

WHAT DO I DO WITH...?

AEROSOL CANS

Recycle only EMPTY aerosol cans that contained non-hazardous materials, such as health & beauty products (sun block, first aid spray, hair products, deodorant, & shaving cream); food products (cooking oil, whipped cream, frosting) and laundry products (starch, anti-static products & air fresheners). To prevent fire hazard, cans must be completely empty (no air or noise from the nozzle when pressed). Do not puncture, pierce, flatten, or remove nozzles prior to recycling.

Aerosol cans that are empty and once contained hazardous materials are NOT recyclable. Place them in your household trash (empty insecticide, paint, lubricant, waterproofing, automotive, adhesive/craft & cleaning products). If the can is not empty, deliver it to a household hazardous waste collection. Visit www.mass.gov/eea/agencies/massdep/recycle/hazardous/aerosol-products.html for additional handling & disposal information.

ALUMINUM CANS, FOIL & "DISPOSABLE" PANS

Rinse clean & recycle with bottles & cans.

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 recycling programs exist for art supplies, but many supplies are hazardous and require special disposal. Always check the label before tossing in the trash. Visit www.crazycrayons.com for info about crayon recycling. Quantities of Elmer's glue bottles & sticks can be recycled via the school Glue Crew Program (www.elmersgluecrew.com). Recycle Prang markers by visiting www.dixonrecycle.com/home.

ASBESTOS

There are strict removal & disposal requirements for asbestos. Contact the Western Region of the Mass Department of Environmental Protection (Marc Simpson: (413) 755-2115, marc.simpson@state.ma.us or Bob Shultz: (413) 755-2210, Robert.Shultz@state.ma.us). To find licensed asbestos contractors, go to www.mass.gov and type "asbestos license lists" into the search bar, then click "Asbestos Contractor List."

ATHLETIC SHOES (see "shoes")

AUTOMOBILES (see "vehicles")

AUTOMOTIVE PRODUCTS

Automotive products contain many hazardous materials & must be handled with care. Don't dump in the trash, on the ground or down the drain.

- **Motor oil**

Even a small amount of motor oil will contaminate water & soil. In MA, retailers are required by law to accept up to two gallons of used oil at no charge with an original sales receipt. Some auto repair shops & gas stations will accept used oil even if you didn't buy it from them. To locate a collection center, call the MassDEP Used Oil Hotline at 617-556-1022.

- **Motor oil filters**

Some auto repair shops will recycle oil filters for free. See page **XX** for local disposal information. Oil filters may be thrown away or recycled as scrap metal *only when the oil has been completely drained* (while filter is still warm, puncture the dome top & drain into a collection container. See above for oil disposal).

- **Empty motor oil bottles**

Empty motor oil containers are not recyclable; when empty, throw them away as trash.

- **Antifreeze**

Antifreeze is not only hazardous; its deceiving color & sweet taste may attract children, pets & wild animals. Empty antifreeze bottles should be thrown away (do not recycle). Consider having your vehicle's radiator flushed at a service station to avoid the responsibility associated with proper storage, handling & disposal. Your local DPW or transfer station may offer other disposal options.

- **Brake fluid**

Brake fluid is hazardous and must be brought to a household hazardous waste collection event. Empty bottles of this material should be thrown away (do not recycle).

BABY FOOD POUCHES/FRUIT SNACK PACKETS

This is a relatively new type of "shelf-stable" package on the market. These pouches/packets contain applesauce, squeezable fruit, or baby food. These types of multi-material pouches are NOT recyclable in municipal recycling programs. Terracycle runs three different mail-in recycling programs for pouches and caps, sponsored by different brands, see: www.terracycle.com/en-US/brigades.html. Whole Foods in Hadley accepts all types of baby food/fruit snack pouches and their caps.

BAGS (see "plastics" and "reusable bags")

BALLASTS (see "mercury & mercury-containing products")

BATTERIES

Common "single-use" household batteries (alkaline, carbon zinc in sizes A, AA, AAA, C & D) manufactured after 1994 don't contain mercury or other hazardous/recyclable materials & can be thrown away as trash. Check labels carefully: some rechargeable and lithium batteries (which require special handling) can resemble alkaline batteries.

ALL other battery varieties contain hazardous materials and require special disposal. **Many communities have convenient drop-off options; search online with your zip code at www.earth911.com.** In addition:

- **Button batteries** (found in watches, hearing aids, electronics & some toys) are usually accepted free of charge by stores that sell them or watch/jewelry shops.
- **Lead acid batteries** (found in vehicles, boats, motorcycles, lawn mowers) 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.
- **Lithium batteries** (found in many applications, primarily in cameras): check all batteries carefully before disposal; look for "Lithium" on the label. They resemble alkaline batteries, but these should ideally be recycled properly: some municipalities accept them.
- **Rechargeable batteries** (found in cell phones, cordless phones, laptops, tablets, ipads, e-book readers, digital cameras, camcorders, PDAs, UPS battery back-ups, some toys, baby monitors, power tools, plus rechargeable batteries that can be used with a battery recharger) contain heavy metals and require special handling. AT&T, Best Buy, Home Depot, Interstate Battery Centers, Lowes, Office Depot, RadioShack, Sears, Staples, Target, & Verizon Wireless accept Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Lithium Ion (Li-ion), Nickel-Zinc (Ni-Zn), small Sealed Lead Acid (Pb) batteries (up

to 11 pounds). For more information and options for recycling rechargeable batteries, go to www.call2recycle.org.

BEER AND SODA PACKAGING

Although it looks like paper boxboard, beer and soda packaging contains plastic (to stay strong when wet) and is NOT recyclable.

