachusetts business community that makes production of this useful resource possible through their advertising support.

To learn more about the Board and the Springfield MRF, and to access our recycling education resources, please visit us online at springfieldmrf.org

Sincerely,
Arlene C. Miller
Chair, MRF Advisory Board



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The bottles, jars, jugs, tubs and cans that residents put in recycling programs ARE recycled...even the ones with novelty labels. Pictured above are the Springfield Materials Recycling Facility (MRF) Advisory Board members who were key contributors to this publication: **Amy Donovan** of Franklin County Solid Waste District (representing Franklin County), **Susan Waite** of MassDEP, **Laurie Simmons** of UMass Amherst Sustainability (representing Hampshire County), **Ethan Tupelo**, Worker-owner of Pedal People Cooperative and Visiting Assistant Professor at Hampshire College (representing Hampshire County), and **Mary Stucklen** of Tommy's Compost (representing Berkshire County).

Acknowledgements

This guide marks the 17th year of a collaboration between the *Daily Hampshire Gazette* and the Springfield Materials Recycling Facility (MRF) Advisory Board, with support from local advertisers. This guide is produced annually in honor of Earth Day (April 22). It will also appear in the *Greenfield Recorder*, the *Athol Daily News*, and the *Amherst Bulletin*. This guide will be available all year at springfieldmrf.org.



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Questions or comments about this guide?

Contact us at PioneerValleyRRR@gmail.com

FOOD WASTE: From Seed to Kitchen to Soil



Food Waste and Food Waste prevention don't get enough attention in the world. While we may hear about people who do not have enough food, it is rare to hear about the food that is wasted in American homes every day. How does wasted food contribute to greenhouse gas generation? What is the best way to prevent food waste? What is the smartest thing to do with uneaten food? The average person can make a much bigger impact than you may think, and this guide will help you understand how.

According to the Environmental Protection Agency, an estimated 66 million tons of food are wasted in the United States each year, accounting for a third of the food produced, and only around 5% of that is currently composted. Food waste comprises almost a quarter of all landfill waste. As organic materials decompose in landfills, methane is created and released into the air. Methane is a greenhouse gas 28 times more powerful than carbon dioxide at trapping heat in the atmosphere. What's more, when we waste food, we also waste the resources and energy that were used to produce and transport it. Consider the resources used to plant, irrigate, fertilize, harvest, process, package, transport, store, and refrigerate our food. Around 85% of the greenhouse gas emissions from wasted food comes from these early stages of a strawberry's life cycle.



cle. In total, the emissions from wasted food are the equivalent of 50 million gas-powered cars each year.

When food is no longer edible, we can still put it to good use, such as composting it instead of sending it to a landfill. Composting turns food waste into a soil amendment that improves the quality of the soil. As opposed to the anaerobic (without oxygen) decomposition that occurs in landfills (and creates methane emissions), aerobic (with oxygen) food

decomposition at managed composting sites does not produce significant amounts of climate changing gas. Composting is also beneficial because it enables farmers to reduce use of artificial soil amendments, some of which have their own environmental issues. It also keeps resources local, generates local jobs, supports local economies, and reduces the need to ship waste materials to a distant landfill. Beyond these important climate issues, food waste af-

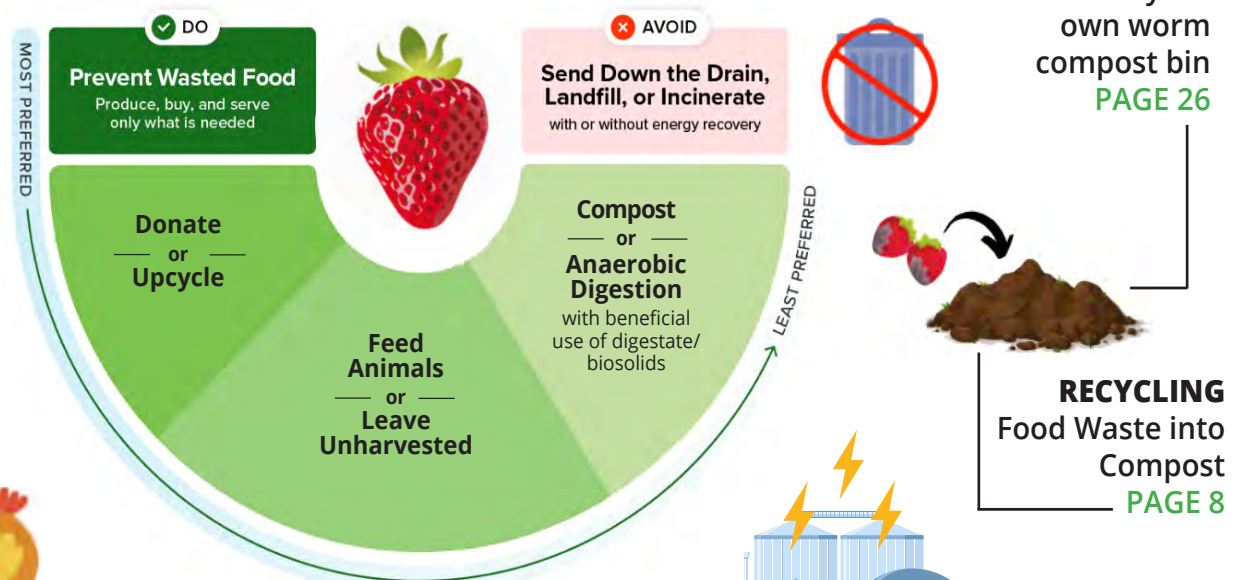
fects our day-to-day experiences. The US Department of Agriculture estimates that the average four-person household loses \$1500 each year due to wasted food. At the same time, over 10% of the US population was food insecure at some point (2023), and the Food Bank of Western Massachusetts provided food assistance to 110,000 individuals in our region. In short: wasted food stinks, figuratively and literally!

The maxim 'Reduce, Reuse, Recycle' (RRR) can be applied to food waste, and the following articles in this guide provide practical suggestions for how you can reduce food waste in your everyday life according to the RRR priority and principles. *Reducing* means thinking about the amount of food one is purchasing, and if you'll be able to use it before it goes bad. *Reusing* can be thinking ahead about leftovers, but also donating usable foodstuff to organizations that provide it to those in need. *Recycling* food means composting instead of trashing it; returning the nutrients to the soil instead of trapping them in a faraway landfill. Disposal should be a last step. Take a good look at the figure below and read on to learn more about the many ways you can reduce wasted food.

Learn more about the life of a strawberry from this lighthearted Natural Resources Defense Council video: <https://www.youtube.com/watch?v=uTaFYF1nA4c>.

Wasted Food Scale

Inspired by the EPA Wasted Food Scales: epa.gov/sustainable-management-food



COMBATING FOOD WASTE:
Initiatives by Towns, Waste Haulers, Supermarkets, and Universities **PAGE 9 & 10**

EAT FIRST

REDUCING Wasted Food at Home
PAGE 4

REUSING Food with Donation and Rescue
PAGE 6



REDUCING

Wasted Food at Home

"Reduce," the first "R" in "Reduce, Reuse, Recycle", is very applicable to food waste. Reducing wasted food is considered one of the most impactful actions to minimize one's carbon "footprint", the climate-changing gas impact that your life will have on Earth. But many of us skip straight to the "recycling" or composting step (see page 8 for more about composting). We can make the largest impact on the environment, our budget, and waste at home by simply preventing wasting food in the first place.

Buying your Food

Let's start by considering the source of our food: where do we purchase it, how much do we purchase, and what is its intended use? Oftentimes, we shop at the grocery store or farmer's market with a vague idea of what we'd like to eat or cook but those ambitions fade over time. To avoid wasting food, it's best to go to the store or market with a plan and a list...and stick to that list without veering away from it. Consider using a food estimator or meal-planning assistant, such as those at SaveTheFood.com to help create your shopping list. Despite how simple making a list sounds, its impact is profound. Make a list of the meals you intend to cook and snacks you intend to eat, and then shop for those items only.

Storing your Food

Once you bring your food home, it's important to store it correctly and in a way that helps you remember what you had purchased. For items that you have multiples of, such as lemons or cups of yogurt, place the freshest or newest items

behind the older ones. One idea is to create a "Eat First" or "Use First" bin in your fridge: place the fruits, veggies, meats and dairy that are close to their end-of-life in this bin so that you remember to add them to your recipes. For example, if you're creating a sauce for your pasta and notice the scallions in the "Use First" bin, you've just prevented them from going to waste while also making a delicious addition to your meal. Another way to promote food use at home is to post a list on your fridge of what needs to be cooked or enjoyed first. Use the "Food Storage Tips" graphic on this page for tips on how to properly store some popular fruits and vegetables.

Rescuing Your Food

What about food that may spoil soon? Fruit can be frozen and used in smoothies and meat and vegetables can be used to create a stew, soup, or other meal that you can enjoy as leftovers in the following days. If you typically shop for groceries on the same day each week, plan to cook a "surprise" meal the day before; using forgotten foods to create something fun and new. If you have some bread, tomatoes, and cheese leftover, now you can make grilled cheese with a twist. Do you have apples, greens, and chicken that need to be used up? Try a chicken and apple salad. Check out more creative ways to use "leftover" foods on resourceful platforms such as Pinterest or use a search engine to find quick recipes that include your desired ingredients. If you have excess food and are wondering if it is donatable, check out the next article on food "reuse" on page 6.

FOOD STORAGE TIPS

TOMATOES



Store loose on the counter, away from other fruits and vegetables

ONIONS

In the pantry/cupboard, store loose or in a mesh bag away from potatoes



BANANAS



Store loose on the counter, away from other fruits and vegetables

AVOCADOS

Store on the counter and the refrigerator away from other fruit



BROCCOLI & CAULIFLOWER



In a high-humidity crisper drawer, place in a breathable container or bag

BLUEBERRIES

On a refrigerator shelf, store in a breathable container



EGGPLANT



On the counter, store loosely and away from other ripe fruit

FOR MORE TIPS, VISIT:

tinyurl.com/FoodStorageInfo



One strategy for reducing waste food is to create a bin labeled "Eat First" or "Use First" in your fridge: place the fruits, veggies, meats and dairy that are close to their end-of-life in this bin so that you remember to add them to your recipes before they spoil.

What We Buy :

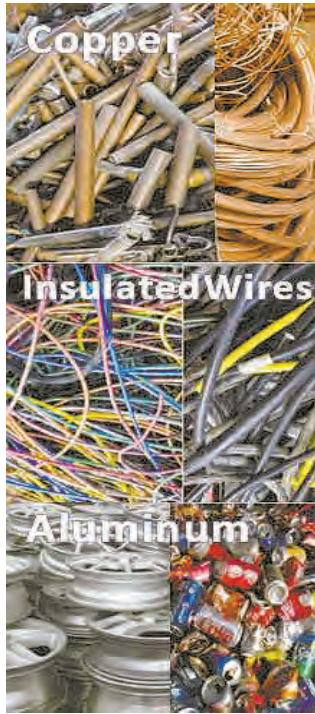
Ferrous Materials (Anything Magnetic)



Junk Cars



Non-Ferrous Materials (Non-magnetic)



Household Scrap

Yard Scrap

Aluminum awnings, gutters, sidings, metal roof & gates, propane tanks, siding

Office Scrap

Aluminum signs, pc towers metal file cabinets, chairs & shelves

Kitchen

Fridge, dishwasher, stove/oven, metal toasters, pots & cans, metal/silverware kitchen utensils

Miscellaneous

Bed frames, X-mas lights, coat hangers, rebar, wheelchairs, scooter, fans, hardware (nails, hinges), tools duct works, any metal

Bathroom

Cast iron tubs & sinks, piping, radiators

Basement

Washing machine, water heaters, dryer

Living Room

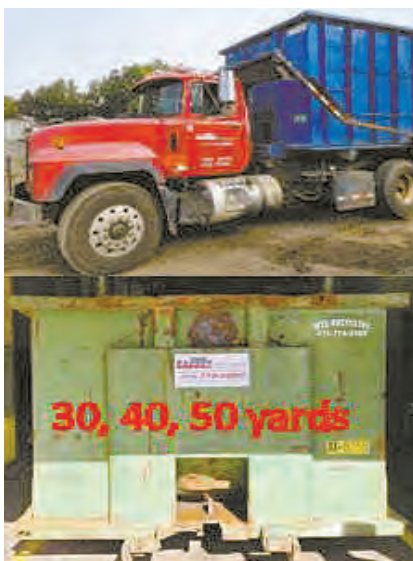
A/C. metal (table, blinds & chairs), appliances, futon frame, cable, fans

Garage Scrap

Metal ladders, metal wires compressors, weights, generators, furnaces, bicycles, boats, cages, engine blocks, transmission, oil tanks, auto parts, metal drums, lawn mower, propeller, tent pegs & poles, snow plows, starters

Services we offer:

Roll-off Dumpster service



Commercial/ Manufacturing/ Industrial Metal Collection Services

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If you have scrap metal in large quantities call us for a quote!

HAVE A QUESTION? CALL US @ 413.772.2200

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REUSING

Food with Donation and Rescue



The second “R” in our “Reduce, Reuse, Recycle” list has a little twist when it is applied to food waste. Food “reuse” can be an option when you purchase too much food that hasn’t been enjoyed by your family or your customers (if you have a food business). After taking the right steps to reduce food waste (like those listed on page 4), unused food can be “reused” via donation and rescue. Many types of food, from fresh food to pantry staples, are welcome at a variety of different organizations that are fighting hunger. Use the information in this article as a guide to help you give your food a second life where it will create a meaningful impact on our local community.

What to Donate

Before you start bagging up your items for donation, visit the websites of local organizations and food pantries to see what

Most items can and do last past their date labels, whether that label says “Sell By,” “Use By,” “Best Before,” etc., as seen in the figure shown below.

types of food items they accept. For example, some food pantries may accept fresh food items, such as fruit, vegetables, or bread. Some organizations will accept certain items seasonally, but not on an ongoing basis. Most organizations and pantries will accept shelf-stable food, such as canned goods and boxes of pantry staples. In addition,

some organizations will accept items that are past the date listed on the label, since an item’s date label does not indicate food safety (the primary exception to this is baby formula). Most items can and do last past their date labels, whether that label says “Sell By,” “Use By,” “Best Before,” etc., as seen in the figure shown below.

Large-Scale Donations

Larger institutions and businesses that generate large quantities of uneaten food (such as colleges or restaurants) can donate to local food rescue organizations, such as Rachel’s Table in Springfield. These food rescue organizations are well-versed in food safety laws and protocols, so prepared foods that were cooked but not served can be collected, packaged and refrigerated by their staff and volunteers and donated to those in need. It is important to note that federal and state “Good Samaritan” laws protect businesses that want to donate edible prepared foods. Connect with your local food rescue group today to begin your journey of saving prepared food from the trash.



Understanding the Dates on Labels

Common groceries can last past their “Sell By,” “Best By” or “Use By” Dates

Use this guide to help you understand how long an item can last in your home past the date on its label. For more information, visit the link below.



Date + 7 Days



Date + 3 Weeks



Date + 7 Days



Date + 3 Months



Date + 3 Months



Date + 3 Months



Date + 3 Months

tinyurl.com/DateLabelsInfo



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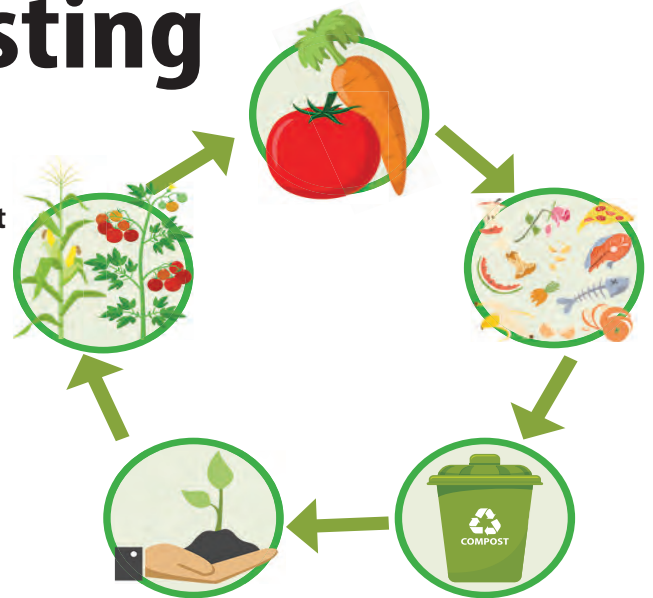
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Composting is Easy!

