

# SRMT Recycling and Waste Reduction Handbook

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Helping Build A Better Tomorrow

# Recycling

The following items are recyclable and must be kept **SEPARATE** from your trash. Please place these items in your recycle bin.

Mixed Paper	Plastics	Metals	Glass
<ul style="list-style-type: none"> <li>▪ newspaper &amp; inserts</li> <li>▪ junk mail &amp; circulars</li> <li>▪ magazines &amp; catalogs</li> <li>▪ phone &amp; paperback books</li> <li>▪ brown grocery bags</li> <li>▪ computer &amp; office paper</li> <li>▪ clean &amp; dry corrugated cardboard</li> </ul> <p>NO: hard cover books, napkins, paper plates, tissue paper, foil-faced or plastic coated Products</p>	<ul style="list-style-type: none"> <li>▪ codes 1-7 accepted</li> <li>▪ containers - jugs, jars, bottles &amp; tubes</li> <li>▪ cartons - juice, milk, soy, broth &amp; soap</li> <li>▪ plastic food trays</li> </ul> <p>NO: plastic bags or films, toys, styrofoam, motor oil bottles, furniture, clothes hangers or hard-brittle plastics</p>	<ul style="list-style-type: none"> <li>▪ tin food cans</li> <li>▪ aluminum food &amp; beverage cans</li> <li>▪ deposit cans</li> <li>▪ aluminum foil</li> <li>▪ aluminum plates &amp; trays</li> <li>▪ empty aerosol cans</li> </ul> <p>NO: metal – cardboard containers (cocoa &amp; motor oil), silverware or small appliances.</p>	<ul style="list-style-type: none"> <li>▪ green, amber &amp; clear containers</li> <li>▪ canning jars</li> <li>▪ deposit bottles</li> <li>▪ liquor &amp; wine bottles</li> <li>▪ food &amp; beverage containers</li> </ul> <p>NO: broken glass, drinking glasses, ovenware or ceramics, dishes, mirrors, window glass or light bulbs.</p>

The following items **SHOULD NOT** be placed in your recycling bin:

- **Garbage**
- **Plastic bags**
- **Styrofoam**
- **Ceramics**
- **Window glass**
- **Drinking glasses**
- **Single use batteries** (drop batteries off at the community buildings or transfer station)
- **Electronic wastes** (the transfer station offers free disposal on electronic waste)
- **Household hazardous waste**
- **Light bulbs** (bulbs can be recycled at the transfer station)
- **Paint cans**

**PLEASE REDUCE WASTE BY RECYCLING**

Recycle more and help save the Environment.

# Composting

You can compost in your backyard or indoors, depending on your available space. Backyard and indoor composting are most suitable for households to convert small quantities of organic materials such as yard trimmings and food scraps into compost that can be spread in garden beds, under shrubs, or used as potting soil for outdoor plants.

Before you begin composting, you should understand the composting process by viewing what material to compost and what materials not to compost. Read up on the science behind composting about which variables must be controlled during composting.

Your compost pile is really a teeming microbial farm. Bacteria starts the process of decaying organic matter. They first break down plant tissue and also the most numerous and effective composters. Fungi and protozoans soon join the bacteria and later in the cycle, centipedes, millipedes, beetles and earthworms do their part.

Anything growing in your yard is potential food for these tiny decomposers. Carbon and nitrogen from the cells of dead plants and dead microbes, fuel their activity. The microorganisms use the carbon in leaves or woodier wastes as an energy source. Nitrogen provides the microbes with the raw element of proteins to build their bodies.

Everything organic has a ratio of carbon to nitrogen (C:N) in its tissues, ranging from C:N ratio of 500:1 for sawdust to C:N ratio of 15:1 for table scraps. A C:N ratio of 30:1 is ideal for the activity of compost microbes. This balance can be achieved by mixing two parts grass clippings (C:N ratio of 20:1) with one part fallen leaves (C:N ratio of 60:1) in your compost. Layering can be useful in arriving at these proportions but a complete mixing of ingredients is preferable for the composting process. Other materials can also be used such as weeds and garden wastes. Although, the C:N ratio of 30:1 is ideal for a fast, hot compost with a higher C:N ratio of 50:1 which is more adequate for a slower compost.