BICYCLES

Working bicycles in good condition can be offered to charitable (search online via “bicycle donation”) or private organizations (e.g. www.pedalpeople.coop) who will use them, or may be gifted to individuals via free on-line posting services like Freecycle.org. For recycling options, see “scrap metal.”

BOATS (see “vehicles”)

BOOKS

Books in good condition may be sold at used bookstores, donated to public libraries or a book exchange, or dropped off at your local recycling/transfer station’s book exchange. Reader to Reader, an Amherst-based non-profit, provides library-quality books to needy U.S. school and public libraries (www.readertoreader.org). Roundabout Books (Greenfield) will accept hardcover and paperback books in any condition. Roundabout Books sorts donations for local and mail-order sale and recycles unsalable books (www.roundaboutbookstore.com; 413- 773-0820). Books unsuitable for reuse can be recycled in municipal programs; paperbacks & phonebooks can be recycled as-is. The covers and spines from hardcover books are not recyclable; rip the pages out and recycle those.

BOTTLE CAPS & LIDS

Plastic caps & lids are recyclable only if fastened to a plastic bottle/jar/jug/tub. Loose tops should be discarded as are problematic for sorting machinery. Metal lids are acceptable for recycling (loose or attached to the container).

BOXES

- Clean cardboard, boxboard, paperboard boxes are recyclable (e.g., packaging from snacks, pet food, crackers, tissues, shoes, gifts, etc). Plastic windows may stay, but discard plastic liners. Flatten.
- Kitty litter boxes are not accepted in the Springfield MRF program. This packaging is designed to NOT break down when wet, and doesn’t break down in the recycling process.
- The clean portions of pizza boxes can be recycled, but all greasy parts must be discarded or composted. Because whole pizza boxes are usually greasy to some degree, drop-off centers and curbside programs often reject them. Turning them inside out or ripping them up are the best ways to ensure they won’t end up in a landfill. Soiled pizza boxes can be delivered to municipal compost programs at the transfer stations in Amherst, Greenfield (also open to non-residents), Leverett, New Salem, Northampton, Northfield, Orange & Whately.

BUBBLE WRAP & INFLATED PLASTIC PACKAGING (see “plastics”)

BUILDING & REMODELING MATERIALS

Construction & demolition (“C&D”) waste includes asphalt, asphalt shingles, bricks, cement, cinder blocks, clapboard, concrete, doors, flooring, insulation, lumber, mortar, plaster, plywood, roofing, sheetrock, shingles, tiles, windows & wood. Vehicles with a capacity greater than 5 cubic yards are subject to strict disposal requirements for C&D wastes in MA (see: www.mass.gov/eea/docs/dep/recycle/solid/a-thru-

cd/cdbanfaq.doc). For more information on disposal options, please visit:
www.mass.gov/eea/agencies/massdep/recycle/reduce/managing-construction-demolition-wastes.html

Used building materials (in good condition) can be donated for re-use. Locally, EcoBuilding Bargains accepts a variety of building products, as well as offering deconstruction services. Tax-deductible, donated items must be in reusable condition. Contact prior to delivery or to arrange free pickup. EcoBuilding Bargains (formerly the "ReStore"), 83 Warwick Street, 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 (413-774-5631), Index Packaging (800-662-3626 x111), Full Cycle Composting (413-562-0193) & Industrial Pallet (860-974-0093).

Note: pressure-treated wood should only be disposed of in a modern landfill. Don't put it in a backyard compost, brush or chipping pile, don't burn it or send it to a waste incinerator for disposal.

CAMERAS

Staples stores and many e-waste vendors will accept digital cameras for free recycling. Canon has a mail-in recycling program; check out <http://shop.usa.canon.com/shop/en/catalog/recycling> for more info.

CANNING JARS

Canning jars are not recyclable because of the thickness of the glass. Reuse, give to a friend who can use them, put in a tag sale or swap shop at a transfer station, or place in the trash.

CARPET

Flor® offers a free mail-back recycling program for carpet squares (www.flor.com/recycle). Some nonprofit organizations (such as Habitat for Humanity) accept relatively clean carpet for reuse. For disposal, roll and tie into small packages (less than 3ft. x 3ft);

CARTONS & DRINK BOXES

"Paper" cartons ("Gable tops" for milk and orange juice, "aseptic packaging" for soy milk, soup, juice) should be recycled with bottles & cans. Rinse/flatten containers. Discard straws; plastic caps & spouts may stay. Don't include drink pouches (e.g., Capri Sun) with your bottles & cans; drink pouches can only be recycled through Terracycle (www.terracycle.com).

CARTRIDGES (see "ink, printer & toner cartridges")

CELL PHONES

Cell phones shouldn't be thrown away due to their reuse value & hazardous/recyclable components. Numerous charitable & for-profit organizations accept cell phone donations. Search online using "cell phone donation" or check out www.recyclingforcharities.com, www.call2recycle.org or www.earth911.com. Stores that sell cellular phones will also accept them for free, and many cell phone manufacturers offer buy-back programs through the mail. Lowe's, RadioShack and many municipal transfer stations also accept for free recycling as part of the Call2Recycle program: www.call2recycle.org.

CHRISTMAS TREES (see "yard waste")

CIGARETTE BUTTS

Terracycles's "Cigarette Waste Brigade" accepts extinguished cigarettes, filters, loose tobacco pouches, outer plastic and inner foil packaging for recycling into plastic pallets and other products. Download a pre-paid shipping label from Terracycle.com and call UPS pickup at 1-800-PICKUPS.