The Greenfield Department of Public Works offers recycling of compostable food materials (see accepted items list below) at the Transfer Station located at 86 Cumberland Road. The drop-off site is available during normal open hours year round at the Transfer Station.



Residents are encouraged to bring up the following items:

- Meat • Fish • Bones • Dairy • Eggs • Eggshells
- Fruit and vegetables • Bread • Rice • Pasta
- Tea bags • Coffee grounds • Paper filters
- Soiled or waxed cardboard • Soiled pizza boxes
- Paper towels and napkins • Paper plates and cups (no lids or straws)
- Small wooden fruit crates

See hours of operation on our website: www.greenfield-ma.gov

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RECYCLING

Food Waste into Compost



Waste studies performed by the Massachusetts Department of Environmental Protection (MassDEP) show that 22% of residential trash in Massachusetts is wasted food.

The preceding pages provide tools to avoid wasting food, but what do you do with strawberry tops, banana peels, avocado pits, eggshells, coffee grounds and tea bags? These inedible items are created whether or not we waste the edible food. Sending organically based items like food and paper to a landfill creates methane, a potent climate-changing gas, and paying to transport food waste by rail to a landfill in a far away state is adding to the cost (and carbon footprint) of trash disposal. One solution that can happen as close as your own backyard? Compost!

Composting is a win-win-win for your household, your town, and the environment!

Making Compost at Home is Easy

Making your own compost can save your household the expense of purchasing bagged garden soil and topsoil, and also save the waste of plastic bags. Here are seven tips for composting at home:

1. In the kitchen, use a compost pail or similar covered container to collect fruit and vegetable scraps and peels, eggshells, coffee grounds and paper filters, tea bags, bread crusts, and more. Consider lining the bin with a paper bag or similar compostable material to make dumping the materials and cleaning the bin easier.

2. The following materials are NOT recommended for inclusion in home compost bins or piles: meat, bones, poultry, fish, cheese, pet wastes, and oily foods such as peanut butter and salad dressing. In addition, “compostable plastics” will not break down in home compost bins or piles; these materials are designed to only break down in the higher heat environment found at commercial compost facilities.

3. After adding kitchen scraps to home compost bins, cover the scraps with fall leaves or other carbon-rich materials such as finished compost from inside the compost bin. Covering the kitchen scraps reduces insects and odor and speeds up the composting process.

4. An outdoor compost bin should ideally contain three parts “brown” carbon-rich materials such as fall

If home composting doesn't work for your home or situation, don't fear! There are plenty of other ways to keep food waste out of the trash. See the following page for information about municipal or commercial composting.

leaves, brown yard waste, straw, used paper towels, ripped-up egg cartons, or paper bags; and one part “green” nitrogen-rich materials such as food waste, coffee grounds, and grass clippings. Maple leaves and other autumn leaves are ideal for composting.

5. Avoid large amounts of oak leaves and pine needles, as they break down slowly and can be acidic. Saving fall leaves in a covered trash can or under a tarp makes it easy to add them to home compost bins all year long.

6. The composting process needs oxygen; mixing or “turning” the pile with a shovel or pitchfork will speed up the composting process. Introduce helpful microorganisms to compost bins by adding a few shovelfuls of garden soil or finished compost. Add water as needed to keep the contents as damp as a wrung-out sponge.

7. Many Massachusetts towns offer discounted purchase programs for home compost bins (some are priced as low as \$25); see the Community Recycling Information table in this guide for local contact information.

Using finished compost

Compost is ready to spread on gardens and lawns when it resembles crumbly, dark brown or black, sweet-smelling soil. When planting new plants or trees, dig a hole and mix some finished compost with the existing soil. Adding compost to lawns and gardens adds nutrients and minerals to depleted soil, improves soil structure, and helps the soil surrounding plants to retain water.

If home composting doesn't work for your home or situation, don't fear! There are plenty of other ways to keep food waste out of the trash. See the following page for information about municipal or commercial composting.

Composting is easy!

To make compost, just follow these simple steps:



Prepared by the Massachusetts Department of Environmental Protection

Why Should I Compost?

Food scraps make up almost **22%** of the waste stream in MA
*based on 2019 MassDEP data

By composting, you can turn those food scraps...

Composting...

- adds nutrients, moisture, and carbon to soil
- helps plants grow
- is fun and easy!

In a few months, you reduced GHG emissions and helped your plants thrive!

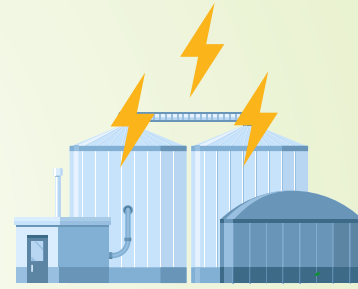
Into black gold!

Composting is nature's recycling system at work

MassDEP
Department of Environmental Protection

Recycle Smart

COMBATING FOOD WASTE:



Initiatives by Towns, Waste Haulers, Supermarkets, and Universities



At left, Montague Transfer Station's compost program, where residents deposit food and paper waste; At right, At the Stop & Shop warehouse in Freetown, MA, food waste is emptied into a depackaging machine that separates food waste from packaging. The resulting food waste slurry is fed into the anaerobic digester that supplies power to the warehouse. (Image: Stop & Shop)

Municipal / Commercial Composting

Another way that households can greatly reduce their trash volumes is through municipal compost programs at town transfer stations. This food waste is most often sent to a commercial composting facility for composting. These large-scale, high heat compost facilities go beyond the backyard compost bin by accepting items not recommended for home composting, such as meat, bones, cheese, and BPI-certified compostable tableware (bpiworld.org).

Municipal compost programs at the following transfer stations accept separated food waste from residents or paid permit holders: Amherst, Bernardston, Charlemont, Colrain, Conway, Deerfield, Greenfield, Hadley, Leverett, Montague, Northampton,

New Salem, Northfield, Orange, Shelburne, Warwick, Wendell, and Whately. An annual permit or access fee may be required, but permit holders may deposit food waste for free.

In addition, residents and food-related businesses can pay for an "organics" hauler to pick up food waste curbside or at their location, which is processed at a commercial compost facility. Some businesses will find that compost collection can even be less expensive than trash disposal. To find a hauler near you, visit: recycling-worksma.com.

Supermarkets

In November 2022, MassDEP enacted a "waste ban" that prohibits any business or institution from sending more than ½ a ton of food waste per week to the landfill or incin-

eration facility. That food waste must instead be reduced, avoided, donated, or sent for animal feed, composting, or anaerobic digestion.

Local supermarkets have been leading the way by diverting food waste from the trash. This process starts with ripe produce markdowns for customers, donations to local food pantries such as the Western Mass Food Bank, and continues with sending inedible food for beneficial uses.

Since the 1990's, Big Y stores have diverted food waste to compost facilities, farms and anaerobic digesters. In 2022, all 71 Big Y supermarkets together saved 5,200 tons of organic waste from the landfill. Staff members in pizza, bakery, deli, and produce departments put food scraps into dedicated yellow barrels and bring them to a special compactor or dumpster that is picked up regularly.

At over 200 Stop & Shop stores, inedible food waste is put into special bins that are back-hauled to the central warehouse in Freetown, MA. There, an anaerobic digester converts food waste into methane, which is carefully captured and used to provide 40% of the warehouse's power.

In 2023, River Valley Co-Op's two stores donated 64 tons of food to area food banks. Inedible food is sent for anaerobic digestion at Barstow's Farm in Hadley and composting at Martin's Farm in Greenfield. River Valley Co-Op's bulk purchasing department allows customers to fill clean reused containers with the specific amount they need of rice, grains, beans, flours, sugars, granola, snacks, coffee, liquid soap, and more. This reduces waste because shoppers are able to purchase only what they need.

CONTINUED ON PAGE 10

Jokes That Stink

By Guy, the Tommy's Compost Bucket



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CONTINUED FROM PAGE 9

Smaller markets like Big E's, Foster's Market, Food City, and Green Fields Market will often set aside certain food wastes for local pig farmers. The majority is hauled to western Mass compost facilities, keeping those nutrients in our region to replenish local soil.

Inspired by these successes? RecyclingWorks provides free assistance to businesses, food waste estimation tools, hauler lists, and more at: recyclingworksma.com. See their article on page 27 of this guide.

UMass addresses food waste from several angles

UMass Amherst applies a robust and holistic approach to food waste reduction. Through a combination of back-of-house and front-of-house strategies, UMass Dining minimizes food waste and promotes responsible consumption for the 50,000 meals served each day.

The implementation of back-of-house food waste tracking technology at all four dining commons allows staff to monitor and analyze food waste in real-time, providing insights into consumption patterns, areas of overproduction, and opportunities for improvement. Complementary front-of-house strategies like smaller portion sizes, strategic menu engineering, trayless dining, and "just-in-time" cooking techniques empower individuals to make mindful choices that further reduce food waste.

This operational commitment to sustainability extends beyond waste reduction to resource recovery. The student-led Food Recovery Network (FRN) aims to collect (or "rescue") surplus prepared food from the dining commons to redistribute locally. By mobilizing student volunteers and fostering community partnerships, FRN addresses food waste and food insecurity. Finally, all remaining food waste is diverted to a local farm for anaerobic digestion, in which food waste is transformed from organic slurry to renewable energy.



Students enjoy the views and aromas while a UMass dining hall cook prepares their individual meal orders. UMass Dining's "just-in-time" meal preparation practice ensures meals are prepared to order or at frequent 30-minute intervals to avoid preparing more food than is needed and thus minimize wasted food. (Image: UMass Dining)

RECYCLING

ROOM BY ROOM

IN THE
OFFICE

YES!



NO



YES!



IN THE
BATHROOM

NO



ON THE
HOLIDAYS

YES!



NO



NO



IN THE
KITCHEN

YES!



Lists are not all-inclusive. Some of the items marked as "No" are recyclable in separate programs. Please see "What Do I Do With...?" on page 12 of this guide. For more information and downloadable guides like this one, see springfieldmrf.org.

What Do I Do With...?

For information on what to put in recycle bins, and what to leave out, see the "Recycle in Western Mass" graphic on this page and at springfieldmrf.org/whats-recyclable-at-the-mrf

☠ = Items that are hazardous or require special handling.

AEROSOL CANS ☠

Empty aerosol cans belong in the trash, unless they contain hazardous material (e.g. paint, insecticide), in which case they are classified as household hazardous waste (see the Household Hazardous Waste Event page in this guide). A handful of transfer stations/recycling centers accept completely empty, non-hazardous aerosol cans in scrap metal dumpsters (empty cans are completely silent when the button is pushed). See the Community Recycling Information table in this guide for local disposal information. More info: mass.gov/info-details/safely-manage-hazardous-household-products.

ALUMINUM FOIL, CANS & "DISPOSABLE" PANS

Rinse clean & recycle with bottles & cans. Acceptable items include aluminum pie pans and take-out containers, disposable roasting pans, and clean aluminum foil (form it into a loose ball no smaller than 3"). The "foil" lids from yogurt containers should not be included, as they contain a layer of plastic that causes issues

when the aluminum is melted down.

ALUMINUM SIDING (see "Scrap Metal")

AMMUNITION, EXPLOSIVES

Call your Police Department for proper disposal instructions.

ANTIFREEZE ☠

(see "Automotive Products")

APPLIANCES

(see "Scrap Metal")

ARTS, CRAFTS & HOBBY ITEMS ☠

Some paints, solvents and related materials are considered hazardous and should be brought to a hazardous waste collection. Always check the label before tossing in the trash. See the "Household Hazardous Waste" entry and the Household Hazardous Waste Event page in this guide for information on local hazardous waste collections. CrazyCrayons.com offers a crayon recycling program.

ASBESTOS ☠

There are strict removal & disposal requirements for asbestos. Contact the Western Region of the Mass Department of Environmental Protection: John Moriarty: john.moriarty@mass.gov, 413-784-1100. To find licensed asbestos contractors, go to mass.gov and type "Asbestos Contractors" into the search bar.

positional requirements for asbestos. Contact the Western Region of the Mass Department of Environmental Protection: John Moriarty: john.moriarty@mass.gov, 413-784-1100. To find licensed asbestos contractors, go to mass.gov and type "Asbestos Contractors" into the search bar.

AUTOMOBILES (see "Vehicles")

AUTOMOTIVE PRODUCTS ☠

Automotive products contain hazardous materials & must be handled with care. Do not dispose of in the trash, on the ground or down the drain. Plastic automotive product jugs that are empty and well drained belong in the trash (replace caps first). Do not recycle them. Many towns accept automotive products at transfer stations or hazardous waste collections. See the Community Recycling Information table and Household Hazardous Waste Event pages in this guide.

Motor oil

Even a small amount of improperly disposed of motor oil will contaminate water & soil. In Massachusetts, retailers that sell motor oil are required by law to accept up

to two gallons of used oil at no charge with an original sales receipt. Many auto supply stores, auto repair shops and quick oil change chains will accept used oil even if you didn't buy it from them. Many towns accept motor oil at transfer stations or hazardous waste collections. For assistance, call the MassDEP Used Oil Hotline at 617-556-1022.

Motor oil filters

Some auto supply stores (e.g. AutoZone) or auto repair shops accept oil filters for free recycling. Some municipal transfer stations accept motor oil filters. Oil filters may be thrown away or recycled in scrap metal collections only when the oil has been completely drained (while filter is still warm, puncture the dome top & drain into a collection container. Collect oil drips and dispose of properly as used motor oil; see above entry).

Antifreeze

Antifreeze is not only hazardous; its deceiving color & sweet taste may attract children, pets & wild animals. Consider having your vehicle's radiator flushed at a service station to avoid the responsibility associated with proper

storage & disposal. Some auto supply stores accept antifreeze for free recycling. Antifreeze should be brought to a household hazardous waste collection; see the Household Hazardous Waste Event page in this guide.

Brake fluid

Brake fluid is hazardous and must be brought to a household hazardous waste collection.

BABY FOOD POUCHES (see "Plastic Pouches")

BAGS (see "Plastics")

BALLASTS ☠ (see "Mercury & Mercury-containing Products")

BATTERIES ☠

Never put batteries of any type in a regular recycling bin, as some batteries pose a fire danger in collection trucks and recycling facilities. Common single-use household batteries (alkaline, carbon zinc and zinc chloride in sizes A, AA, AAA, C & D, 9-volt, lantern size) manufactured after 1996 don't contain mercury or other hazardous/recyclable materials & can be thrown away as trash. (Be-

RECYCLE in WESTERN MASS

Yes

please recycle these papers & containers:



Paper
mag
junk

Paper: all types of newspapers, magazines, news papers, inserts, junk mail, post-it notes, business cards, catalogs, white and colored paper (or liners), paperback books, construction paper, gift wrap/bags/tissue paper and greeting cards (no metallic inks, foil, wire, glitter, batteries)

Aluminum: cans, foil, containers. Replace lids and caps.
Steel: (tin) cans, beverage and food cans
Aluminum: food cans
Cartons: milk, juice, soup, soymilk and drink boxes
Steel: (tin) cans, beverage and pet food cans
Glass: food, beverage bottles and jars
Cartons: milk, juice, soup, soymilk and drink boxes

Glass: food, beverage bottles and jars

Plastics: (2.5 gallons or less) food containers, clear plastic egg cartons, clear plastic cups, clear plastic clamshells, clear plastic egg cartons, clear plastic cups, automotive fluid bottles, black plastic, personal care bottles—shampoo, soap, conditioner; detergent bottles
Plastics: (2.5 gallons or less) food containers, clear plastic egg cartons, clear plastic cups, automotive fluid bottles, black plastic, personal care bottles—shampoo, soap, conditioner; detergent bottles

No
Plastic bags, color or opaque plastic cups, automotive fluid bottles, black plastic, plastics over 2.5 gallons, paper frozen food packaging, Styrofoam™, textiles, batteries*

*For a complete YES & NO list of what can be recycled, visit www.springfieldmrf.org.