# ***Understanding the Science of Composting***

One of the most important steps for evaluating composting options is to become familiar with how the composting process works. Before you begin composting, you should understand the *five primary variables* that must be “controlled” during composting. These include the following:

***Feedstock and Nutrient Balance.*** Controlled decomposition requires a proper balance of “green” organic materials (i.e. grass clippings, food scraps, manure) which contain large amounts of nitrogen and “brown” organic materials (i.e., dry leaves, wood chips, branches) which contain large amounts of carbon but little nitrogen. Obtaining the right nutrient mix requires experimentation and patience which is part of the art and science of composting.

***Particle Size.*** Grinding, chipping, and shredding materials increases the surface area on which the microorganism can feed. Smaller particles also produce a more homogeneous compost mixture and improve pile insulation to help maintain optimum temperatures (see below). If the particles are too small however, they might prevent air from flowing freely through the pile.

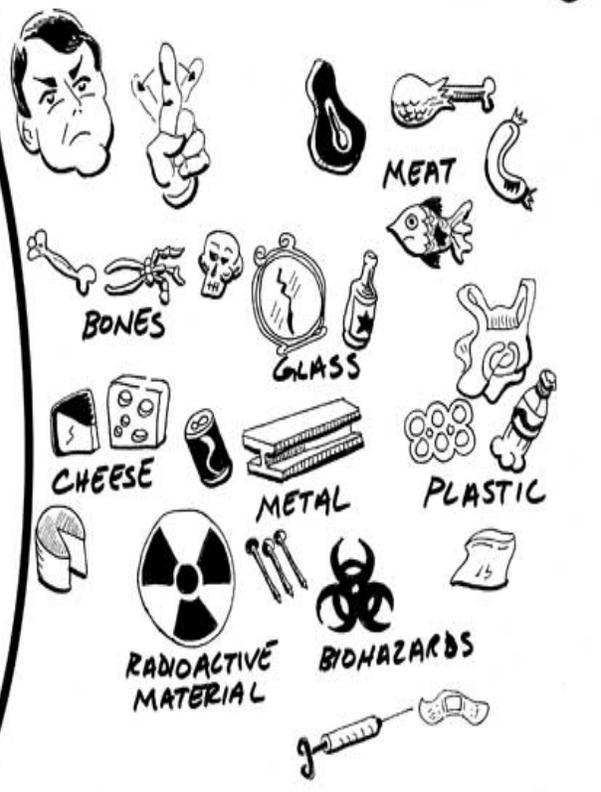
***Moisture Content.*** Microorganisms living in a compost pile need an adequate amount of moisture to survive. Water is the key element that helps transport substances within the compost pile and makes the nutrients in organic material accessible to the microbes. Organic material contains some moisture in varying amounts, but moisture also might come in the form of rainfall or intentional watering.

***Oxygen Flow.*** Turning the pile, placing the pile on a series of pipes, or including bulking agents such as wood chips and shredded newspaper all help aerate the pile. Aerating the pile allows decomposition to occur at a faster rate than anaerobic conditions. Care must be taken not to provide too much oxygen, which can dry out the pile and impede the composting process.

***Temperature.*** Microorganisms require a certain temperature range for optimal activity. Certain temperatures promote rapid composting, destroy pathogens and weed seeds. Microbial activity can raise the temperature of the pile’s core to at least 140° F. If the temperature does not increase, anaerobic conditions like rotting can occur. Controlling the previous four factors can bring about the proper temperature.

YOUR HANDY DANDY  
GUIDE TO COMPOSTING

# YES! / NO!



**RULES OF THUMB**

- 1. KEEP YOUR COMPOST COVERED TO KEEP ANIMALS AND FLYING BUGS AWAY
- 2. KEEP YOUR COMPOST MOIST AND WARM TO KEEP IT DECOMPOSING
- 3. A LAYER OF GRASS, LEAVES, OR PAPER ON TOP WILL CUT DOWN ON SMELLS
- 4. THE SMALLER THE PIECES, THE QUICKER IT WILL BECOME COMPOST

# Waste Reduction

Each year, we generate million tons of waste in our homes and communities. Part of that enormous amount of waste is generated through the construction, renovation, and demolition of homes. Most people don't realize that waste is linked with global climate change, but how? The manufacture, distribution and use of products - as well as management of the resulting waste - all use energy that results in greenhouse gas emissions such as carbon dioxide which contribute to climate change.