CLAMSHELLS & CLEAR MOLDED PLASTICS (see “plastics”)

CLEANERS (see “household hazardous waste”)

CLOTHING & TEXTILES

Local reuse & donation opportunities exist for all kinds of textiles & shoes. Deliver clean/dry/used textiles & clothing to donation centers & drop-off boxes for Goodwill Industries (www.goodwill.org) & the Salvation Army (www.use.salvationarmy.org). **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 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, pillows, comforters, sheets, towels, stuffed animals in any condition. Animal shelters also accept old sheets, blankets, pillowcases, bedspreads, throw rugs & towels for reuse.

To find local clothing consignment stores, go to www.thethriftshopper.com. To swap clothes for free with local folks, consider forming a "MeetUp Group" through www.clotheswap.meetup.com. Busy families can use www.thredUP.com, an online resource for selling & buying used, good quality women and children's clothing. And there's a lot more, like www.swap.com, www.swapstyle.com, www.dignswap.com, www.rehashclothes.com, www.refashioner.com, and campaigns.ebay.com/Patagonia.

New & gently used bras can be mailed to 3317 S. Higley Road, Suite 114-441, Gilbert, AZ 85297 for distribution to women in transition around the world (www.brarecycling.com, 480-988-2283). Bras for a Cause is a charitable organization that distributes bras to shelters, breast cancer survivor support groups, charities and others all over the world (www.donateyourbra.com). Salvation Army and Goodwill also accept bras; anything that is not in good condition will be put into textile recycling.

The “Save Your Scrubs” program (www.globallinks.org) collects gently-used scrubs to distribute to medical personnel in resource-poor communities overseas; mail to Global Links, Attn: Save Your Scrubs, 700 Trumbull Dr., Pittsburgh, PA 15205.

Denim in any condition can be recycled into insulation through Blue Jeans Go Green. Mail denim products to: Blue Jeans Go Green, Denim Recycling Program, 431 North 47th Avenue, Phoenix, AZ 85043. See guidelines at: www.bluejeansgogreen.org.

Many non-profit organizations target specific types of clothing to benefit those in need, such as professional clothing and wedding dresses (see westernmassachusetts.dressforsuccess.org/about-us/contact, www.careergear.org and www.donatemyweddingdress.org).

COAT HANGERS

Do not put hangers in your recycling bin: they get caught in machinery at recycling facilities. Some charitable organizations will accept hangers for reuse or resale. Metal hangers are accepted for reuse by some dry cleaners & are also accepted for recycling as scrap metal at most recycling/transfer stations. Unfortunately, plastic hangers are not recyclable (except at a “bulky rigid plastics” collection) & should be thrown away when they are no longer useable.

COMPACT FLUORESCENT LAMPS (“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. By arrangement, small quantities can be delivered to a Waste Water Treatment Plant. ReEnergizer of Westfield (www.localvegoil.com) will accept vegetable oil by appointment & provides collection services for larger generators; call 413-322-3324 or email peter@localvegoil.com.

Restaurants, markets and businesses, see www.westernmassrendering.com. Transfer stations in Holyoke, Orange and Northampton accept some types of used vegetable oils from their residents: Don't drop-off oil at these sites without prior confirmation.

CORKS

Corks should not be put in your recycling bin. Wine corks can be reused in many creative ways (search online for “cork art”) Natural corks can be crumbled & added to a backyard compost bin, or put in municipal/commercial composting. ReCORK (www.recork.org) uses natural wine & champagne corks (no plastic or metal corks) to make shoe soles; Whole Foods in Hadley and Ryan & Casey Liquors in Greenfield are ReCork collection sites. Yemm & Hart pays for large volumes of natural corks mailed to them: www.yemmhart.com.

COSMETICS CONTAINERS

Origins offers free recycling of make-up packaging, regardless of brand. Empty cosmetic tubes, bottles, lipstick covers, jars & caps can be brought to an Origins retail store or department store counter nationwide. To find a drop-off location, go to www.origins.com. Other mail-in recycling programs for empty cosmetics containers can be found at www.maccosmetics.com/giving_back/back_to_mac.tmpl and www.terracycle.com.

EGG CARTONS

Clear, molded plastic egg cartons (“clamshells”) are recyclable with bottles & cans. Paper & Styrofoam egg cartons are not recyclable. Compost ripped-up paper cartons at home or through municipal organic waste collection programs at the transfer stations in Amherst, Greenfield (open to non-residents), Leverett, New Salem, Northampton, Northfield, Orange & Whately; donate cartons to backyard chicken farmers, or search online for creative tips using “recycling or reusing egg cartons.”

ELECTRONICS

This category includes “anything with a plug.” All electronics can be safely recycled as scrap metal with an important exception: anything with a screen. State regulations prohibit throwing away cathode ray tubes (CRTs) or flat screen TVs, monitors and laptops. Access to local recycling programs is widespread.

In addition:

- Best Buy & Staples will recycle any eligible item at no charge. Best Buy takes three items per household per day. Staples only accepts computer type e-waste: no TVs. Visit www.bestbuy.com or www.staples.com & search under “recycling,” or call your local store. Newer technology devices can be sold through www.staples.com.
- Computer manufacturers offer a variety of electronic recycling programs, including (but not limited to) Apple, Dell, Gateway, Hewlett-Packard, Panasonic, Sony & Toshiba. Go to their websites for more info.
- In select Post Offices, customers can get free mail-back envelopes for recycling inkjet cartridges, cell phones, PDAs, digital cameras and other small electronics.
- Computers & other electronics in working condition can be donated to www.cristina.org to benefit students at risk & people who are economically disadvantaged or disabled.