Check the guide below to find out what to recycle, and what not to recycle. For more recycling guides, or to print this one or its Spanish version, go to springfieldmrf.org/whats-recyclable-at-the-mrf

fore disposal or storage of 9-volt batteries and lantern batteries, but plastic packing or electrical tape on the contacts.) Check labels carefully; some batteries that require special handling resemble alkaline batteries.

ALL other battery varieties contain hazardous materials and require special disposal. Never put these batteries in recycling or trash bins.

There are many free, convenient drop-off options for batteries, such as municipal transfer stations, Staples, Home Depot, and Lowe's Stores. See the Community Recycling Information table in this guide or search online with your zip code at earth911.com. Some hazardous waste collections accept batteries; see the Household Hazardous Waste Event page in this guide.

More options for specific batteries:

■ **Button batteries** (found in watches, hearing aids, electronics & some toys) are accepted free of charge at watch/jewelry shops or audiologist offices.

■ **Lead acid batteries** (used in vehicles, boats, motorcycles, kids' ride-on toys, lawn mowers, exit lights and UPS power back-ups) will be accepted by the retailer from whom you buy a new one (they are required to take one back at no charge). Scrap metal recyclers typically pay for lead acid batteries. Many transfer stations accept them.

■ **Lithium batteries** (single use battery often used for cameras) can resemble alkaline batteries, but these should be recy-

clered properly: some municipalities accept them in battery recycling programs. Check all batteries carefully before disposal; look for "Lithium" on the label.

■ **Rechargeable batteries** contain heavy metals and can start fires; they should never be put in trash or recycling bins. Rechargeable batteries are found in rechargeable electronics such as cell phones, cordless phones, power tools, laptops, tablets, UPS battery back-ups, rechargeable toys, baby monitors, solar lights, robotic vacuum cleaners, emergency medical equipment, e-bikes, digital cameras, camcorders, rechargeable devices such as toothbrushes, razors, cordless drills, flashlights and hand-held vacuum cleaners, plus batteries that can be recharged with a battery charger. Most transfer stations have special pails or boxes for rechargeable batteries, as do Home Depot, Lowes, and Staples stores. Rechargeable battery chemistries include Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Lithium Ion (Li-ion), Nickel-Zinc (Ni-Zn), and small Sealed Lead Acid (Pb) batteries (up to 11 pounds). Rechargeable batteries are sometimes labeled "mAh" or "RECYCLE - RBRC" in a circular logo. For more information and options for recycling rechargeable batteries, visit: call2recycle.org.

■ **Lithium batteries** pose fire risk: if a lithium battery becomes swollen or damaged, handle carefully and bag separately, then place battery in a metal canister or glass jar surrounded by clay kitty litter or speedy dry. Bring to your town's

transfer station or hazardous waste site.

BEER AND SODA PACKAGING

It may look recyclable, but beer and soda cartons or cases contain plastic or bonding chemicals so that they stay strong when wet. The plastic and chemicals contaminate recyclable paper. Please place all "paper" beer and soda packaging in the trash. Plastic six-pack rings and four-pack "snap top" can carriers are not accepted in household recycling. Flexible plastic six-pack rings get wrapped around sorting equipment at recycling facilities and pose a danger to wildlife. Cut up rings and put in the trash or collect and mail six-pack rings to the RingRecycleMe program (ringrecycleme.com). "Snap top" six or four-pack can carriers are often made with 100% recycled plastic, which provides a market for recycled plastic. However, snap tops are not acceptable in recycling because their size and shape make them challenging to sort. Mass Brew Bros has established a can carrier reuse program; save your snap tops and find a drop off location near you at: massbrewbros.com/can-carrier-recycling and paktech-opi.com.

BICYCLES

Working bicycles in good condition may be gifted to individuals via an online sharing group (e.g. a "Buy Nothing" Facebook group or Freecycle.org), or offered to charities (search online via "bicycle donation") and other organizations that will use them. For recycling options, see "scrap metal."

BOATS

See disposal suggestions under "Vehicles." Metal boats are accepted at scrap metal dealers, while other varieties are sometimes accepted as bulky waste at municipal transfer stations (call to inquire, see local contact info in the Community Recycling Information table in this guide). All engine-type fluids must first be drained and properly disposed of.

BOOKS

Books in good condition may be sold (used bookstores, tag sales), donated (public libraries, fundraising sales, drop boxes at transfer stations), or shared (book exchanges, swap shop). Little Free Library book-sharing boxes allow anyone to leave or take books for free; see a map of locations at: littlefreelibrary.org/map. Roundabout Books, a Greenfield-based bookstore accepts dry books in any condition and has a special arrangement to recycle unsalable books of any type (roundaboutbookstore.com). If not suitable for reuse, paperback books & phonebooks are accepted in household recycling programs, in small quantities. Hardcover books are not accepted in household recycling programs; rip out the pages and recycle those. Covers and spines from hardcover books must be placed in the trash.

BOTTLE CAPS & LIDS

Plastic caps & lids are recyclable only when fastened to a plastic bottle, jar, jug, or tub. Loose plastic caps should be placed in the trash as items less than 3" in diameter can create safety hazards and shut-

downs at recycling facilities. Metal screw-top lids from glass jars (e.g. pasta sauce, pickle jar) should be attached to the container. Loose metal can lids are acceptable, but it is best to push them inside the can prior to recycling.

BOXES

Clean cardboard, boxboard, and paperboard boxes are recyclable (e.g., boxes from cereal, crackers, tissues, shoes, gifts, etc.) Attached plastic windows may stay, but discard all plastic liners. Flatten. Pizza Boxes are recyclable, as long as they are empty. A 2020 study found that greasy pizza boxes do NOT cause problems for recycled paper manufacturers. It is now OK to put the entire empty pizza box into recycling (remove all crusts, food, foil, plastic, or waxed paper). Link to the study: tinyurl.com/pizzaboxes2020. Frozen food boxes, ice cream cartons, case boxes from soda or beer, and kitty litter boxes should be placed in the trash. These boxes are made with "wet strength paper," which contains plastic or bonding chemicals that help the boxes to stay strong when wet. The plastic and chemicals contaminate recyclable paper. Do not put wet strength paper items in home compost bins or municipal or commercial compost programs.

BUBBLE WRAP & INFLATED PLASTIC PACKAGING (Air pillows) (see "Plastics")

BUILDING & REMODELING MATERIALS

Construction & demolition ("C&D") waste includes asphalt, asphalt

RECICLAJE

SÍ SÍ
Favor de reciclar los siguientes papeles y envases:



Papel: sobres, periódicos, folios, folletos, notas autoadhesivas, presentación, tarjetas de presentación, papel blanco y coloreado, cajas de cartón (ej. cajas de cereal), cajas de pizza vacías, folios de pasta blanda, cartulina, papel para envolver regalos, bolsas de regalos, y papel de seda (no tinta metálica, laminas, alambres, ni pilas)



Favor de reciclar y volver a poner las tapas en los recipientes.
Aluminio: Latas, papel de aluminio, moldes de aluminio
Acer: Latas de alimentos y bebidas
Cartones: de leche, jugo, leche de soja y otras bebidas
Vidrio: frascos y botellas de alimentos y bebidas

¿Hablas Español? Springfield MRF's 2023 recycling videos have been translated into Spanish, Turkish, Ukrainian and Russian, available at: SpringfieldMRF.org. Multilingual recycling guide, in Spanish and 10 other languages, available at: recyclesmartma.org/smart-recycling-guide

en Western Mass



Plástico: envases de 2.5 galones o menos, recipientes de alimentos, quilla, yogurt, acetos, aceites, alimentos, platos, quilla de merite de carne, carnes, alimentos, leche, maní, botellas y jarras de agua fría y caliente, jugo, leche, jarras de agua fría y caliente, vasos y contenedores de plástico transparentes, cartones de nuevos transparentes, envases de jabón, champú, y acondicionador
bolsas de plástico, vasos de plásticos opacos
No bolsos de plástico, bolsas transparentes o de colores, botellas de plástico negro, aceites, platos, envases de alimentos congelados, envases de papel, alimentos congelados, unicef, ropa, pilas*

*Para saber más sobre reciclar visite nuestra página www.springfieldmrf.org.

shingles, bricks, cement, cinder blocks, clapboard, concrete, doors, flooring, insulation, lumber, mortar, plaster, plywood, roofing, sheetrock, tiles, windows & wood. Fee-based disposal options are available at many recycling/transfer stations; for more information, call the phone number listed for your town in the Community Recycling Information table in this guide. Vehicles with a capacity greater than 5 cubic yards are subject to strict disposal requirements for C&D wastes in MA. For more information: mass.gov/lists/managing-construction-demolition-cd-wastes. Used building materials in good condition can be donated to a reuse store such as Eco Building Bargains. Call prior to delivery to confirm that your materials will be accepted, or to arrange for free pickup. Items might be tax-deductible. EcoBuilding Bargains, 83 Warwick St., Springfield, MA (413-788-6900; ecobuildingbargains.org) Wooden pallets can be reused or recycled as "clean wood waste." Disposal options for large quantities include (but are not limited to) Martin's Farm (Greenfield: 413-774-5631), 360 Recycling (Westfield: 413-562-0193). **Note:** pressure-treated wood should only be disposed of in a landfill. Do not put it in a backyard compost pile, a brush or chipping pile; do not burn it. For bulky waste disposal at local transfer stations, see the Community Recycling Information table in this guide.

CAMERAS

Staples stores, Best Buy stores, and many electronic waste (e-waste) recycling programs accept digital cameras for free recycling.

CAR SEATS

Car seats are not accepted in household recycling programs. Used car seats should not be accepted (or purchased) for reuse at second-hand stores or swap shops at municipal transfer stations, as it's impossible to know if they have been recalled or were previously damaged in an accident. Once a year (typically in April) Target hosts a car seat trade-in event ([--tinyurl.com/TargetCarSeatRecycle](http://tinyurl.com/TargetCarSeatRecycle)). Target accepts all types of car seats for recycling, including: infant car seats, convertible car seats, car seat bases, harness or booster car seats, as well as car seats that are expired or damaged. Materials from the old car seats are recycled by Waste Management (WM) to create new products such as pallets, plastic buckets, steel beams, and carpet padding. Target will reward those who bring in a car seat with a 20% off coupon good towards a new car seat, travel system or similar.

CARPET

Flor® offers a free mail-back recycling program for carpet squares (flor.com/recycle). Some nonprofit organizations accept relatively clean carpet for reuse. For local disposal information, see the Community Recycling Information table in this guide.

CARTONS & DRINK BOXES

This category includes "gable top" refrigerated cartons used for milk and orange juice, plus shelf-stable "aseptic packaging" for almond milk, soup, and juice boxes. Cartons are acceptable in single stream recycling programs in western Mass. In dual stream recycling programs, cartons should be recycled along with bottles, cans, and containers. Rinse cartons, discard straws; plastic caps & spouts may remain on carton. Do not flatten. "Paper" ice cream cartons are not accepted in recycling. Don't include foil drink pouches (e.g., Capri Sun, Honest Kids) in municipal recycling. See "Plastic Pouches" in this guide for recycling options.

CARTRIDGES (see "Ink, Printer & Toner Cartridges")

CELL PHONES 🗑️

Cell phones should not be put in the trash due to their reuse value & hazardous/recyclable components. Never put cell phones in recycling bins. Numerous charitable & for-profit organizations accept cell phone donations. Search online using "cell phone donation." Stores that sell cell phones also accept them for free recycling, and many cell phone manufacturers offer buy-back programs through the mail. Many municipal transfer stations also accept them for special recycling programs, as do Lowes and Staples stores. For locations, search with your zip code at call2recycle.org/locator or earth911.com.

CHRISTMAS TREES (see "Yard Waste")

CIGARETTE BUTTS

Terracycle's Free Cigarette Waste Recycling Program accepts extinguished cigarettes, filters, loose tobacco pouches, outer plastic and inner foil packaging for recycling into plastic lumber and other products. Go to terracycle.com and type "cigarette" in the search bar.

CLAMSHELLS & CLEAR MOLDED PLASTICS (see "Plastics")

CLEANERS (see "Household Hazardous Waste")

CLOTHING & TEXTILES

As of November 2022, textiles are banned from the trash in Massachusetts. There are many local reuse & donation opportunities for all textiles & shoes. Deliver CLEAN & DRY textiles & clothing to drop-off boxes serviced by organizations such as the Salvation Army (easternusa.salvationarmy.org) and Bay State Textiles (baystatetextiles.com/locations) & donation centers such as Goodwill Industries (goodwill.org). Many municipal transfer stations host textile drop boxes (see Community Recycling Info table in this guide). DO include items that are torn, stained, with missing buttons or broken zippers, as these organizations sell damaged textiles to recyclers to be made into wiping cloths and insulation. Acceptable items include these

CLEAN & DRY items: mismatched socks, shoes and gloves; all clothing and accessories including belts, ties, underwear & purses; and linens such as curtains, toss pillows, light comforters, sheets, towels, and stuffed animals in any condition. Some animal shelters also accept old sheets, blankets, pillowcases, bedspreads, throw rugs & towels for reuse (call first). To find local clothing consignment stores or quality used clothing, go to thethriftshopper.com. See also thredup.com, swap.com, poshmark.com, and wornwear.patagonia.com. Bras can be donated to Salvation Army or Goodwill; any items that are not in good condition will be baled and sold for textile recycling. New & gently used bras can be mailed to The Bra Recyclers for distribution to women in transition around the world: brarecycling.com; 480-988-2283. Some local non-profit organizations target specific types of clothing to benefit those in need, such as professional clothing (westernmass.dressforsuccess.org).

COAT HANGERS

Do not put hangers of any type in recycling bins: hangers get caught in machinery at recycling facilities. Metal hangers are accepted for reuse by some dry cleaners & are also accepted in scrap metal recycling dumpsters at most recycling/transfer stations. Unfortunately, plastic hangers are not recyclable and

CONTINUED ON PAGE 16



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This means our customers can now recycle items such as “black plastics,” cold cups and lids, yogurt containers, and all #5 packaging, which are considered non-recyclable, or trash, at most recycling facilities in the country. [usarecycle.com](https://www.usarecycle.com)



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CONTINUED FROM PAGE 14

should be put in trash when they are no longer useable. Hangers are reusable; offer via an online sharing group (e.g. Freecycle.org, "Buy Nothing" Facebook group). Some charitable organizations accept hangers for reuse or resale.

COMPACT FLUORESCENT LAMPS (CFLs) ♻️ ("see Mercury & Mercury-containing Products")

COMPUTERS & TV'S (see "Electronics")

CONSTRUCTION & DEMOLITION WASTE (see "Building & Remodeling Materials")

COOKING OIL

Never pour cooking oil down the drain. Liquids should be kept out of trash, recycling, and municipal compost bins. Lifecycle Renewables accepts vegetable oil by appointment from individuals. It also provides containers and pays for the oil at food service providers: 888-461-9831, lifecycle Renewables.com. Lifecycle Renewables transforms used cooking oil into replacements for fossil fuels. Western Mass Rendering provides dumpsters for large collections: westernmassrendering.com; 413-569-6265.

CORKS

Corks should never be put in recycling bins, carts, or dumpsters; remove corks from bottles before recycling. Natural corks can be composted via municipal/commercial composting programs or chopped up & added to a backyard compost bin. ReCORK recycles natural wine & champagne corks (no plastic corks or screw caps); multiple local drop off sites are listed at recork.org, including Ryan & Casey Liquors in Greenfield. River Valley Co-op stores in Northampton and Easthampton host "Cork ReHarvest" drop boxes for natural corks (no plastic). There are no local recycling options for plastic corks. Terracycle offers a fee-based recycling program for corks of any type: terracycle.com. Reuse is an option; wine corks can be reused in many creative ways (search online for "cork art").