- By recycling your waste, you reduce the amount of materials that need to be manufactured and thus, reduce greenhouse gas emissions.
- Reducing and diverting food waste and yard waste reduces methane emissions in landfills. Methane is another, even stronger greenhouse gas.

By committing to reduce, reuse, and recycle at home by using more resource-efficient construction and/or renovation practices and materials. We can reduce our environmental footprint which can help with climate change and conserve our natural resources.

## WHAT IS WASTE REDUCTION?

Waste reduction refers to:

1. Reducing the amount of waste produced. Use China and silverware instead of using disposable paper plates and plastic flatware.
2. Reducing toxic substances in waste. Use a nontoxic oven cleaner instead of one that contains hazardous ingredients.

## WATCH WHAT YOU BUY

**Waste reduction starts at the shopping center. When you go shopping follow these guidelines:**

- *Buy durable products.* Instead of those that are disposable or cheaply made.
- *Repair/restore used items.* Before buying new ones.
- *Buy items you can reuse.* Reuse margarine tubs to freeze foods or pack lunches, this reduces the need for foil or plastic wrap.
- *Buy items you can recycle locally.* Through curbside collection or recycling centers.

- *Avoid excess packaging.* Buy products in bulk and just the amount you need; larger sizes reduce the amount of packaging, but smaller sizes reduce leftover waste.

## **MORE WASTE REDUCTION TIPS**

Buy only what you need and avoid impulse buying. Not only will you end up with something you can't use and have to throw away, but it will also be very expensive. One way to avoid this is to make a shopping list of what you need, and stick to that list.

- Put paper towels out of easy reach so they will be used only when needed. Set up a countertop or wall holder for sponges, rags and cloth towels.
- Buy beverages in returnable or recyclable containers. Most beverages are packaged in recyclable materials, which include glass, plastic milk and water jugs (HPDE), plastic soda bottles (PET), and aluminum.
- Buy concentrated products to reduce packaging. Examples are concentrated fruit juice, laundry detergent, fabric softener and window cleaner.
- Avoid buying packaged foods with disposable, nonreheatable microwave dishes. If you must buy them, dishes can be re-used as picnic plates, plant saucers or pet dishes.
- If your favorite brands have excessive packaging or are not as durable as they should be, contact the manufacturers and express your concern about reducing waste and conserving natural resources.
- Carry a canvas or net tote bag when you shop. It's not only a safe, convenient way to carry purchases; it eliminates the need for the merchants' disposable paper or plastic bags.
- Too much junk mail? Contact the [Mail Preference Service](#), Direct Marketing Association.
- If you receive mail from a marketer who does not subscribe to the Mail Preference Service, write directly to the company to remove your name. Enclose an address label from previously sent mail; the coding on the label will help the company locate your name on their list.
- Letters and other correspondence that are printed on one side only can be cut along the folds and re-used to make shopping lists.
- Cancel subscriptions to magazines or newspapers you don't actually read, especially if you could read them at the local library. Give old issues to friends, co-workers, nursing homes, Laundromats or libraries.
- Buy products that are durable, well-made and repairable. Check warranties, repair services and availability of parts and accessories. Read consumer magazines (your library probably carries copies) to learn which products are more durable and have longer warranties.

- Use carpools or public transit to extend the wear of cars and tires and reduce car maintenance wastes such as used motor oil.
- Reduce toxic waste by purchasing paints, pesticides and other hazardous materials only in the quantities needed, or by sharing leftovers.
- Use plug-in appliances instead of those that operate on batteries. Disposable batteries are discarded after one use. Rechargeable batteries are the largest source of cadmium in the municipal waste stream.
- Americans throw away about 2.5 billion disposable razors every year. Use an electric shaver or a quality razor with replaceable blades.
- Bar soap generates less packaging waste and is less expensive than liquid soap in plastic bottles with pump dispensers.
- Take proper care of shoes and clothing and repair them to extend use.
- Don't discard usable clothing or household items. Hold a yard sale or donate the items to charitable organizations. Worn clothing and other textiles can be used as rags or for craft projects.

# Zero Waste Event Planning

Use this guide when planning any event from an office meeting to a large public event.