ELECTRONIC MEDIA

Do not recycle with bottles & cans; CD cases shatter like glass, creating hazards and contamination issues at the recycling facility. You can sell new or used CDs to local music stores or through www.murfie.com & many other websites. Some communities accept DVDs, CDs & games through their book donation programs. GreenDisk (www.greendisk.com) offers a mail-in option for spare computer cords, cables, boards, chips & computer peripherals, as well as all kinds of electronic media & their cases (diskettes, zip disks, CDs, CD-Rs, CD-RWs, DVDs, video tapes, audio tapes, game cartridges, DAT, DLT, Beta or Digibeta & computer tapes). Gold Circuit E-Cycling accepts DVDs, disks and tapes for free Mon-Fri 8-4 & Sat 8-12 at 90 First Avenue in Ludlow MA: (888) 283-0007 or info@goldcircuitcycling.com.

EYEGASSES

To donate your spectacles for reuse, look for a "Lions in Sight" collection box in your local Post Office or wherever eyeglasses are sold or mail to: Lions in Sight, 1404 Lemon Street, Vallejo, CA 94590. New Eyes for the Needy accepts metal frames in any condition, unbroken plastic framed glasses & non-prescription sunglasses; mail to: 549 Millburn Avenue, Box 332, Short Hills, NJ 07078. Otherwise, eyeglasses are not recyclable & should be thrown away.

FERTILIZERS & PESTICIDES (see "household hazardous waste")

FIRE EXTINGUISHERS

Fire extinguishers are considered hazardous because their contents are under pressure. Units manufactured prior to 1984 may contain dangerous chemicals. Disposal options include:

- Businesses & property managers can contact their fire control service provider.
- Residents can call their local fire department for local disposal options.
- Units manufactured after 1984 may be disposed of in the following manner: place the unit inside two sturdy plastic bags & close them up tightly. Remove the valve on the unit (without opening the bag) & discharge the contents. Discard the bag & its contents as trash.
- MA Fire Technologies accepts all types of fire extinguishers for a fee (57 York Street, West Springfield; 413-731-8000, www.massfire.com).

FIREWORKS

Do not throw unused fireworks in the trash. Live fireworks are extremely dangerous, and must be disposed of properly; call your local Fire Department.

FLAGS

For the proper disposal of U.S. flags no longer in usable condition, contact the American Legion, the Veterans of Foreign Wars (VFW), civic groups, senior centers or Scout Troops.

FLUORESCENT BULBS & LAMPS (see "mercury & mercury-containing products")

FOOD WASTE (also see "cooking oil")

Food waste can be easily composted at home in a backyard compost pile. For more information, please visit www.mass.gov and search for "compost." Many municipalities sell backyard compost bins and pails to residents "at cost." Food waste & non-recyclable paper can be delivered (free) to municipal organic waste collection programs at the transfer stations in Amherst, Greenfield (open to non-residents), Leverett, New Salem, Northampton, Northfield, Orange & Whately.

FURNITURE

Furniture in good condition can be sold or donated for reuse. Getting rid of mattresses & box springs can be difficult, as most charities & many communities don't handle them. When you purchase a new mattress, ask the retailer to take back the old one.

GOLF BALLS

Contact local golf courses or driving ranges to see if they will accept them for reuse. Knetgolf.com buys quantities of 15,000 balls or more: email: webuyballs@knetgolf.com. Knetgolf sells only pre-owned recycled and refinished golf balls: close the loop and buy recycled. Golf Gear USA buys smaller quantities of used golf balls: www.golfgearusa.com/we-buy-balls.

GREETING CARDS

Cards are recyclable with paper if they don't have any foil or metallic inks. Remove electronics from singing greeting cards & recycle the button battery (see "Batteries"). St. Jude's Ranch for Children reuses & recycles cards for all occasions: <https://stjudesranch.org/about-us/recycled-card-program>.

HOUSEHOLD HAZARDOUS WASTE

First, consider using up the product according to package directions, or giving it away to someone who will. Read the product label to determine if the product is considered hazardous, thus requiring special handling. Look for warnings & words like caustic, toxic, corrosive, poison, flammable, danger & "keep out of reach of children." For unwanted products requiring special disposal, see page XX for local contact information and page HH for local household hazardous waste collections in western MA. In addition to municipal programs, New England Disposal Technologies, Inc. in Westfield accepts all types of household hazardous wastes from any resident or small business for modest fees: 866-769-1621 or <http://nedt.org>. For safe alternatives to hazardous household products, visit www.lesstoxicguide.ca or www.ecocycle.org/hazwaste/ecofriendly-cleaning.

HEARING AIDS

Hear Now (www.starkeyhearingfoundation.org) collects all makes & models of hearing aids/devices & provides them to people who can't afford to buy them. Mail your [tax-deductible] hearing aid to Starkey Hearing Foundation, ATTN: Hearing Aid Recycling, 6700 Washington Avenue South, Eden Prairie, MN 55344. If the device is not worth salvaging, remove & recycle the button battery (see "Batteries"), then throw away the hearing aid as trash.

INK, PRINTER & TONER CARTRIDGES

Cartridges are accepted for free recycling at Staples, and other local recycling options may be found at www.earth911. Many local schools & non-profit organizations collect cartridges for fundraising purposes. To donate them to charitable organizations through mail-in programs, search online using "cartridge donations."