COSMETICS CONTAINERS

Not recyclable in municipal recycling programs. Mail-in recycling programs for empty cosmetics containers can be found at terracycle.com and maccosmetics.com/back-to-mac

CUPS

Clear plastic cups are the only type of cups accepted in household recycling (rinse; lids and straws go in the trash). Other types of plastic cups are NOT acceptable for recycling: "Styrofoam"/polystyrene (#6 plastic), colored keg cups, and opaque plastic cups. Mail-in recycling programs for #6 cups can be found at terracycle.com. If a clear cup is labeled "com-

postable," it should NOT go in recycling. Compostable cups are accepted in most municipal or commercial compost programs. "Compostable plastic" products are not designed to compost in home compost bins or piles. Paper cups, including traditional paper coffee cups, are not recyclable. Plastic coffee cup lids are too small to be recycled. Cardboard sleeves are recyclable. Some paper coffee cups (and some lids) are designed to be compostable in municipal/commercial compost programs; check for text that says "BPI certified" or "compostable."

EGG CARTONS

Clear plastic egg cartons are recyclable. Paper & Styrofoam™ egg cartons are not accepted in recycling, but are often reused by backyard chicken farmers. Paper cartons may be composted in municipal compost collections or in home compost bins, if ripped into pieces.

ELECTRONICS ♻️

State regulations prohibit disposal of screen-based electronics such as laptops, tablets, iPads, Kindles, flat screen TVs, monitors and CRTs (cathode ray tubes) in the trash. Most municipal transfer stations offer electronics recycling programs, although disposal fees may apply; see your town's website or call town hall for pricing. Electronics that are mostly metal, such as computer towers, DVD players, and stereo components can also go in scrap metal recycling at transfer stations and recycle centers. Staples stores accept computer-related electronic waste for free recycling; call your local store for details. Staples does not accept TVs. Best Buy accepts TVs for a fee, and also accepts a wide range of electronic waste for free recycling. For more information, call your local store or visit their website and search for "recycling." Computer manufacturers sometimes offer electronics recycling or trade-in programs; visit their websites for details. Various charities and non-profits accept donations of working electronics, including local Salvation Army and Goodwill stores. Always call ahead to ask if they can accept your item.

ELECTRONIC MEDIA (CDS, DVDS, VHS, CASSETTE TAPES)

Do not put electronic media or cases in your household recycling, put them in the trash. CD cases easily shatter, and the glass-like shards create hazards at the recycling facility. Roundabout Books in Greenfield accepts CDs, DVDs, and vinyl records (roundaboutbookstore.com). If selling or donating used media is not an option (some communities accept certain types via book donation programs), greendisk.com and terracycle.com (enter "media" into search bar) offer fee-based, mail-in recycling options.

EYEGLASSES

Contact your local Lion's Club (lionsclubs.org) for the nearest collection box or mail eyeglass frames and prescription lenses

to: Lions Clubs International Headquarters, 300 W. 22nd Street, Oak Brook, IL 60523. In addition, eyeglasses may be dropped in a collection box at a participating Walmart Vision Center. If eyeglasses can't be reused, put in the household trash, as they are not recyclable.

FERTILIZERS & PESTICIDES 🚫
(see "Household Hazardous Waste")

FIRE EXTINGUISHERS 🚒

Fire extinguishers are considered hazardous because their contents are under pressure, and units manufactured prior to 1984 may contain dangerous chemicals. For disposal and recycling:

- Businesses & property managers can contact their fire control service provider.

- Some municipal transfer stations accept newer fire extinguishers for special recycling along with propane tanks; see the Community Recycling Information table in this guide for local contact information.

- Some municipal hazardous waste collections may accept older fire extinguishers: ask before bringing them to a collection.

- MA Fire Technologies (West Springfield, MA) accepts fire extinguishers for a fee (massfire.com, 800-244-6769).

- New England Disposal Technologies (Westfield, MA) accepts fire extinguishers for a fee (nedt.org; 866-769-1621).

FIREWORKS 🧨

Live fireworks are extremely dangerous and must be disposed of with great caution; call your local Fire Department. Do not throw unused fireworks in the trash or household recycling.

FLAGS

To properly dispose of U.S. flags no longer in usable condition, contact the American Legion, the Veterans of Foreign Wars (VFW), your town hall, or scout troops. Other flags may be recycled in textile recycling programs.

FLUORESCENT BULBS & LAMPS 🚫 (see "Mercury & Mercury-containing Products")

FOOD SCRAPS (also see "Cooking Oil")

Food scraps and leftovers are heavy to transport and contribute to climate change when they decompose in landfills; composting food waste locally makes better environmental and economic sense. Local composting options include home composting, curbside pick-up by a private waste hauler, and municipal transfer station compost programs (in Amherst, Bernardston, Charlemont, Colrain, Conway, Deerfield, Greenfield, Hadley, Leverett, Montague, New Salem, Northampton, Northfield, Orange, Shelburne, Warwick, Wendell & Whately). Find a private hauler near you at: recyclingworksma.com. Many municipalities offer discounted purchase programs for counter-

top collection pails and home compost bins; see the Community Recycling Information table in this guide for local contact information. For home composting instructions, visit mass.gov and search for "home compost."

As of November 2022, Massachusetts businesses, organizations and institutions that create ½ ton of food waste per week are required to keep it out of the trash and instead reduce it, donate it, or send it out for animal feed, composting, or anaerobic digestion. RecyclingWorks in Massachusetts provides free assistance, food waste estimation tools, hauler lists, and more at: recyclingworksma.com

FRUIT SNACK POUCHES (see "Plastic Pouches")

FURNITURE

Furniture in good condition can be sold, donated for reuse, or offered via an online sharing group (e.g. Freecycle.org or a "Buy Nothing" Facebook group). If not reusable, see the Community Recycling Information table in this guide for disposal information ("bulky waste"). As of November 2022, mattresses and box springs may no longer go in the trash. See "Mattresses" for recycling information.

GLASS

Acceptable items include glass bottles and jars from food & beverage, household cleaning, or personal care products. Rinse & recycle with containers. Lids can be placed back on item. (Loose lids fall through the sorting machinery.) Do not include corks. Labels need not be removed. These glass items are NOT accepted in recycling: drinking glasses, mugs, plates, vases, candle jars, light bulbs, window glass, mirrors, or Pyrex. Broken glass is also not accepted; wrap and place in trash. Bottle pumps (hand soap, etc.) should go in the trash.

GOLF BALLS AND CLUBS

Golf balls can't be recycled, but they may be reused. Contact local golf courses or driving ranges to see if they will accept them or donate them, along with clubs, to First Tee-Massachusetts programs to empower kids and teens through golf (firstteemass.org; click on "donate"). Some thrift stores will accept clubs for resale.

GREETING CARDS

Cards are recyclable with paper if they do not contain metallic inks, glitter, foil, or batteries. Remove electronics from singing greeting cards & recycle button batteries in battery recycling programs (see "Batteries"). St. Jude's Ranch for Children runs a mail-in greeting card reuse program; note restrictions on certain brands: stjudesranch.org/recycled-card-program.

HANGERS (see "Coat Hangers")

HEARING AIDS

The National Hearing Aid Project accepts used hearing aids for re-

furbishment and distribution to those that need them: hearingaiddonations.org; 816-895-2410. Also, check with your hearing aid specialist for reuse options. If your hearing aid is not worth salvaging, remove the button battery and recycle it in a battery recycling program (see "Batteries"), then place the hearing aid in the trash.

HOUSEHOLD HAZARDOUS WASTE 🚫

First, consider using up the product according to package directions, or giving it away to someone who will use it. Products with label warnings & words like caustic, toxic, corrosive, poison, flammable, danger & "keep out of reach of children" all require special handling. See the Household Hazardous Waste Event page in this guide for information about local household hazardous waste collections in western MA. New England Disposal Technologies (Westfield, MA) accepts many household hazardous wastes year-round for modest fees (nedt.org; 866-769-1621). Empty containers that once contained hazardous wastes are NOT accepted in recycling; replace cap and put empty containers in trash. For safer alternatives to hazardous household products visit: lesstoxicguide.ca, or turi.org/Our_Work/Community.

INK, PRINTER & TONER CARTRIDGES

Staples and Best Buy stores accept used cartridges for reuse or recycling (and possibly earn store rewards). Other options may be found via a search on earth911.com or find mail-in donation programs online by searching "cartridge donations." Many manufacturers have their own take back programs with free mailing labels. Search online for "(name of manufacturer) cartridge recycling program."

JUNK MAIL & CATALOGS

Unwanted mail & catalogs are recyclable, but it makes more sense to reduce them at the source. Here are four free services to do so:

- Remove your name from commercial mailing lists: directmail.com/mail_preference;

- Stop delivery of unwanted catalogs, enter catalog name at catalogchoice.org;

- End pre-approved credit card & insurance offers: optoutprescreen.com.

KEYS

Unwanted keys can be recycled via a scrap metal dumpster at a municipal transfer station (see the Community Recycling Information table in this guide,) or brought to a local scrap metal dealer.

LATEX PAINT (see "Paint & Paint-related Products")

LIGHT BULBS 🚫

Light bulbs of all types should be kept out of recycling bins. Fluorescent bulbs, including "CFLs" (compact fluorescent light bulbs) should be kept out of trash.

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- Fluorescent bulbs, including compact fluorescent bulbs ("CFLs") and the green tipped "low mercury" type contain mercury vapor and require special disposal. See "mercury & mercury-containing products" in this guide for more information. Handle carefully to avoid breakage.

- LED light bulbs can go in the trash but contain valuable materials and may be recycled with CFLs, if a collection site accepts them (see "mercury & mercury-containing products").

- Incandescent light bulbs and halogen light bulbs are not recyclable. Wrap incandescent light bulbs in used paper or plastic before placing them in the trash.

LIGHT STRINGS

Holiday light strings are NOT accepted in municipal recycling programs because they get wrapped around sorting equipment at recycling facilities, causing hazards for workers. Light strings are usually accepted at scrap metal dealers and in scrap metal dumpsters at transfer stations. Light strings can be mailed to Holiday LEDs holidayleds.com/free-light-recycling for recycling; receive coupon for a discount on a future order.

MARDI GRAS BEADS

Mail unwanted Mardi Gras beads and trinkets to the Arc of Greater New Orleans' reuse program: ArcGNO, 925 Labarre Road, Metairie, LA 70001 (arcgno.org; 504-837-5105). Or consider donating to local nursing homes for activities; call first to make sure they can accept.

MATTRESSES & BOX SPRINGS

As of November 2022, mattresses and box springs may no longer go in trash or Bulky Waste. Mattress recycling is now mandatory in MA, except for mattresses that are contaminated. Some charities will accept mattresses & box springs in very good condition; call first. When you purchase a new mattress, ask the retailer to take back and recycle the old one. Some transfer stations in western MA accept mattresses for recycling; fees may apply. For local recycling information, including regional drop off sites, search on your town's website or call your town's contact number in the Community Recycling Information table in this guide. If your municipality does not have a collection program, call a private hauler to pick up your mattress. For a map of towns and cities with recycling programs, visit mass.gov and search for "mattress."

MEDICATIONS & PHARMACEUTICALS 🚫

Disposal of unwanted medication must be done carefully for several important reasons. Medications should NOT be poured down the drain or flushed down the toilet. Wastewater treatment plants & septic systems are not

designed to remove pharmaceuticals from wastewater. Medications should not be thrown in the trash; see below for disposal options. Help protect the environment and stop prescription drug misuse and abuse. Bring your unwanted, expired, or unused medications to one of the sites below for safe disposal.

Many area police departments offer permanent drop-off boxes for free disposal of prescription and nonprescription drugs, vitamins, and veterinary medications: Agawam, Amherst, Ashfield, Athol, Belchertown, Bernardston, Buckland, Chicopee, Cumington, Deerfield, Easthampton, East Longmeadow, Erving, Goshen, Granby, Hadley, Hampden, Hatfield, Holyoke, Leverett, Longmeadow, Ludlow, Monson, Montague, Northampton, Orange, Palmer, Pelham, South Hadley, Southampton, Southwick, Sunderland, Ware, West Springfield, Westfield, Whately, Wilbraham, and Williamsburg. You do not need to be a resident to use the drop boxes in any of these towns.

Accepted items in police station boxes: prescription and nonprescription drugs, vitamins and veterinary meds. NO liquids, syringes (see "Needles & Sharps"), IV equipment or chemotherapy drugs. For more information visit northwesternda.org/addiction-recovery/pages/drug-drop-boxes.

National chain pharmacies host free drop boxes for prescription medications. Call your local store for availability or search a DEA listing of disposal sites at tinyurl.com/deadisp. For acceptable items, see signage on the drop boxes, call stores or visit pharmacy websites. Some stores that do not have drop boxes offer the DisposeRX program: dispozerx.com

National Prescription Drug Take-Back Days are held every April and October. DEA's next National Prescription Drug Take Back Day is April 27, 2024 from 10 am to 2 pm. Find dates and locations for upcoming collections by visiting deadiversion.usdoj.gov/drug_disposal/takeback. Take-Back Days accept prescription and non-prescription drugs, vitamins, veterinary medications, and vape cartridges (batteries not accepted; see "Batteries" in this guide). Unacceptable items include liquids, syringes, IV equipment or chemotherapy drugs. Due to their small size and other factors, empty pill bottles are not recyclable. Be creative with reuse! For example, some animal shelters collect washed, empty pill bottles to send medicines home with adoptees.

MERCURY & MERCURY-CONTAINING PRODUCTS 🚫

Mercury is highly toxic and requires special disposal. It is not hazardous when contained in a sealed device. Reduce exposure by placing items in sealed plastic bags & handling them carefully to avoid breakage. Never put mercury (or items containing mer-

cury) in trash or recycling bins, on the ground, or down a drain. Don't vacuum even the smallest spill. Instructions for handling mercury exposure can be found at: mass.gov; enter "mercury" in the search bar or search the web for "broken CFL" or "mercury spill." If a mercury spill does occur, follow the MassDEP's guide on safely cleaning it up: mass.gov/guides/massdep-mercury-information. Call the Mass DEP Mercury Hotline if you have questions about mercury or managing it safely: 866-9MERCURY (866-963-7287). For local disposal information for the following mercury items, see the Community Recycling Information table and the Western Mass Household Hazardous Waste Event pages in this guide.

■ Fluorescent light bulbs

All fluorescent light bulbs (even the low-mercury bulbs with green tips) contain mercury vapor; never put fluorescent light bulbs in trash or recycling. For local disposal information see the Community Recycling Information table in this guide. In addition:

- Businesses can see a list of vendors who can pick up larger quantities at recycling-worksma.com.

- Residents can refer to the MassDEP's Mercury Disposal Map: tinyurl.com/MassMercuryMap

- For assistance with disposal outlets, dial the MassDEP Mercury Hotline at: (866) 9-MERCURY

Recycling options vary based on the type of bulb:

- Compact fluorescent lamps (CFLs) fit in standard screw-type light sockets & are made of a glass tube, often in a spiral shape. They come in a variety of shapes and sizes and can be encased by an outer glass bulb. CFLs are accepted at most municipal transfer stations (handle carefully and hand to attendant) and some Hazardous Waste Collections. For local disposal information see the Community Recycling Information table and the Household Hazardous Waste Event pages in this guide. Free recycling for CFL bulbs is offered at Home Depot and Lowe's Stores. New England Disposal Technologies (Westfield, MA) accepts fluorescent bulbs year-round for various fees (nedt.org; 866-769-1621). Larger fluorescent tubes are the types of bulbs that do not fit in standard screw-type sockets. These include long straight tubes, circular or U-shaped tubes, tanning bed lamps, High Intensity Discharge (HIDs), & neon light tubing. Accepted at most municipal transfer stations and some Hazardous Waste Collections; see the Community Recycling Information table in this guide for local disposal information. Straight lamps and all others are accepted free of charge at Lowe's Stores. Handle carefully to avoid breakage; do not tape bulbs together. New England Disposal Technologies (Westfield, MA) accepts fluorescent bulbs year-round for various fees

(nedt.org; 866-769-1621).