## **Presenters & Exhibitors:**

- Encourage speakers to prepare computer presentations instead of handouts. If handouts are required, ask them to print double-sided.
- Offer resources or copies of presentation materials via email or downloadable from a web site.
- When requiring pre-registration, consider offering online registration.
- At events where vendors are participating, communicate to them what recycling options will be available to encourage them to only distribute those items (i.e. sampling in paper cups if composting, beverages cans only if recycling aluminum, etc.).

## **At the Event:**

- Consider displaying the agenda or other lists enlarged on easels instead of printing sheets to hand out to each participant.
- Use reusable name badge holders and collect them afterwards for reuse.

- Use dry erase boards or chalkboards instead of flip chart paper.
- Use centerpieces that are reusable or can be taken home, such as plants in pots.
- Offer reusable or durable remembrances of the event instead of one time use or items with a short life. (i.e. travel mugs or recycled pads of paper instead of pens or plastic toys).

### **Food & Recycling Waste:**

- Provide reusable items for serving and eating food such as silverware, glasses, mugs and plates and cloth napkins that can be washed instead of paper. If no kitchen is available, ask someone who might be willing to take them home to wash instead.
- If using paper for food serving and eating, consider offering plates, cups and silverware made of recycled content. For small events, a volunteer may be willing to take paper ware home to compost-over time, paper products will break down in a backyard compost bin.
- Compost food scraps. If it is a small event, see if you can find someone to take the organic material home afterwards. If it is a very large event, work with your waste or recycling hauler to get the materials to a commercial compost facility.
- Avoid plastic ware. Plastic products are made from petroleum and cannot be recycled or composted (only plastic bottles can be recycled). Paper products and compostable products also give you the option to compost.
- If you use compostable products at your event, be sure you have a place to take them when the event is over. There is very little, if any, benefit to disposing of compostable products, but there is a significant environmental benefit to composting. Compostable products don't break down well in a backyard compost bin. They need to be taken to a commercial compost facility.
- Request and offer clearly labeled recycling and compost bins and services for your event. Consider attaching samples of each waste item that will be generated at your event on a sign above the proper disposal container. Make a plan for where these materials will go once the event is over.
- Serve bite-size or finger foods that require no utensils.
- If serving box lunches, ask if they can be wrapped and/or packaged in recyclable containers or wraps (i.e. foil is recyclable verses plastic wrappings).
- Accurately estimate attendance when placing orders or confirming a catering order. Consider placing a pre-order with your caterer and confirming the total attendance a few days beforehand to provide a more accurate number.

## Caterer

- Try to find and use a caterer that can offer reusable items for serving and eating food such as silverware, glasses, mugs and plates and cloth napkins that can be washed instead of paper.
- Consider caterers that use local, seasonal and organic foods.

## Low Waste Event Products List:

- Local office supply stores or copy centers usually offer 30% recycled or 100% recycled papers for printers.
- For recycled content or biodegradable plates/cups/silverware, [www.ecoproducts.com](http://www.ecoproducts.com)
- For real dishes, visit your local resale shop for mismatched silverware, plates and cups.

## Event Planning Tips

- Plan ahead! Communicate your waste reduction goals to all involved.
- Use reused materials or materials with recycled content.
- Provide reusable items instead of disposable items when offering food.
- Use easily recyclable items.
- Be sure recycling containers are clearly marked at your event.
- Monitor recycling containers and trash cans during the event.



# Reducing Waste Working Toward Zero Waste



# Available Services

## Solid Waste Transfer Station

Hours: Monday – Saturday 7:30 a.m. - 2:45 p.m.

Phone: 518-358-4632

Disposal of all household garbage and recyclable materials

Recyclable items:

- Mixed recyclables
- Electronic waste for free
- Waste lamp bulbs for a small fee
- Tires for a small fee
- Battery disposal for free
- Scrap metal for free
- Freon containing appliances for free
  - Fridges
  - Water coolers
  - Freezers
  - Dehumidifiers
  - Air conditioners
- Drop off site for small amounts of yard waste

Solid waste collection program

- Provides a pay as you throw program to provide curbside collection services to those wanting to reduce waste by recycling and composting to achieve a low cost trash removal
- Pay by the bag

Recycling center

- Located in downtown Akwesasne (near Tribal Police Department)
- Free drop off site of acceptable house hold recyclables

Rental drop off containers for large cleanup projects

- Call for pricing

Rental dump trailer

- Call for pricing

# Contacts

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