JUNK MAIL & CATALOGS

Unwanted mail & catalogs are recyclable, but it makes more sense to reduce them at the source:

- DirectMail.com - free service to remove your name from commercial mailing lists (www.directmail.com/directory/mail_preference);
- Catalog Choice - free service to stop delivery of unwanted catalogs www.catalogchoice.org;
- OptOutPrescreen.com - free service to end pre-approved credit card & insurance offers www.optoutprescreen.com;
- YellowPagesGoesGreen - free service to take your name off phonebook mailing lists www.yellowpagesgoesgreen.org/stop-yellow-pages; and
- EcoLogical Mail Coalition - paid service to help businesses eliminate mail addressed to former employees - www.ecologicalmail.org.

KEYS

Old keys can be recycled via a scrap metal dumpster at a municipal transfer station or brought to a local scrap metal dealer.

LATEX PAINT (see “paint & paint-related products”)

LIGHT BULBS

Old-fashioned incandescent light bulbs are not recyclable & should be put in the trash. Halogen lamps are also non-recyclable. The hazard associated with these bulbs is sharp glass when broken, so take some care to wrap them in paper or plastic before tossing them in the trash. Fluorescent bulbs & compact fluorescent bulbs [“CFLs”] require special disposal (see “mercury & mercury-containing products”). LED light bulbs do not have to be recycled, but recycling programs do exist.

LIGHT STRINGS

Holiday light sets are NOT recyclable in municipal recycling programs. Some scrap metal dealers will accept them for recycling and may even pay a small amount for them. Send your light strings to Holiday LEDS (www.holidayleds.com/holidayledscom_christmas_light_recycling_program) for recycling & they’ll send you a coupon good for 15% off any purchase.

MARDI GRAS THROWS

To donate Mardi Gras stuff to a good cause, mail beads, stuffed animals, feather boas and trinkets to the Arc of Greater New Orleans, 925 S Labarre Road, Metairie, LA 70001. For more info, check out www.arcgno.org or call 504-837-5105.

MATTRESSES & BOX SPRINGS (see “furniture”)

MEDICATIONS & PHARMACEUTICALS

Did you know?! Seventeen police departments in the Northwestern DA’s District have permanent drop-off boxes for the free disposal of prescription and nonprescription drugs, vitamins, and veterinary medications: Amherst, Athol, Belchertown, Buckland (call for appointment: 413-625-8200), Erving, Easthampton, Deerfield, Granby, Greenfield, Hadley, Montague, Northampton, Orange, South Hadley, Sunderland, Ware and Williamsburg. You do not need to be a resident of those towns to use the drop boxes; anyone can participate. Since 2011, the Northwestern District has collected 20,000 pounds of unwanted medications.

YES: prescription and non-prescription drugs, vitamins, and veterinary meds.

NO: needles, liquid medications, IV equipment, or chemotherapy drugs.

For more information: northwesternda.org/drug-drop-boxes

Disposal of unwanted medication must be done carefully for many reasons. For example, since wastewater treatment plants & septic systems are not designed to remove pharmaceuticals from waste water, drugs must NOT be poured down the drain or flushed down the toilet.

If you are unable to deliver medications to one of the drop boxes listed above, medications may be safely disposed of in the following manner: 1) Remove any personal info from labels that could be used to obtain refills; 2) Render medications unattractive to children, pets & thieves by dissolving pills or tablets in a small amount of water or alcohol (pour liquids into kitty litter or sand); 3) Place in two sealed plastic bags; and 4) Conceal the package in your trash. If you have large quantities of medications, consider disposing of them in smaller batches over time. **Do not flush** prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

Due their small size and a protective lining, empty pill bottles are not recyclable. Be creative with reuse! For example, some animal shelters collect empty pill bottles to send medicines home with adoptees.

MERCURY & MERCURY-CONTAINING PRODUCTS

Mercury is highly toxic & requires special disposal. It is not hazardous when contained in a sealed device. Placing items in sealed plastic bags & handling them carefully to avoid breakage will reduce exposure. Don't put mercury (or items containing mercury) in the trash or down a drain. Don't vacuum even the smallest spill. Instructions for handling mercury exposure can be found at: www.mass.gov/eea/agencies/massdep/toxics/sources/cleaning-up-elemental-mercury-spills.html, or search the web for "broken CFL" or "mercury spill." Call your local DPW for disposal information for the following items and for household hazardous waste collections in western MA.

- **Fluorescent light bulbs**

All fluorescent light bulbs (even the ones with green tips) contain mercury gas. All fluorescent light bulbs (even the ones with green tips) contain mercury vapor. Businesses can call the RecyclingWorks hotline at 1-888-254-5525 or info@recyclingworksma.com. The Center for EcoTechnology (CET) offers free disposal guidance to MA residents. Contact Sean Pontani at sean.pontani@cetonline.org or 413-586-7350, ext 225.

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. They come in a variety of shapes & styles, & can be encased by an outer glass bulb. Free CFL recycling is offered at Home Depot, Lowes, Solar Store of Greenfield, Whole Foods.

Larger fluorescent tubes don't fit in standard screw-type sockets. These include long straight, circular or U-shaped tubes, tanning bed lamps, High Intensity Discharge (HIDs), & neon light tubing.

Accepted at many municipal transfer stations. Straight lamps and others are accepted at Lowe's: handle carefully and hand to an employee. Businesses can call the RecyclingWorks hotline at 1-888-254-5525 or info@recyclingworksma.com.

- **Thermometers**

Many older household thermometers (fever, candy, meat, deep fry, oven, ambient temperature) have liquid mercury-based indicators. A mercury thermometer can be easily identified by the presence of a silver bulb at the end of a glass tube. If the bulb is red, blue, purple or green, it is not a mercury thermometer and can go in the trash.