■ Thermometers

Many older household thermometers (fever, candy, meat, deep fry, oven, temperature) contain liquid mercury. A mercury thermometer can be identified by the presence of a silver bulb at the end of a glass tube. Accepted in special programs at many municipal transfer stations and some Hazardous Waste Collections; see the Community Recycling Information table in this guide for local disposal information. Handle carefully and seal in a plastic bag. If the thermometer liquid and bulb is red, blue, purple or green, it is not a mercury thermometer and it can go in the trash.

■ Thermostats

Updating to a programmable thermostat? Don't throw away your old wall-mounted thermostats: they contain a significant amount of liquid mercury. Leave thermostats in one piece, place in a sealed plastic bag, and handle carefully to avoid breakage. In addition to special municipal collection programs (see the Community Recycling Information table in this guide), mercury thermostats are accepted for free recycling by some plumbers and plumbing retail stores. For local drop-off locations, go to thermostat-recycle.org.

■ Ballasts

Most fluorescent light fixtures produced before 1979 contained ballasts with PCBs (polychlorinated biphenyls), a highly toxic substance. PCB-free ballasts are typically collected in special programs at transfer stations or other sites that collect larger fluorescent tube-type bulbs. Electronic and other non-PCB ballasts are safe to go into trash or bulky waste, but are often not accepted in scrap metal recycling bins. See the Community Recycling Information table in this guide for local disposal information.

MICROWAVES (see "Scrap Metal")

MOTH BALLS ☠ (see "Household Hazardous Waste")

MOTOR OIL & FILTERS ☠ (see "Automotive Products")

MUSICAL INSTRUMENTS

Hungry for Music hungryformusic.org accepts used musical instruments. They distribute instruments to underserved children in the US & abroad. Buy reused instruments locally by searching online.

NEEDLES & SHARPS ☠

MA Sanitary Code states that it is illegal to dispose of sharps (hypodermic needles, syringes, lancets, & all other medical "sharps") as trash. Never put a container of sharps in your recycling bin. Collection programs are available in many towns; call your Health Department or to see a listing of all the sharps programs in the state, go to mass.gov and type "needle disposal" in the search bar. Sharps containers are available

for purchase at pharmacies, and they often include disposal options. Several mail-in disposal programs are available; search online for "sharps mail-in programs." Stericycle is an example of a company that picks up sharps for safe disposal from businesses that generate sharps: stericycle.com or 866-783-7422.

PACKING MATERIALS (also see "Plastics")

Online purchasing has increased the amount of packaging in the residential waste stream. Most of these materials are reusable; some are also recyclable:

- **Cardboard boxes** can be reused. Cardboard boxes should be recycled in municipal recycling programs; flatten if possible.

- **Packing paper** is reusable as well as recyclable.

- **Amazon's paper mailer** that says "Recycle this mailer just like a box" is recyclable in municipal recycling programs.

- **Amazon's plastic mailer and other plastic envelope mailers** (single layer or bubble wrap) are recyclable with plastic bags in grocery/retail store recycling programs only (see "Plastic Bag Recycling at Retail Stores" in this guide). Do not put any plastic mailers, bags, films, or other "soft plastics" in household recycling.

- **Plastic "sealed air" packaging and bubble wrap** are reusable and are accepted for reuse by some pack & ship stores (such as UPS Stores). Deflated air pillows and bubble wrap can be recycled with plastic bags in grocery store recycling programs (see "Plastic Bag Recycling at Retail Stores" in this guide). Do not put in household recycling programs.

- **Paper envelopes** with bubble wrap on the inside are NOT accepted in recycling programs. Reuse or put in the trash.

- **Meal delivery kits** use thermal box liners (e.g. "Renewliner," "QLiner," "Climacell") to keep food fresh. This packaging might claim recyclability, but it is not accepted in household recycling programs. Reuse, refuse (send back to company), or put in the trash.

- **Styrofoam™ blocks & shapes:** not accepted in household recycling; see "Plastics" for special recycling collections.

- **Foam peanuts:** not accepted in recycling; see "Plastics."

- **Cornstarch peanuts** may be composted in a backyard bin, reused, or placed in the trash. However, these are not accepted by commercial composting facilities or at packing shipping stores.

PAINT & PAINT-RELATED PRODUCTS ☠

If your unwanted paint was purchased recently & it's in good condition, consider donating it for reuse. Many school or community theatre groups will accept quality paint products. You may also offer useable paint via an online sharing group (e.g. Freecycle.org or a "Buy Nothing" Facebook group).

- Petroleum (oil-based)

paints, stains, thinners, & varnishes are considered hazardous materials, requiring proper disposal. See the Community Recycling Information table and Household Hazardous Waste Event pages in this guide.

- New England Disposal Technologies (Westfield, MA) accepts all types of paint year-round for modest fees (nedt.org; 866-769-1621).

- Latex paint & water-based stains can be put in the trash when completely hardened. Speed up the process by adding latex paint hardener (available in hardware stores) or by stirring in clean kitty litter to the consistency of thick oatmeal & allowing the mix to harden. When the contents are no longer liquid, you can put the open paint can (without the lid) in your household trash.

PALLETS (see wood under "Building & Remodeling Materials")

PANTYHOSE

Recycled Crafts recycles pantyhose, nylon knee-highs, and tights into pet toys, rugs, placemats, and table runners. They accept clean hosiery in any condition, even those with rips and snags. Email recycledcrafts@live.com for donation information, or visit: savemyhosiery.yolasite.com. Hosiery is also accepted in textile recycling programs, see "Clothing & Textiles."

PAPER & CARDBOARD

Place clean and dry cardboard boxes, newspaper, office paper, school papers, magazines & junk mail, cereal boxes, and empty pizza boxes in your recycling bin. Avoid items with material that is not wood based, such as greeting cards with glitter, embellishments, metallic ink, batteries, and items mixed/coated with plastic or glued to plastic (e.g. paper shipping envelopes lined with bubble wrap). Details about paper items that cannot be recycled are provided as individual entries in this Guide, including shredded paper, hardcover books (see "Books") and items coated/mixed with plastic. Examples include paper cups (see "Cups"), beer/soda packaging, and frozen/refrigerated food boxes (see "Boxes"). In dual stream recycling, milk cartons and soup/almond milk boxes should be recycled with containers (see "Cartons").

PELLET STOVE FUEL BAGS

Plastic bags should never go into household recycling programs. Some retail and grocery stores will accept EMPTY pellet bags in their plastic bag recycling programs (call first). Pellet bags must be dry and completely EMPTY. Turn inside out, shake out, flatten and stack empty bags, roll up the stack and place the roll in an empty pellet bag. Do not include rubber bands, string, or tape. Ask your pellet supplier about bulk delivery (avoids bags), recycling programs, or bag take back programs.

PET FOOD BAGS, BIRD SEED BAGS, ANIMAL FEED BAGS

Plastic bags that contained pet food, animal feed, or bird seed are not recyclable in municipal recycling or in plastic bag recycling programs at retail stores. Unfortunately, neither are paper feed bags because they are lined with plastic to keep moisture out of the feed. Terracycle offers a few pet food bag recycling programs, some of which have local drop-off sites; go to terracycle.com and type "pet food" in the search bar. The Bag Share Project, a local group, may accept certain types of feed bags for reuse, and provides instructions on how to make bags: thebagshare.org

PHOTOGRAPHS

Traditional, glossy photographs are not acceptable in recycling because of the photographic chemical coatings in the paper. Old photographs are safe to throw in the trash. More modern photographs may or may not be recyclable depending on the printing process and the type of paper used. Home-printed photographs that are printed on regular paper are acceptable in recycling.

PIZZA BOXES

A 2020 study by West Rock (a major US corrugated cardboard manufacturer) found that grease on pizza boxes does NOT cause problems for recycled paper manufacturers, as previously thought. It is now OK to put the ENTIRE pizza box into recycling...but it MUST be empty (no crusts, food, foil, plastic, or waxed paper). Link to the study: tinyurl.com/pizzaboxes2020

PLASTICS

Many people assume that all plastic items are accepted in recycling, but recycling is demand-based; only those plastics that can be made cost-effectively into new products are on the "yes" list. Please note that plastic containers from food, beverage, soap and personal care products are the ONLY type of plastic suitable for your household recycling bin. All other forms of plastic must go in the trash or, when available, to a separate special recycling program. See the box "Keep These Plastics out of the Recycling Bin" for additional details.

■ Containers from food, beverages, soap and personal products

The following items are welcome in your household recycling bin: plastic containers from food, beverage, soap or personal care products in the form of bottles, jars, jugs, and tubs. Plastic bottle caps & plastic tub lids are recyclable, if attached to the container (not loose). Plastic items that are smaller than a credit card or larger than 2.5 gallons are not acceptable because they cannot be sorted effectively. Bot-

WESTERN MASS RECYCLES

What happens at your Materials Recycling Facility (MRF)?

The regional materials recycling facility (MRF) in Springfield sorts, bales, and sells recyclable paper and containers from over 65 Western Massachusetts communities. Owned by the State of Massachusetts and operated with guidance from the Department of Environmental Protection and a local advisory board, the Springfield MRF has processed over one million tons of Pioneer Valley recyclables since it opened in 1989.



**SORTED MATERIAL
READY FOR SALE**

We process your household containers and paper.

PLEASE INCLUDE ALL OF THESE IN YOUR HOUSEHOLD RECYCLING BINS



**DO NOT
INCLUDE THESE,
THEY CAUSE
PROBLEMS:**



PLASTIC BAGS
CAN BE TAKEN
TO A GROCERY
STORE.



CLOTHING AND
TEXTILES CAN BE
DEPOSITED IN A
DONATION BOX.



GARDEN HOSES
ARE NOT
RECYCLABLE,
PLEASE PLACE IN
THE TRASH.

Your Recycling Efforts
**Don't
Go To Waste!**



**For details & downloadable signs, visit
SPRINGFIELDMRF.ORG**

Paid for by the Springfield MRF Advisory Board

CONTINUED FROM PAGE 18

tle pumps should go in the trash. Please note that black plastics are not currently accepted because they can't be sorted with the optical sorting technology used at most recycling facilities. Some facilities are starting to accept black plastics.

Other items on the recycling "yes" list are clear plastic cups, clear plastic clamshells, and clear plastic egg cartons. Cups should ideally be rinsed before recycling; put lids and straws in the trash. If a clear cup is labeled compostable, do not put it in a recycling bin. Visit springfieldmrf.org for details and graphics about household container recycling.

■ Bags & wrap (Do NOT place in household recycling bin)

Plastic bags, plastic films, and plastic wrap ("soft plastics") create safety hazards, machinery malfunctions, and environmental problems at recycling facilities. Some of these materials are accepted in retail and grocery store collection programs (e.g. Big Y, Stop & Shop, Target, Walmart, Lowe's, Staples). In general, clean and dry plastic bags and wraps are recyclable if they are: 1.) clear or translucent; 2.) moderately stretchy; 3.) marked #2 or #4; and 4.) empty and free of food residue. Two important exceptions are household food or "cling" wrap, which must be placed in the trash, and bags labeled "Compostable," which can be placed in commercial or municipal composting or trash. See the accompanying table, "Plastic Bag Recycling" or visit nextrex.com/view/educate#materials1 for additional details.

■ Bulky, rigid plastic objects (Do NOT place in household recycling bin)

Many rigid plastic items are reusable until broken or damaged; offer them for free on an online sharing group (e.g. Freecycle.org or a "Buy Nothing" Facebook group).

Some communities offer specialized bulky rigid plastic (BRP) collection programs. Ask your community representative (see the Community Recycling Information table in this guide) about opportunities near you. BRP collections are highly selective and accept only clean, molded, rigid plastic pails, bins, crates, baskets, totes, trash barrels, wheeled trash totes (metal and wheels removed), and plastic lawn furniture.

■ Foam (Do NOT place in household recycling bin)

The recycling market for rigid foam material (aka Styrofoam™ or expanded polystyrene/EPS) is growing, but only certain blocky foams are accepted through special recycling programs. These rigid-type foam products are divided into three general categories of 1) Shipping peanuts, 2) Blocky packing material, and 3) Food-related serve ware (cups, plates, trays):

■ Foam shipping peanuts:

Foam peanuts are not recyclable, but they are highly reusable. Some local retail shipping outlets accept clean & dry peanuts (call first; search for a store near you at theupsstore.com). Or offer them for local reuse via an online sharing group such as Freecycle.org or a "Buy Nothing" Facebook group.

■ **Large, rigid foam blocks, sheets, and coolers:** Clean and dry foam packing materials and coolers are only recyclable through a separate collection. Some communities collect this foam at municipal transfer stations or at special collection events and transport it to a foam recycling facility. Gold Circuit E-Cycling in Agawam (413-328-3187, goldcircuit.io; recycleyourfoam.com) accepts various types of foam from the public for a fee.

■ **Foam cups, plates, and trays:** Place these in the trash. Even if they have a recycling symbol, food-related Styrofoam™ materials are not currently accepted at any recycling facilities.

PLASTIC POUCHES

Flexible plastic pouches that contained fruit purees (i.e. applesauce), kids drinks, yogurt, baby food, and health/beauty products, are NOT recyclable in municipal recycling programs. Terracycle has several different mail-in recycling programs for pouches and caps; go to: terracycle.com and type "pouches" in the search bar. Please remove all residual food and liquid.

PRESSURE-TREATED

LUMBER 🚫 (see "Building & Remodeling Materials")

PROPANE TANKS

Most propane tanks can be refilled; many businesses that sell propane will accept tanks for reuse under specific conditions. Do not put tanks in household recycling, trash, or scrap metal dumpsters. Tanks are recyclable in special, separate programs at transfer stations or recycling centers. Do not puncture propane tanks. Close the valves on barbecue grill size tanks. Some recyclers also accept small camping-style tanks. Local municipal recycling info is found in the Community Recycling Information table in this guide; find more options at earth911.com.

PYREX™, CERAMIC AND PORCELAIN PRODUCTS

Offer these items for reuse. They are not accepted in recycling; dispose of these in the trash (wrap up broken pieces). Colorful ceramic/porcelain items (even broken ones) are sometimes used by local arts centers or craftspeople, so a phone call or a post to an online sharing group (e.g. Freecycle.org or a local "Buy Nothing" Facebook group) may help extend their usefulness.

SCRAP METAL

Many metal items (like bicycles or BBQ grills) can be repaired, sold or donated to extend their useful life. Because of the usefulness and value of metal, state regulations prohibit throwing aluminum, steel, iron, lead, stainless steel, copper, brass, or bronze scrap in the trash. Some metal items require special handling due to toxic or pressurized materials and should not be put directly into scrap metal dumpsters: this includes lead acid batteries, propane tanks, helium tanks, fluorescent light ballasts, air conditioners, refrigerators, and automotive parts. Many municipal transfer stations and recycling centers have scrap metal recycling dumpsters; see the Community Recycling Information table in this guide. Some scrap metal dealers will pay for metal items. Search online under "metal recycling" for the scrap yard nearest you and its requirements. Suitable scrap items should be mostly metal by weight; when possible, plastic parts should be removed.

SHOES

As of November 2022, shoes, along with other textiles, are banned from the trash in MA. Bring CLEAN & DRY footwear and textiles & shoes to drop-off boxes serviced by organizations such as the Salvation Army (easternusa.salvationarmy.org), Bay State Textiles (baystatetextiles.com/locations) & donation centers such as Goodwill Industries (goodwill.org). Many municipal transfer stations host textile drop boxes. DO include clean & dry shoes that are well worn or that are missing a mate. Shoes that are contaminated with mold, bodily fluids, insects, oil, or hazardous substances are exempt from the waste ban and may go in the trash. In addition, several organizations, such as One World Running (oneworldrunning.com), specialize in shoe reuse. Rerun Shoes accepts used running shoes and can coordinate shoe drive fundraisers; visit rerunshoes.com or call (508) 944-2518. DSW Warehouse shoe stores host Soles4souls donation boxes: soles4souls.org. Got Sneakers (gotsneakers.com) offers a free sneaker recycling program for individuals and organizations.

SHREDDED PAPER

Shredded paper is no longer accepted in household/municipal recycling programs. To have confidential documents shredded and recycled, bring them to area businesses (e.g. copy shops, office supply, and shipping stores). Local banks often sponsor free shredding events in the spring and fall. The material that is shredded in these programs is delivered directly to paper mills, which avoids the scattering and contamination

KEEP THESE PLASTICS OUT OF YOUR RECYCLING BIN!

Some plastic items cause mechanical problems at recycling facilities, cost too much to recycle, are unwanted by manufacturers, or are recyclable only through separate recycling programs. Please **do not** add these to your household or municipal recycling mix:

- Plastic bags, plastic wraps and other "soft plastics"
- Black plastic (prepared food, to-go containers, microwave trays) (Some facilities are starting to accept black plastics.)
- Forks, spoons, knives & serving utensils
- Plastic items that are smaller than a credit card (e.g. loose caps, straws, condiment cups, Rx bottles)
- Plastic containers larger than 2.5 gallons in size
- Plastic plates
- Colored/opaque plastic cups (clear cups are OK- see the "Cups" entry)
- "Compostable" or "Biodegradable" containers and cups
- Foam (aka Styrofoam™) items (cups, egg cartons, food containers/trays, & packing material)
- Tubes (e.g. toothpaste, cosmetics, hair products)
- Plastic containers which once held toxic substances (e.g. motor oil)
- Molded plastic packaging (the stiff type that requires a sharp object to open)
- Binders, plastic-coated
- CDs, DVDs and cases, video & audio tapes
- Plant pots & garden trays
- Six-pack rings ("Beer & Soda Packaging")
- Hoses, light strings, cords, pet leashes
- Plexiglass
- PVC products (pipes, siding, etc.)
- Manufactured plastic wood (decking material)



PLASTIC BAG/WRAP RECYCLING IN GROCERY/RETAIL STORES ONLY:

Never place plastic bags of any type in household or mixed recycling bins!

YES - DO RECYCLE in stores only:

- ✓ Bags MUST be empty, clean and dry without receipts, coins, or trash.
- ✓ Clean, dry plastic bags labeled #2 "HDPE," "PE-HD" #4: "LDPE," "LLDPE"



Including:

- ✓ Grocery bags, produce bags
- ✓ Newspaper bags
- ✓ Dry cleaning bags (no receipts/staples)
- ✓ Plastic cereal bags (if it tears like paper do not include)
- ✓ Sandwich/Ziploc bags and bread bags: no crumbs, oils, food (remove large zippers)
- ✓ Retail bags (#2 or #4) with string/hard plastic handles removed
- ✓ Plastic outer wrap from packages of toilet paper, paper napkins, paper towels, diapers, sanitary products
- ✓ Plastic shipping envelopes
- ✓ Bubble wrap, air pillows, plastic (deflate air pillows)
- ✓ Case wrap from cases of water, canned pet food, soda, etc.
- ✓ Stretch wrap from furniture, electronics, etc.

NO - DO NOT RECYCLE:

- ✗ NO bag with a recycling resin code other than #2 (HDPE) or #4 (LDPE)
- ✗ NO crinkly grape bags, Lego bags, apple bags (often marked #5)
- ✗ NO bags with receipts, coins, trash
- ✗ NO bags with food or moisture
- ✗ NO food or cling wrap (e.g. Saran)
- ✗ NO prepackaged food bags (frozen food or prewashed salad)
- ✗ NO pet food, animal feed, bird seed bags
- ✗ NO coffee bags
- ✗ NO chip bags, granola bar wrappers, candy wrappers
- ✗ NO bags with paint or glue
- ✗ NO compostable plastic bags
- ✗ NO Tyvek™ envelopes

What about pellet stove fuel bags? See "Pellet Bags" in this guide.

To view pictures of acceptable items and get a list of drop off locations, nextrex.com/view/educate#materials1

Trex is the major buyer of plastic film; more resources at: nextrex.com

Clip and hang this sign over your plastic bag recycling collection at home, in the workplace, at school, or other locations.

that ensues at a household recycling facility. Otherwise, dispose of shredded paper as trash. Paper shreds that are free of plastic and receipts can go in municipal compost programs, where allowed.

SMOKE & CARBON MONOXIDE DETECTORS

Remove all non-alkaline batteries and dispose of them appropriately (see "Batteries"). Most household smoke detectors contain a small amount of a radioactive element, Americium-241. The quantity in each unit is considered harmless, but its presence is worrisome enough that retailer and manufacturer take-back programs exist. Google the manufacturer's name with "smoke detector recycling" for program and shipping details. Curie Environmental Services offers a fee-based, mail-in smoke alarm recycling program, see curieservices.com. Some communities allow smoke detectors to be thrown away in the bulky waste container at a recycling/transfer station, see the Community Recycling Information table in this guide. Carbon monoxide detectors are not considered hazardous and can be safely disposed of in the trash after removing (and recycling) all non-alkaline batteries.

SPORTS EQUIPMENT

Sporting equipment exchange/donation options are found locally via charitable organizations

such as schools, Scout troops, or the Lion's Club. Consider sharing via online groups (e.g. Freecycle.org or a "Buy Nothing" Facebook group).

STEEL/TIN CANS

Rinse & recycle with containers. Acceptable items include cans from food & beverage (e.g. soup, beans, pet food, etc.), household, and personal products. Detached lids can be placed inside rinsed can. Labels need not be removed. Empty tin containers (e.g. popcorn, cookies, tea, mints, etc.) are also accepted in recycling.

STYROFOAM™ (see "Plastics: Foam")

TELEVISIONS (see "Electronics")

TENNIS BALLS

Check with your local animal shelter or elementary school to see if they accept tennis ball donations (schools use them to reduce the noise and impact of chairs/desks on floors). A mail-in recycling program is available at tennisballrecycling.com.

TEXTILES (see "Clothing & Textiles")

THERMOMETERS & THERMOSTATS  (see "Mercury & Mercury-containing Products")

TOOTHPASTE TUBES, TOOTHBRUSHES

These items are not accepted in household recycling. Terracycle

runs mail-in recycling programs for oral care items (terracycle.com). Preserve® brand toothbrushes can be mailed for recycling (preserve.eco).

TROPHIES

Contact your local trophy shop to see if they can reuse your old trophies. A Wisconsin-based trophy organization offers a fee based, mail-in reuse program; go to awardsmall.com and search for "recycling." A Massachusetts company accepts metal sports or academic medals/medallions for recycling; see sportsmedalrecycling.com. Lamb Awards (lambawards.com) reuses or recycles trophies for parts. Before you send your trophies in, drop them an email at internet@lambawards.com and put "recycling" in the subject line.

TYVEK™ ENVELOPES

Tyvek™ envelopes (large, white envelopes that won't rip, often from express shipments) are not accepted in municipal/household recycling, or in the plastic bag recycling programs at grocery and retail stores. Tyvek™ envelopes can be stuffed into a box labeled "Tyvek Recycling" and mailed to: CFS Meridian Recycling, 337 A Industrial Drive, Petersburg, VA 23803. For more information: (804) 732 1907 ext. 7327.

VASES

Glass vases are not recyclable. Post unwanted vases on Freecycle: Front Door, a Facebook "Buy

Nothing" group, or donate to a local garden club, swap shop, or local florist(s) for reuse (call first).

VEGETABLE OIL (see "Cooking Oil")

VEHICLES

Old vehicles, even inoperable ones, are valued for spare parts and metal. Consider donating them to a charitable organization (might be tax deductible). Contact your favorite charity or search online for "auto (or vehicle/truck/motorcycle/boat) donation." Alternatively, search the Internet under "Auto Wreckers & Salvage."

WOOD (see "Building & Remodeling Materials")

X-RAY FILM

There are no special disposal requirements, but x-rays do contain a small amount of silver. Some hospital radiology departments will accept them for recycling. B.W. Recycling, Inc. accepts mailed x-rays for recycling: xrayfilmsrecycling.com.

YARD WASTE (Leaves, grass, brush, Christmas trees)

Throwing away leaf & yard waste as trash is prohibited by state waste bans. Some communities collect yard waste seasonally for wood chip production or composting; for local contact information, see the Community Recycling Information table in this guide. Goat farmers often accept

bare Christmas trees as food. Visit mass.gov/composting-organics to learn about composting yard waste in your backyard.

YOGA MATS

Yoga mats are not recyclable but can be repurposed. Search online for "yoga mat reuse," or offer via an online sharing group (e.g. Freecycle.org or a "Buy Nothing" Facebook group).

Looking for something that is not on this list? Here are local resources with more information:

Springfield MRF's "What's Recyclable" page: springfieldmrf.org/whats-recyclable-at-the-mrf

MassDEP's Recycle Smart Recyclopeda: recyclesmartma.org

Please help us to improve this guide for the next edition! If you encounter errors or have suggestions for changes or additions, contact us at PioneerValleyRRR@gmail.com

Thank you!



DOING
THE MOST
GOOD®

Did You Know?

Your donations of clothing, furniture and other household items help The Salvation Army fulfill our promise of *Doing the Most Good®* to help the most people suffering the greatest need. Funds created from **The Salvation Army's Stores, donation boxes and donation centers go directly to helping people.** Your donation is tax-deductible, and receipts will be available on-the-spot for your gift. **Your donation to The Salvation Army saves lives** in your community by making it possible for men & women who need the support of a rehabilitation program. Clothing drives and other collection options have helped The Salvation Army become one of the planet's **largest and oldest recyclers of used clothing and other goods.** In fact, last year, donations to The Salvation Army in the Northeast U.S. kept over **100 million pounds of clothing out of landfills, incinerators, dumps and our oceans.**

The Salvation Army Adult Rehabilitation Center
327 Liberty St Springfield Ma, 01104

Learn more at SATRUCK.org or call (413) 785-1921.

NO

4. syringes

5. food waste

6. hazardous waste containers

7. Styrofoam™

8. plastic cups (color or opaque)

What can be recycled, visit www.springfieldmrf.org
 The recycling hotline: 413-755-2239.

That's 230,000 tons/year in MA alone!

3

Textile disposal is now banned in MA! Residents must bag unwanted clothing, towels, and bedding and

4

Most municipal transfer stations host textile drop boxes (see the Community Recycling Info page in this visit MassDEP's and the Bin tool: partMA.org/beyond businesses can use gWorksMA.com and a textile recycler.

5 Facts about Textile Recovery in Massachusetts

1. Clothing and textile products make up 1% of all household waste in MA. That's 230,000 tons/year in MA alone!

2. "Textiles" include clothing, footwear, bedding, towels, linens, fabric, and cleanable products.

3. Textile disposal in MA has been banned since 2010. Unwanted clothing, towels, and bedding must be bagged and taken to a municipal transfer station or a textile recycler.

4. Municipalities that host textile drop boxes can help reduce textile waste and increase recycling.

5. Celebrating EARTH DAY

Amherst Trucking
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Ready for a dumpster, Give us a call (413) 247-5853

QR Code: www.springfieldmrf.org

more?? Visit www.springfieldmrf.org

Trucking

Family Operated!

585
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 & Liz P

Bear Path COMPOST

THE GOLD STANDARD FOR GROWERS/GARDENERS IN THE PIONEER VALLEY

413-386-4932

West Whately, Mass.

www.bearpathcompost.com

Other textile reuse strategies

Modern hand-me-downs: as kids outgrow clothing, many parents list age-specific clothing on a free reuse site such as Freecycle.org, Craigslist, or a “Buy Nothing” page on Facebook. Or, consider offering your kid’s outgrown clothes to a younger (or smaller) friend or relative.

Fabric leftovers from sewing projects can be donated to one of two fabric reuse centers in the Pioneer Valley. Swanson’s Fabrics (aka The Stash House) in Turners Falls (swansonsfabrics.com) accepts all materials and tools related to the fiber arts, except textiles that are moldy or smell bad. Pick-up arrangements are possible. The recently opened Paper City Fabrics in Holyoke (papercityfabrics.com) accepts donations of fabric (1/4 yard or bigger cuts), sewing patterns, yarn, and sewing notions.

Close the loop

While you are dropping off donations at these fabric reuse centers, check out their reused, high-quality, sometimes vintage fabrics. And the next time you need a new outfit or specific item of clothing, consider shopping at thrift shops, consignment shops, and vintage shops in the area, or even online. You might be pleasantly surprised at the selection and great reused items you can find.



\$299⁹⁹
DCS-5000-18CZ
56V CHAINSAW
W/BATTERY & CHARGER
18 IN. BAR AND CHAIN
FOR LARGER CUTS

\$549⁹⁹
DLM-2100 SPC2
56V MOWER
W/ BATTERY & CHARGER

\$249⁹⁹
DHC-2300C1
56V HEDGE TRIMMER
W/ BATTERY & CHARGER

ECHO 56V LITHIUM-ION

**ONE BATTERY SYSTEM.
MULTIPLE TOOLS.**

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MONDAY - SATURDAY: 10 AM - 6 PM
SUNDAY: NOON - 6 PM

Other Pioneer Valley locations:

AMHERST: 183 University Avenue, Amherst, MA 01002
FAIRVIEW: 1604 Memorial Drive, Chicopee, MA 01020



www.goodwillmass.org



EMPTY ALL CONTAINERS BEFORE RECYCLING

Food and liquid can ruin other recyclables



ALL ABOUT PLASTIC

Are you confused about plastics? Join the club! With all the conflicting news out there, it's hard to know which plastics can go in the recycling and which can't. There's also a fair amount of confusion about *why* some plastics are a yes and others are a no. And finally, there's the whole question of whether plastics get recycled at all (spoiler: Yes, they do!).

To answer those questions, it's important to understand how plastics are sorted at materials recovery facilities and how that process determines which plastics can and can't be recycled. There's a method to the madness – we promise.

What/How/Why – Decisions About Recyclability

Most of us agree that recycling is good for the planet, but it's also a science **and** a business. Despite how much we may wish that everything could be recycled, safety, chemistry, mechanics, and markets must all be taken into consideration when determining the recyclability of a material. To make that determination, the Materials Recovery Facility (MRF)

operators use three simple criteria:

Understanding these criteria can shed some light on why we can't recycle everything made of plastic (or metal, glass, & paper) despite what some package labels suggest.

Criterion 1 – Safety

This is kind of the no-brainer criterion. If the material can explode, cause a fire, physically harm a worker, or is in any way potentially hazardous to the staff or MRF equipment, it should not go in the recycling. Period.

Criterion 2 – MRF Technology

If you've ever taken a tour of a MRF, you know that the mechanical engineering involved is pretty cool. There are conveyor belts, magnets, optical sorters, people sorters (called pickers), and blowers, all used to move 3D and 2D objects into the right buckets before they are crushed into 2,000 pound cubes (called bales) and sold to recyclers.

You might be wondering why, with all that technology the MRFs can't

Recyclability Criteria

- Warning Sign:** The material must not be harmful to workers or equipment.
- Gears:** The Materials Recovery Facility equipment must be designed to handle the material.
- Dollar Sign:** There must be a consistent market for the material.

Recycle Smart

sort every type of plastic no matter the shape, color, or size. The answer is in the mechanics. MRFs are engineered to sort the most common types of plastics for which there are strong and consistent markets. Sorting equipment costs millions of dollars and is built to last 10+ years. Meanwhile, the packaging used for our food and household products is constantly evolving.