- **Thermostats**

Thermostats with digital displays typically don't contain mercury switches. Switches containing liquid mercury are found in older wall-mounted thermostats. Although these switches are fairly sturdy, they should be carefully handled to avoid breakage. In addition to municipal collection programs, mercury-type thermostats are accepted at no charge at many plumbing retail stores (search by zip code using "Plumbing Supplies"). For more info, go to www.thermostat-recycle.org.

- **Ballasts**

Most fluorescent light fixtures produced before July 1979 contained ballasts with small amounts of PCBs (polychlorinated biphenyls), a highly toxic substance. PCB-free ballasts are marked "No PCBs." PCB ballasts are typically collected at the same sites as larger fluorescent tube-type bulbs. See page **XX** 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 (www.hungryformusic.com) distributes quality musical instruments to underserved children in the US & abroad.

NEEDLES & SHARPS

According to MA Sanitary Code, it is illegal to dispose of sharps (hypodermic needles, syringes, lancets, & all other “sharps”) as trash. Never put a container full of sharps in your recycling bin. Collection programs are available in many towns; call your Health Department or see a listing of all the sharps programs in the state: www.mass.gov/eohhs/docs/dph/environmental/sanitation/medical-waste/needles-syringes-disposal.pdf Several mail-in disposal programs are available; check out earth911.com or search online for “sharps mail-in programs.” Stericycle is an example of a company that picks up sharps for safe disposal at businesses that generate sharps: 866-783-7422.

NITRILE GLOVES

Recycle through Terracycle (www.terracycle.com/en-US/brigades/nitrile-gloves-brigade.html).

PACKAGING MATERIALS (also see “plastics”)

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

- **Cardboard boxes** can be reused, & flattened boxes can be recycled with mixed paper.
- **Foam peanuts:** see “plastics”
- **Cornstarch peanuts** may be composted in a backyard bin or reused. However, these are not accepted by commercial composting facilities or packing shipping stores. If you can’t reuse them, throw them away in your trash or dissolve them with a little warm water & put the starch in the trash.
- **Styrofoam blocks & shapes:** see “plastics”
- **Packing paper** is reusable as well as recyclable. Place shredded paper in a paper bag & tightly close it before putting it in your recycling bin.
- **Plastic sealed air packaging** is reusable. Once deflated, it can also be recycled with plastic bags (see “plastics” for supermarket collection sites).
- **Miscellaneous:** this packaging is designed not to break down when wet, or may be lined with foil or plastic (e.g., coffee bags, animal feed bags, etc) or have other properties that make it non-recyclable (e.g., Capri Sun drink pouches, candy wrappers). Some of these can be made into new products by mailing them to [Trashebags](http://Trashebags.com) (www.trashebags.com) or [Terracycle](http://Terracycle.com) (www.terracycle.com).

PAINT & PAINT-RELATED PRODUCTS

If your unwanted paint was purchased recently & it's in good condition, consider donating it for use instead of throwing it away. Many school/community theatre groups & charitable organizations (Habitat for Humanity: www.pvhabitat.org) will accept quality paint products. You may also offer it for reuse through www.freecycle.org. Petroleum (oil-based) paints, stains, thinners, & varnishes are considered hazardous materials, requiring proper disposal (see “Hazardous Household Waste”). 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 (without the lid) in your household trash.

PALLETS (see wood under “building & remodeling materials”)

PANTYHOSE

Download a mailing label, and mail all brands of pantyhose, nylon knee highs and tights to NoNonsense for recycling: www.nononsense.com/pantyhose-recycling.htm.

PELLET STOVE FUEL BAGS

Gold Circuit E-Cycling accepts pellet bags at no cost (M-F 8-4 & Sat 8-12) at 90 First Avenue in Ludlow, MA (888) 283-0007 or info@goldcircuitcycling.com). NEW: In Franklin County, 14 municipal transfer stations now

offer free pellet stove fuel bag recycling (www.franklincountywastedistrict.org; 413-772-2438.) Plastic bag recycling programs in some retail stores will accept pellet bags. Pellet bags must be dry and EMPTY: cut the bottom and top of bags to release ALL pellets, store empty bags flat, roll up the pile and put in a pellet bag that has the top cut open.

PIZZA BOXES

Only clean portions of pizza boxes (completely free of grease & food) can be recycled with your paper & cardboard. Soiled portions should be thrown away as trash. Soiled pizza boxes can be delivered to municipal compost programs at the transfer stations in Amherst, Greenfield, Leverett, New Salem, Northampton, Northfield, Orange & Whately.

PLASTICS

All plastic bottles, jars, jugs, tubs and clamshell containers less than 2.5 gallons can be recycled EXCEPT Styrofoam, black plastic, compostable plastic and containers from hazardous products. Plastic recycling is demand-based; only resins that can be made into new products cost-effectively are collected. Fortunately, technological advances & new markets continue to expand the types of plastics we can recycle in western MA:

- **Clear, hinged “clamshell” containers** typically used to package produce, deli & bakery items CAN be recycled with bottles & cans. Clamshell containers you can't see through (Styrofoam or black plastics) or any plastic container labeled “compostable” are not recyclable.
- **Caps & lids** from bottles, jars, jugs & tubs can be recycled by keeping them attached to the container. To be a recycling super-hero, flatten containers before replacing caps & lids. Milk jug caps can be pushed inside the container if they won't stay on.
- **Stretchy plastic bags & clear plastic film** that is clean & dry can ONLY be recycled at retail and grocery stores such as Big Y, Lowe's, Staples, Stop & Shop, Target, Walmart, and more. **Don't put plastic bags of any kind in your recycling bin; they create litter & clog machinery at the processing facility.** Don't include the following in retail store bins: soiled/oily/wet/painted plastic film products, anything labeled “compostable”, pre-packaged produce bags (pre-washed lettuce, frozen foods), or bags from heavy items such as soil, mulch, salt. With the exception of Saran and cling wraps (which are made with PVC and should be trashed), some guidelines for determining which materials are recyclable are a) it should stretch, at least a little; b) it should also be clear or translucent; and c) it should be labeled #2 or #4.