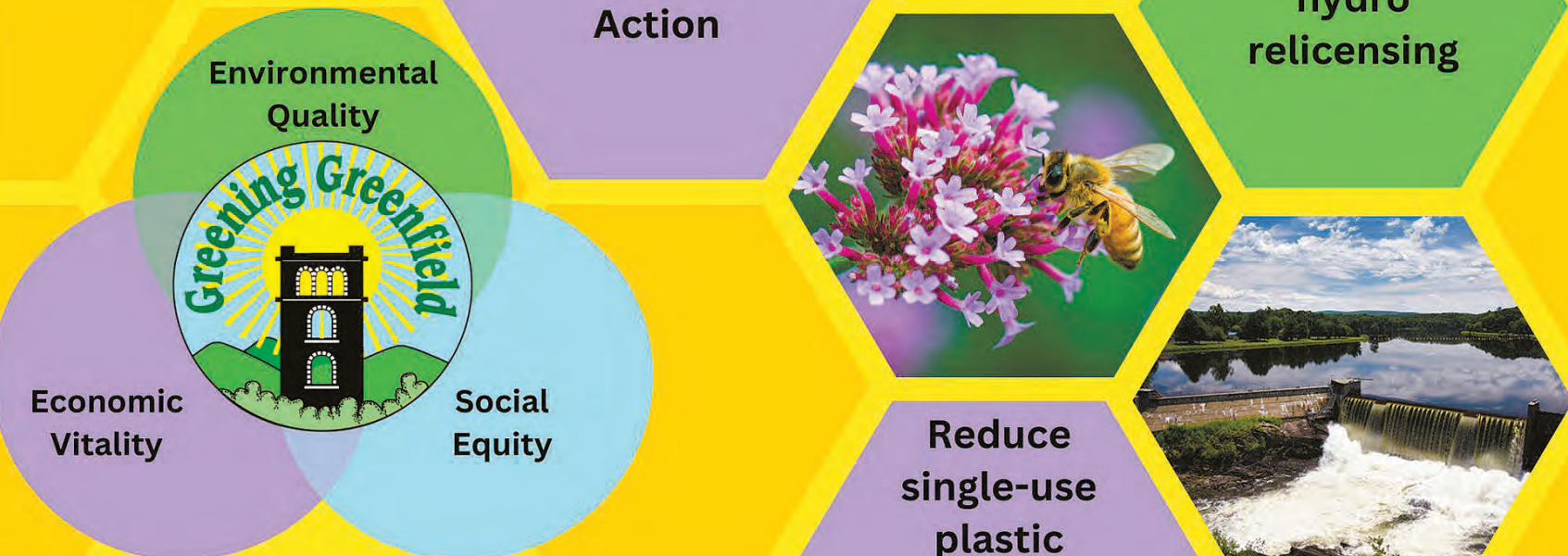
Not too long ago, metal cans and glass bottles and jars were commonplace on store shelves. Now, multi-layer, shelf-stable boxes (aka aseptic

packaging) hold everything from soup to wine, and plastic pouches abound. While there are environmental advantages to making packages smaller and lighter, MRF sorting equipment simply can't adapt to all the new types of packaging in real time.

Putting the **RIGHT** stuff in your recycling bin helps the MRF run smoothly and ensures they produce a product they can sell, which in turn, supports the circular economy. That's why criterion 2 – MRF Technology – is a vital part of the equation.

www.GreeningGreenfieldMA.org

Sign up for our mailing lists!





Compacted cubes at MRF

Criterion 3 – Recycling is a Business

Some plastics simply don't pay. Low value plastics such as polystyrene and complex packaging like pouches are not a desirable feedstock for making new products because of their chemical and physical characteristics. There are currently no markets for those materials in MA so they end up in the trash. That said, the vast majority of the plastic containers holding our food, beverages, personal care products and household cleaners are made of high-density polyethylene (HDPE), polyethylene terephthalate (PET), or Polypropylene (PP) which are high quality plastics with consistent markets.

Market values cycle up and down according to supply and demand, but the operative word in criterion 3 is "consistent." The reason the MRFs are engineered to sort and capture specific types of plastic is because there has been consistent demand for those plastics for many years. Fun fact: In the past few years, demand for PP (found in tubs, lids, and certain plastic take-out containers) has strengthened in the eastern U.S. That's why MRFs in Massachusetts are positively sorting this plastic, while in other parts of the country, PP containers are not accepted for recycling.

US Companies Want Our Recycling!

Currently, Massachusetts MRFs sell sorted plastic to recyclers right here in the USA. Companies like EFS Plastics, KW Plastics, Unifi and Trigon Plastics buy, clean, flake, or pelletize plastic into a raw material for making new consumer products, packaging, automotive parts, construction materials, and even 100% recycled Adirondack chairs. There are many videos online that show the process of creating new products from recycled materials. Check one out!

How To Easily Identify Acceptable Plastics

It's not always easy to know if something is recyclable, but we do have a rule of thumb to try to make it a little easier for you. If it's a hard plastic bottle, jar, jug, tub, or deli container, it can go in the recycling.

Thanks for your efforts to recycle correctly!

RECYCLOPEDIA

Search hundreds of common items (from paper bags to pizza boxes) to find out if they belong in the recycling bin in Massachusetts.

MassDEP's Recycle Smart Recyclopeda:
recyclesmartma.org

Recyclopeda: Can I recycle it?

Enter name of item (ex. bottle)

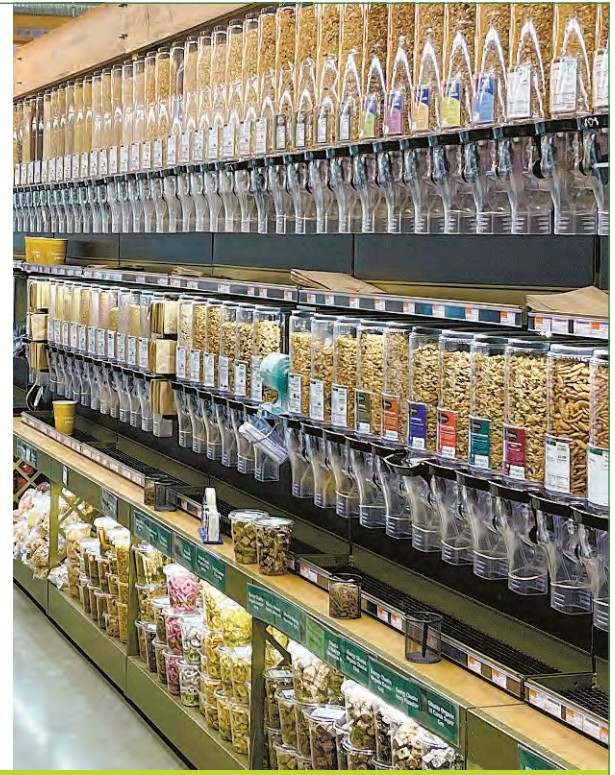
Search

Bulk Up & Save!

The Bulk Department at River Valley Co-op is one of the largest in our area, with a wide variety of products for all your cooking, pantry, and household needs.

Beans, grains, nuts, granola, dried fruit, flours, sugars, Fair Trade coffee and loose leaf teas, herbs, spices, oils and vinegars, peanut butter, laundry detergent, soap, and so much more!

Buy only what you need – a pinch or a pound! Use our recyclable or compostable bulk packaging, or bring your own container and fill it up. Buying in bulk is easy, saves money, and reduces packaging and waste. What's not to love?



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One Co-op • Two Stores

330 North King Street, Northampton, MA
228 Northampton Street, Easthampton, MA

Open Daily 8 am – 10 pm • www.rivervalley.coop

**DON'T BAG RECYCABLES
NO PLASTIC BAGS IN RECYCLING**



Waste Watchers

Franklin County Solid Waste Management District

**For information about
hazardous waste disposal,
composting, recycling and more:**

413-772-2438 • franklincountywastedistrict.org

info@franklincountywastedistrict.org

117 Main St., 2nd Floor, Greenfield, MA 01301

Bulky Waste Collections: May 11 and October 19

**New collection site at Erving Senior Center instead of
Northfield Highway Garage.**

MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD)

The District is an equal opportunity service provider.

NE-440868

Hey Kids!

MAKE YOUR OWN WORM COMPOST BIN!



HELLO, I'M WANDA WORM

I am one of Earth's recycling creatures! Some call me a "Champion Composter" because I eat food waste and transform it into compost. People add finished compost to soil to help plants grow. I can help you make compost to share with the plants in your school or home garden. You can turn your trash into treasure by creating your own indoor worm composting bin.

HERE'S WHAT YOU'LL NEED TO CREATE YOUR OWN WORM COMPOSTING BIN FOR YOUR CLASSROOM OR YOUR HOME:



BIN

Drill plenty of holes in the top, sides and bottom of an 18 gallon dark plastic storage container. We worms – and the compost – need to breathe! Place a tray or a lid from another storage tote under the bin to catch liquids.

BEDDING

Worms like to work, rest, and eat moist, soft bedding. Shred newspaper into 1-inch strips. Soak in water for 10 minutes, then squeeze out excess water and fluff into a soft, pillow-like pile. Do not use glossy paper, and only use the newspaper sections with black ink. Coconut Coir also makes an excellent worm bedding. Soak 1 "brick" in water, rinse twice with water to remove any salts, and spread in bin.



WORMS

Every kind of worm is an expert at something. Red worms, or *Eisenia fetida*, are easiest to work with. You can get a handful from a friend with a worm bin or buy online (recommended amount is 1 lb., or 1,000 worms). Order "pure red wigglers" at: memesworms.com or urbanwormcompany.com



SETTING UP YOUR OWN BIN

Place a thick, fluffy layer of moist bedding in the bottom of the bin, add your worms and 1-2 cups food scraps, and top with another thick layer of moist bedding. Keep the contents of your worm bin as moist as a damp sponge. Spray the bedding with water as needed. Feed your worms food scraps 1-2 times per week by burying food under the top layer of moist bedding. Start with small amounts so the worms can keep up. Rotate feeding spots in the bin. **Where to put your worm bin?** We worms like temperatures between 55-77° F. You could keep us in your basement, heated garage, or even in your kitchen! We don't smell! In 4-6 months you can separate us from our finished compost and you will have healthy soil ready for your garden!



YES!

Raw veggies, fruits, and peels; coffee grounds and paper filters; tea bags; rinsed, dried and crushed eggshells (necessary for worm reproduction).

NO!

Dairy, meat, bones, kitty litter, pet waste, salty or sugary foods, pineapple (can be toxic to worms!), non-biodegradable items such as plastic, rubber bands, fruit stickers, glass, styrofoam ...

Sources: THE worm bible: Worms Eat My Garbage by Mary Appelhof; 35th Anniversary Edition by Joanne Olszewski
Originally compiled by Katie Koerten at the Hitchcock Center for the Environment, Amherst MA;
updated in 2024 by Amy Donovan of Franklin County Solid Waste District.

RECYCLINGWORKS

Helps Businesses and Institutions Reduce Waste



Replacing single-use food service container options with reusable to-go containers can reduce disposal and purchasing costs for restaurants and other food service businesses.

RecyclingWorks in Massachusetts (RecyclingWorks) is a statewide business assistance program funded by the Massachusetts Department of Environmental Protection (MassDEP)*. Together with MassDEP and the Massachusetts Department of Public Health, RecyclingWorks is drafting guidance on how restaurants, colleges,

and other food service entities can transition away from single-use food and beverage containers to clean and safe *reusable* containers. Stakeholder meetings and one-on-one interviews with businesses are being conducted prior to the creation of a draft outline. An open comment period for the draft guidance will follow, during which the public may submit input.

Ultimately, the final guidance document aims to be a valuable resource for food establishments utilizing single-use, to-go food containers, and other disposable service ware (restaurants, colleges, grocers, and retailers) on best management practices for starting a reusable food ware initiative. The guidance will be updated as the Massachusetts and/or Federal Food Code changes.

Additionally, RecyclingWorks has produced a free guide, "Reducing waste from restaurant takeout and delivery meals" <https://recyclingworksma.com/reducing-waste-from-restaurant-take->

<https://recyclingworksma.com/construction-demolition-materials-guidance/>, which offers tips to help restaurants save money, eliminate unnecessary waste, and purchase takeout containers that can be reused, recycled, or composted.

RecyclingWorks can also help businesses reduce wasted *food*. Prevention is the most cost-effective food recovery strategy, significantly decreasing both waste hauling and food purchasing costs. Their "Source Reduction of Food Waste Guidance" <https://recyclingworksma.com/source-reduction-guidance/> includes best management practices for preventing wasted food from both back-of-house (pre-consumer) and front-of-house (post-consumer).

The organization's efforts to minimize waste extend to waste prevention of other materials, including construction and demolition (C&D) debris and building materials. If your business or institution is considering a material reuse or deconstruction project, "RecyclingWorks C & D Best Management Practices"

<https://recyclingworksma.com/construction-demolition-materials-guidance/> is a great resource to start with, as it covers deconstruction, the reuse of building materials, donation of usable materials, on-site source separation of C&D materials, and mixed C&D recycling.

RecyclingWorks recyclingworksma.com assists businesses and institutions with waste prevention, reuse, recycling, and food recovery. They provide customized, no-cost technical assistance through phone or email consultation, virtual appointments, and in-person waste assessments. To speak to a recycling expert, call the hotline: (888) 254-5525 or email info@recyclingworksma.com.

**RecyclingWorks is a program delivered under contract by the Center for EcoTechnology (CET).*



REMODELING?

Donate building materials and find reclaimed ones for all your projects at EcoBuilding Bargains.

In-store and online! ecobuildingbargains.org



EcoBuilding Bargains is an enterprise of CET. Visit us at 83 Warwick Street in Springfield.



COMMUNITY RECYCLING INFORMATION

Hampshire County

Municipal Transfer Stations and other drop-off locations may only be open to residents of that community; some require annual permits and "Pay As You Throw" trash bags. Fees may apply for some items. For more information, call your city or town's contact number below. For definitions of materials and abbreviations, see glossary below. For more information about items listed below, see the "What Do I Do With...?" disposal listing in this guide.



	Contact	Phone	Curbside or Drop Off	Drop Off Location	Hours of Operation	Municipal Recycling	Scrap Metal	TVs and Electronics	Motor Oil	Yard Waste	HHW Collection	Mercury/CFLs	Tires	Propane Tanks	Bulky Waste	Textiles Recycling Box
Amherst	DPW	413-259-3050, x0	Drop Off	740 Belchertown Rd	Tues, Thurs, Sat 8-2	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓	✓
Belchertown	DPW	413-323-0415; 413-323-0416	Drop Off	135 Hamilton St	Tues-Sat 7:30-3:15 (Th: 7:30-5:15)	✓	✓	✓	✓	annual	✓	✓		✓	✓	
Chesterfield	HRMC	413-685-5498	Drop Off	69 Willicut Rd	Sat 8-2:45; Summer: Wed 3:30-6:15	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
Cumington	HRMC	413-685-5498	Drop Off	10 Fairgrounds Rd	Wed 5:30-7:30, Sat 7-11	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
Easthampton	DPW	413-529-1410	Drop Off	30 Northampton St	1st & 3rd Sat 8-12	✓	✓	✓	✓	call	call	✓				City Hall
Goshen	HRMC	413-685-5498	Drop Off	Wing Hill Rd	Sat 8:30-4:20	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
Granby	Town Hall	413-467-7177	Curbside			curbside		call	Call DPW	Call DPW	annual	call	call	call	annual	DPW
Hadley	SWS	413-498-0099	Drop Off	20 North Branch Rd	Wed 1-6, Sat 7-4	✓	✓	✓	586-2390	✓	586-2390	✓	✓	✓	✓	✓
Hatfield	DPW	413-247-5646	Drop Off	10 Straits Rd	Wed 12-5, Sat 7-3	✓	✓	✓		DPW	call	annual	✓		✓	✓
Huntington	HRMC	413-685-5498	Drop Off	90 Mill St.	Tues 3-6:45 Sat 8-4:45	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
Middlefield	HRMC	413-685-5498	Drop Off	Bell Rd.	Winter: Sat & Sun 9-1; Summer: Wed 4-8 & Sun 9-1	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
Northampton	DPW	413-587-1570	Drop Off	125 Locust St	Call for hours	✓	✓		✓	annual	✓					✓
Northampton	DPW	413-587-1570	Drop Off	170 Glendale Rd	1st & 3rd Sat of month (yard waste 2nd & 4th Sat) call for hours		✓	✓		✓	annual	✓	✓	✓	✓	✓
Pelham	Amherst TS	413-259-3049	Drop Off	740 Belchertown Rd. (Amherst TS)	Tues, Thurs, Sat 8-2	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓	Pelham library parking lot
Plainfield	HRMC	413-685-5498	Drop Off	184 E. Main St (Route 116)	Sat 9-1, Sun 4-6 (Winter Sun 3-5)	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓
South Hadley	DPW	413-538-5033	Both	10 Industrial Drive	Open by appointment only	✓	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓
Southampton	DPW	413-527-3666, 413-529-2352	Drop Off	Moose Brook Rd	Wed & Sat 7-5	✓	✓	✓	✓	✓	Call 529-1003	✓	✓	✓	✓	✓
Westhampton	HRMC	413-685-5498	Drop Off	52 Hathaway Rd	Wed 6-8, Sat 9-3	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓	✓
Williamsburg	HRMC	413-685-5498	Drop Off	27 Mountain St Haydenville	Wed 9-4, Sat 9-4	✓	✓	✓		✓	annual	✓	✓	✓	✓	✓
Worthington	HRMC	413-685-5498	Drop Off	64 Huntington Rd	Sat 8-4; Summer: Wed 3-7; Winter: Wed 12-4	✓	✓	✓		annual	✓	✓	✓	✓	✓	✓

Glossary of Terms:

Annual or call: Once or twice a year collection days, might be at a location other than the drop off site. See the Household Hazardous Waste page in this guide or call contact # listed for more info.

Call: Call the contact number listed. The drop-off location or transfer station may only accept the material listed on certain days, or this material may be accepted from residents at another location.

CFLs: Compact Fluorescent Lights. All fluorescent bulbs must be disposed of properly. Many towns, Home Depot and Lowe's Stores recycle CFLs for free.

Drop Off: Municipal Transfer Station, Recycling Center or another municipal drop-off site.

DPW: Department of Public Works

FCSWMD: Franklin County Solid Waste Management District -

franklincountywastedistrict.org; 413-772-2438

HHW Collection: Many municipalities offer Household Hazardous Waste (HHW) collection events. For more information, see the Household Hazardous Waste page in this guide or call the contact # listed above for more info.

HRMC: Hilltown Resource Management Cooperative - hrmc-ma.org; 413-685-5498

Municipal Recycling: Paper, cardboard,

bottles, cans, cartons, and containers that are sent to a facility such as the Springfield Materials Recycling Facility (MRF) - springfieldmrf.org

Textiles Recycling Box: Special drop box for bags of clothing, shoes, towels, bedding, curtains, fabric. These items may be soiled, damaged, ripped, missing a mate but must be CLEAN and DRY. These materials are now banned from the trash.

COMMUNITY RECYCLING INFORMATION

Franklin County

LOOK!
TEXTILES
RECYCLING!



	Contact	Phone	Curbside or Drop Off	Drop Off Location	Hours of Operation	Municipal Recycling	Scrap Metal	TVs and Electronics	Motor Oil	Yard Waste	HRW Collection	Mercury/CFLs	Tires	Propane Tanks	Bulky Waste	Textiles Recycling Box
Ashfield	HRMC	413-685-5498	Drop Off	851 Ashfield Mountain Rd (Route 112)	Thurs 8-12, Sat 8-4, Sun 8-12	✓	✓	✓	✓		annual	✓	✓	✓	✓	✓
Bernardston	FCSWMD	413-772-2438	Drop Off	Nelson Drive	Thurs & Sat 7-5	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Buckland	FCSWMD	413-772-2438	Drop Off	Hodgen Rd. (aka Bailey Rd.)	Tues & Sat 7-3	✓	✓	call	call		annual	✓	call	✓	call	✓
Charlemont	FCSWMD	413-772-2438	Drop Off	159 North River Rd.	Wed 3-7, Sat 8-12	✓	✓	✓	call		annual	✓	call	call	call	✓
Colrain	FCSWMD	413-772-2438	Drop Off	7 Charlemont Rd.	Sat 8-4, year-round; Summer: Tues. 5:30 - 7:30 p.m.	✓	✓	✓	✓		annual	✓	✓	✓	✓	✓
Conway	FCSWMD	413-772-2438	Drop Off	186 Old Cricket Hill Rd.	Wed 10-6, Sat 9-5, Sun 8-1	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Deerfield	FCSWMD	413-772-2438	Drop Off	42 Lee Rd.	Tues, Thurs, Sat 8:30-4	✓	✓	call	call	✓	annual	✓	call	call	✓	✓
Erving	FCSWMD	413-772-2438	Curbside			curb-side	annual	call	call		annual	call	call	call	annual	Call Town Hall
Gill	FCSWMD	413-772-2438	Curbside	One-day events only	Varies	✓	call	call	call	call	annual	call	call	call	call	call
Greenfield	DPW	413-772-1528	Both	Intersection of Wisdom Way & Cumberland Rd.	Tues-Fri 11-2:30, Sat 7:30-2 (Winter: Sat 7:30-12)	✓	✓	✓	✓	✓	772-1539	✓	✓	✓	✓	✓
Hawley	FCSWMD	413-772-2438	Drop Off	851 Ashfield Mountain Rd (Rt. 112), Ashfield	Ashfield TS: Thurs 8-12, Sat 8-4, Sun 8-12	✓	✓	✓	✓		772-2438	✓	✓	✓	✓	✓
Heath	FCSWMD	413-772-2438	Drop Off	122 Branch Hill Rd.	Wed 9-5; Sat 8-4	✓	✓	call	call		annual	✓	call	✓	call	✓
Leverett	FCSWMD	413-772-2438	Drop Off	15 Cemetery Rd.	Sat & Sun 10-1, Summer: Wed 4-7; Winter: Wed 2-5	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Leyden	FCSWMD	413-772-2438	Drop Off	Nelson Drive, Bernardston	(Bernardston TS) Thurs & Sat 7-5	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Montague	FCSWMD	413-772-2438	Both	11 Sandy Lane, off Turnpike Rd	Wed 7-1, Sat 7-2	✓	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓
New Salem	FCSWMD	413-772-2438	Drop Off	20 Blueberry Hill Rd.	Wed 3-6, Sat 8-4	✓	✓	✓	call		annual	✓	call	call	✓	✓
Northfield	FCSWMD	413-772-2438	Drop Off	31 Caldwell Rd.	Wed & Fri 8-6, Sat 7-4	✓	✓	✓	call		annual	✓	call	✓	call	✓
Orange	Staff	978-544-1118	Drop Off	Jones St.	Tues, Thurs & Sat 8-2:45	✓	✓	✓	✓	✓	annual	✓	✓	✓	✓	✓
Rowe	FCSWMD	413-772-2438	Drop Off	87 Zoar Rd.	Wed 7-10 am + 4-7 pm, Sat 8-2, Sun 8-12	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Shelburne	FCSWMD	413-772-2438	Drop Off	159 N. River Rd, Charl.	Sat 12-5, year-round; Summer: Tues 10-7; Winter: Tues 10-4	✓	✓	call	call	call 625-0311	annual	✓	call	call	call	✓
Shutesbury	Staff	413-259-1235 413-259-1214	Curbside	Bulky items at Leverett TS (LTS)	See Leverett hours above for bulky items	✓	LTS	LTS	call		annual	LTS	LTS	LTS	LTS	Shutes. Hwy Dept.
Sunderland	FCSWMD	413-772-2438	Private Haulers	One-day events only	-	Private haulers	call	call	call		annual	call	call	call	call	call
Warwick	FCSWMD	413-772-2438	Drop Off	Garage Rd.	Sat 8-3, 1st and 3rd Wed 3-7, Summer: Wed 5-8	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Wendell	FCSWMD	413-772-2438	Drop Off	341 New Salem Rd.	Tues 12-5:50, Sat 7:30-3:20	✓	✓	✓	call		annual	✓	✓	✓	✓	✓
Whately	FCSWMD	413-772-2438	Drop Off	73 Christian Lane	Tues 12-5, Sat 7-5	✓	call	call	call		annual	✓	call	call	call	✓

HOUSEHOLD HAZARDOUS WASTE COLLECTIONS - 2024

Visit your municipality's website below to learn important details about your local household hazardous waste event. Event locations are NOT listed below. Participation in a different municipality's event may be possible, but arrangements must be made through your own community's representative. If your town is not listed, call your town hall or the phone number for your town listed on the Community Recycling Information table in this guide.

Household Hazardous Waste events accept a wide range of household products with warning labels (e.g. Danger, Flammable, Poison, Toxic, Caution, and "Keep Out of Reach of Children and Pets"). See the list of common items at the bottom of this page. Never pour hazardous products on the ground, down a drain or toilet, or place a full or partially full container of material in a trash or recycling bin. Household hazardous waste containers that are completely empty may be put in the trash; do not recycle them.

Pre-registration is always required, and registration deadlines apply. Small businesses should contact their community's representative for options.

This schedule is subject to change. Events are tentative. Visit websites for updates and online pre-registration.

DATE	PARTICIPATING MUNICIPALITIES	CONTACT	PHONE	PRE-REGISTRATION DEADLINE; WEBSITE
5/4/24	South Hadley, Granby	Kevin Quesnel, South Hadley DPW	413-538-5030, x6500	Pre-registration is required and begins 4/1/24. southhadley.org/241/Solid-Waste-Division
9/7/24	Amherst, Hadley, Pelham, Shutesbury	Steve Telega, Amherst DPW	413-259-3049	Pre-registration required between 7/18/24 – 8/27/24, at: amherstma.gov/547/Hazardous-Special-Waste-Collections
9/14/24	Belchertown	Donna Lusignan, Belchertown DPW	413-323-0415	Pre-registration required between 8/11/24 – 9/11/24. belchertown.org/dpw/index.php
9/21/24	Northampton	Bonnie Netto, Northampton DPW	413-587-1570	Pre-registration required by 9/19/24. northamptonma.gov/1826/Hazardous-Waste
9/21/24	Athol, Barre, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Hawley, Heath, Leverett, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Sunderland, Warwick, Wendell, Whately	Jan Ameen, Franklin County Solid Waste District	413-772-2438	Pre-registration required between 8/14/24 – 9/13/24, at: franklincountywastedistrict.org/p/24/
10/19/24	Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, Worthington	Linda Cernik, Hilltown Resource Management Cooperative	413-685-5498	Pre-registration required between 10/1/24 – 10/16/24. hrmc-ma.org
Ongoing	Greenfield, Leyden	Water Pollution Control or Transfer Station	413-772-1539; 413-772-1528	Call the numbers listed for information.

- ✓ New England Disposal Technologies (NEDT) in Westfield operates a year-round, fee-based collection center; accepts a wide range of hazardous waste plus latex paint: nedt.org.
- ✓ Auto parts stores accept used motor oil and vehicle batteries for free recycling, and some accept antifreeze and oil filters. Call your local store for details.

Common Household Hazardous Waste



FROM YOUR YARD

Flea powder
Fungicides
Herbicides
Insect sprays
Lighter fluid
Muriatic acid
No-Pest strips
Pesticides
Pool chemicals
Rodent killers
Root killers

FROM YOUR GARAGE

Antifreeze
Asphalt sealer
Automobile batteries
Brake fluid
Carburetor cleaner
Creosote sealer
Engine degreaser
Gas treatments
Gasoline
Kerosene
Radiator flusher
Refrigerants
Solvents
Transmission fluid
Used motor oil

FROM YOUR WORKSHOP

Aerosol cans (paint/haz.)
Degreasers
Lead & oil-based paints
(No latex paint*)
Paint thinners
Photo chemicals
Roofing tar
Rust inhibitors
Sealants
Solvents
Stains
Varnish
Wood preservatives
Wood strippers

FROM YOUR HOME

Arts & crafts supplies
Batteries: *button, lithium, & rechargeable*
Chemistry kits
Drain cleaners
Fluorescent light bulbs, CFLs
Furniture polish
Mercury thermometers
Mercury thermostats
Metal polish
Mothballs
Oven cleaners
Spot remover
Toilet cleaners
Upholstery cleaner

*LATEX PAINT is not hazardous. Latex paint & water-based stains are not accepted at local hazardous waste collections, but can be thrown away when completely hardened. Speed up the process by adding latex paint hardener (available in hardware stores) or by stirring in clean kitty litter to the consistency of thick oatmeal & allowing the mix to harden. When there are no free-flowing liquids, you can put the open paint can (with the lid off) in your household trash.

EDUCATIONAL RESOURCES

Recycling & Waste Reduction Support for WMass Educators



TOURS

Tours of the Springfield Materials Recycling Facility (MRF) are available for school and other groups. The one-hour tour takes attendees behind the scenes to observe trucks unloading, sorting, and baling operations.

springfieldmrf.org/mrf-tours-available



VIDEOS

Bring the how, where, and why of recycling into the classroom with five short videos, recently produced by local experts. Learn how household recyclables are sorted with machines or by hand and what they become after leaving your recycling bin.

springfieldmrf.org/videos



POSTERS & FLYERS

Printable posters and signs with colorful photos identifying which items are - and are not - acceptable in western Mass household recycling programs. Great for use in classrooms, cafeterias, and at home.

springfieldmrf.org/whats-recyclable-at-the-mrf



THE GREEN TEAM

The Green Team is an interactive, educational program funded by the MassDEP that offers standard-aligned lesson plans and resources for classrooms and clubs across the state. Registered Green Teams earn recognition, win awards, and can request no-cost recycling, composting, and idle-reduction equipment.

thegreenteam.org



RECYCLE SMART MA

Find definitive, easy to understand information about what can and cannot be recycled at this MassDEP funded website. This site offers a Recyclopedia, online quizzes, downloadable graphics, and details about where your community's household recyclables are processed.

recyclesmartma.org



ADDITIONAL RESOURCES

This page provides a curated collection of additional on-line recycling resources: links to U.S. Environmental Protection Agency and recycling-related trade association websites, regional and national recycling groups, and miscellaneous school resources.

<http://springfieldmrf.org/links>



Are you the waste reduction advocate at your school? Email swaite@pypc.org to learn about a state school waste reduction workgroup.

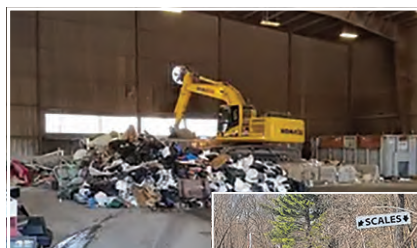
Make
everyday
EARTH
Day



We Welcome Everyone to VALLEY RECYCLING & TRANSFER FACILITY

Still the easiest and most convenient place in the Valley to Recycle!

CONSTRUCTION & YARD WASTE



HOUSEHOLD TRASH & RECYCLING

- **NO** special bags required
- **NO** annual permit, **AND** everyone is welcome!

BULKY & ELECTRONIC ITEMS ACCEPTED

Check out our valley blend mulch

Recycled Hardpack Available too



Local Recycling Company

234 Easthampton Road (Rt. 10), Northampton • 413-587-4279
8am-4pm Monday - Friday, Saturday 8am-12pm • valley-recycling.us

Problem solved!

With a 2024-2025 Northampton Transfer Station permit, you have many environmentally-friendly disposal options, including:



Free disposal & recycling



Container & paper recycling



Food scrap composting



Yard waste composting



Cooking & motor oil recycling

Fee-based disposal & recycling



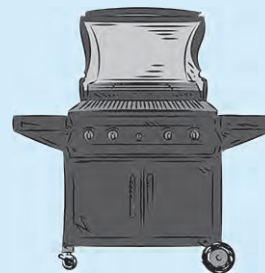
Household trash



Electronic waste recycling



Fluorescent light bulbs



Scrap metal recycling



Bulky waste

Purchase online at Northamptonma.gov/1830

Electronic checks & major credit cards accepted.

Means-based discounts are available.

Permits are valid July 1, 2024 - June 30, 2025.

Questions? Call 413-587-1570.