- **Rigid, bulky plastics** are large, durable, molded items. These plastics include (but are not limited to) plant pots & trays, laundry baskets, outdoor furniture, play structures & toys, trash cans & car seats. These can't be recycled with bottles & cans. Currently, only Whately, South Hadley & Northampton offer separate collections to recycle these items.
- **Styrofoam peanuts** are not easily recycled, but can be reused. Clean & dry peanuts are accepted by retail shipping outlets, including most UPS stores and Periodyssey in Easthampton: call (413) 527-1900 for delivery instructions (check www.loosefillpackaging.com for other drop-off options), or give them away to local individuals & small businesses through FreeCycle (www.freecycle.org). The Amherst Transfer Station operates a foam pellet exchange for permit holders. Styrofoam peanuts can be recycled by mailing them to Polyfoam Corporation, 2355 Providence Road, Box 906, Northbridge, MA 01534.
- **Styrofoam: expanded polystyrene (EPS) foam** shapes are not acceptable in municipal "bottles and cans" recycling, but other options are emerging. ReFoamIt occasionally collects Styrofoam at one-day collection events in western MA and at its headquarters off Rt. 2 in Leominster; see www.refoamit.com. South Hadley residents may recycle Styrofoam (no peanuts) at their municipal transfer station. A similar program will be beginning soon at the Amherst transfer station. Gold Circuit E-Cycling accepts Styrofoam at no cost (M-F 8-4 & Sat 8-12) at 90 First Avenue in Ludlow, MA (888) 283-0007 or info@goldcircuitcycling.com). Mail back programs are another option (see www.epspackaging.org or

PLASTIC BAG RECYCLING IN RETAIL STORES ONLY:


Never place plastic bags of any kind in your home recycling bin!

Please clip and hang this sign over your plastic bag recycling collection at home, in the office, at school, or at a business.

YES - DO RECYCLE *in stores*:

- Bags MUST be **empty, clean and dry** without receipts, coins, or trash.
 - Clean, dry plastic bags labeled #2 or #4:
- 

HDPE "HDPE," "PE-HD" OR



LDPE, "LDPE," "LLDPE"
- Including:
- Grocery & 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
 - Bubble wrap, air pillows, Tyvek/plastic envelopes (deflate air pillows/remove labels)
 - Case wrap from cases of water, canned pet food, soda, etc.
 - Stretch wrap from furniture or electronics

NO - DO NOT RECYCLE *in stores*:

- NO bags with food or moisture in them!
- NO garbage bags
- NO food or cling wrap (Saran)
- NO pet food product bags
- NO coffee bags
- NO prepackaged food bags (frozen food or prewashed salad)
- NO chip bags, granola bar/candy wrappers
- NO bags with paint or glue
- NO compostable plastic bags
- NO bag with a recycling symbol or # other than those described in the "yes" column
- NO soil or sand bags

What about **pellet stove fuel bags**?

- Some retail stores will accept (call to ask).
- Franklin County residents, see: www.franklincountywastedistrict.org
- Gold Circuit E-Cycling in Ludlow recycles: (888) 283-0007; www.goldcircuitcycling.com
- Pellet bags MUST be dry and empty: cut bottom and top to release all pellets.

For more about plastic bag recycling, and to see pictures of acceptable items, see: www.plasticfilmrecycling.org.

mail to Polyfoam Corporation, 2355 Providence Road, Box 906, Northbridge, MA 01534.)

- While **#5 (polypropylene)** food & beverage containers can be recycled with bottles & cans, products such as **toothbrushes & razors** can't. The "Gimme 5" polypropylene recycling program offers drop-off collection sites (such as Whole Foods in Hadley) for some of these items and a mail-in program; visit www.preserveproducts.com/recycling.
- **Plant pots & trays** are often reusable, but are only recyclable via special programs (do not place in your recycling bin). Local garden clubs, garden centers & florist shops may accept clean plastic planting containers for reuse, and the City of Northampton sponsors regional recycling collections for rigid plastic items including plant pots & trays (call 413-587-1059 for details). Thin, scrunchy, black plastic trays & six packs are not included in these programs (must be placed in trash).

Non-recyclable plastics:

Plastic containers greater than 2.5 gallons are not accepted by the Springfield Materials Recycling Facility. Other plastics NOT currently recyclable include (but are not limited to):

- ◆ plastic bags, plastic wrap
- ◆ plastic cups
- ◆ black plastic items (microwavable containers, food trays, etc.),
- ◆ containers made from plant materials labeled "biodegradable" or "compostable",
- ◆ foam packaging (egg cartons, take-out containers, food trays, packaging peanuts, coffee cups, etc.)
- ◆ "blister" packs (difficult to open packaging)
- ◆ utensils of any kind
- ◆ toothpaste tubes
- ◆ manufactured plastic wood substitutes (decking materials)
- ◆ plastic binders
- ◆ plastic coated paper
- ◆ compact disks and cases
- ◆ video & audio tapes
- ◆ plastic nursery pots/trays
- ◆ plastic six-pack rings (cut up and put in trash)
- ◆ Plexiglass
- ◆ PVC products (pipes, siding, etc.)

PRESSURE-TREATED LUMBER (see "building & remodeling materials")

PROPANE TANKS

The larger varieties of propane (and other pressurized) tanks can be refilled; many businesses that sell propane will accept tanks for reuse under specific conditions. Tanks must be empty before they can be recycled. Commercial options can be found online via www.earth911.com. Rindge Energy will pick up large quantities; call 603-899-9959 for details.

PYREX, CERAMIC AND PORCELAIN PRODUCTS

Do not recycle; dispose as trash. Try offering local craftspeople colorful ceramic/porcelain items (even broken ones) via Freecycle.com.

REUSABLE SHOPPING BAGS

The ChicoBag Company's repurposing program (www.chicobag.com/repurposing-program) collects discarded reusable bags for distribution to fixed/low-income families or for recycling into new products. Mail to ChicoBag, C/O Zero Waste Program, 13434 Browns Valley Drive, Chico, CA 95973.

SCRAP METAL

Many metal items (like bicycles or BBQ grills) can be repaired, sold or donated to extend their useful life. Because of its usefulness & value, putting aluminum, steel, iron, lead, stainless steel, copper, brass, or bronze scrap in the trash is against State regulations. Some metal items, such as batteries, propane tanks, ballasts, air conditioners and refrigerators, and automotive parts require special handling due to toxic or pressurized materials. Search online under “metal recycling” for the scrap yard nearest you and its requirements. Suitable scrap items must be at least 50% metal by weight.

SHOES

Charitable organizations such as The Salvation Army & Goodwill collect clean used shoes in any condition – even shoes that have lost their mate - via drop-off boxes & retail stores. Those in good condition are sold; others are recycled. Various other (charitable & non-charitable) collection options exist for various shoe types; search online under “shoe recycling.”

SMOKE & CARBON DIOXIDE DETECTORS

Most household smoke detectors contain a radioactive element, Americium-241. While the amount of Am-241 is small enough to be considered harmless, its presence warrants special care. Some retailers take back the brands of smoke alarms/detectors they stock; ask the store you purchased your smoke detector from if they provide this service. Some manufacturer take-back programs exist. Search the web using the manufacturer’s name & “smoke detector recycling” for more info. Label the box "for disposal" and then ship by surface mail or UPS Ground (these shouldn’t be transported in an airplane). Smoke detectors from any manufacturer can be recycled through curieservices.com. Some communities allow smoke detectors to be thrown away in the bulky waste box at a recycling/transfer station.

Note: Carbon monoxide detectors are not considered hazardous waste, and can be safely disposed of in the trash. Contact a manufacturer directly for potential recycling opportunities.

SPORTS EQUIPMENT

Sporting equipment exchange/donation options are found locally via charitable organizations such as schools or the Lion’s Club. Freecycle and other on-line exchange websites have also become very popular.

STYROFOAM (see “plastics”)

TELEVISIONS (see “electronics”)

TENNIS BALLS

Donate used tennis balls to a local animal shelter or elementary school. When attached to classroom chairs & desks, used tennis balls reduce noise as well as wear & tear on the floor. To recycle 200 tennis balls or more, go to www.rebounces.com/about-us/recycle-tennis-balls. Tennis ball containers are not recyclable.

TEXTILES (see “clothing & textiles”)

THERMOMETERS & THERMOSTATS (see “mercury & mercury-containing products”)

TOOTHPASTE TUBES, TOOTHBRUSHES

Not recyclable in municipal recycling. Toothpaste tubes are made of several materials laminated together (aluminum and different types of plastic), and the materials are difficult to separate. Terracycle runs two different mail-in recycling programs that accept tubes, toothbrushes and their packaging and floss containers. Colgate sponsors one and Tom’s of Maine sponsors the other: www.terracycle.com/en-US/brigades.html. Preserve brand toothbrushes can also be brought to Whole Foods’ Gimme 5 recycling bin, or mailed in for recycling: www.preserveproducts.com.

TROPHIES

Lamb Awards & Engraving accepts old trophies, plaques, sculptures and medals for reuse (www.lambawards.com/recycle.html). Matching sets are donated to charities in need and parts are used to create awards for new winners.

TYVEK ENVELOPES

Tyvek envelopes (large, white envelopes that won't rip: often from Fed Ex shipments) are made of high-density polyethylene plastic and CANNOT be recycled with paper. Plastic bag recycling programs at grocery and retail stores DO accept Tyvek envelopes: remove labels.

VASES

Glass vases are not recyclable. Many florists accept vases and baskets for reuse.

VEGETABLE OIL (see "cooking oil")

VEHICLES

Consider donating your vehicle to a charitable organization. Contact your favorite charity or search online for "car donation," "vehicle donation," "boat donation," "motorcycle donation," or "recreational vehicle donation." To recycle, check the Yellow Pages under "Auto Wreckers & Salvage."

WOOD (see "building & remodeling materials")

X-RAY FILM

There are no special disposal requirements, but they do contain a small amount of silver. Most hospital radiology departments will accept them.

YARD WASTE (LEAVES, GRASS, BRUSH, CHRISTMAS TREES)

Throwing away leaf & yard waste as trash is prohibited by State regulations. Consider composting your organic materials in a backyard compost bin.

YOGA MATS

Yoga mats can be repurposed in useful ways; try posting on Freecycle.com. Mail-in recycling programs tend to come and go. Search the web under "yoga mat recycling."