



“One Man’s Trash...”

Your guide to reducing, reusing and recycling

Southeastern Indiana Recycling District

Serving: Franklin, Jefferson, Jennings, Ohio,
Ripley, Scott & Switzerland Counties



800-997-4793
www.seird.org

Fall 2016
Quarterly Newsletter

Congratulations, scholarship award winners!

In May, SEIRD awarded college scholarships to 10 high school seniors from our seven-county district. We wish them the best as they start college this fall.

If you're a college-bound high school senior, watch for the SEIRD 2017 scholarship applications, which will be available in your school counselor's office soon.

Nolan Armstrong, Vevay, son of Shane and Carla Armstrong, graduated from Switzerland County High School, Vevay. He attends Anderson University and plans to major in business management.



Evan Howser, Scottsburg, son of Patrick and Shannon Howser, graduated from Scottsburg High School. He attends Purdue University in West Lafayette and is planning to major in materials science engineering.



Mackinzie Scott, Rising Sun, daughter of Andy and Theresa Scott, graduated from Rising Sun High School. She attends Indiana University in Bloomington, where she plans to study physical therapy.



Brooke Todd, Vevay, daughter of David and Angela Todd, graduated from Switzerland County High School, Vevay. She attends Hanover College. She has not yet chosen a major but is considering elementary education.



Josie Crawford, Scottsburg, daughter of Jon and Joyce Crawford, graduated from Scottsburg High School. She attends Purdue University in West Lafayette and intends to major in film production.



Cole McCreary, Brookville, son of Steve and Jenny McCreary, graduated from Franklin County High School in Brookville. He attends Rose-Hulman Institute of Technology in Terre Haute, where he is studying engineering.



Cassandra Spurlock, Osgood, daughter of Alex and Lisa Spurlock, graduated from Jac-Cen-Del High School in Osgood. She attends Vincennes University and intends to major in mortuary science.



Kyle Weaver, Rising Sun, son of Kyle and Tammy Weaver, graduated from Rising Sun High School. He attends Mount St. Joseph University in Cincinnati, OH. He plans to major in English with the eventual goal of obtaining a master's degree in library science.



McKenna Edwards, Enterprise, daughter of Michael and Marla Edwards, graduated from Switzerland County High School in Vevay. She attends Indiana University-Purdue University Indianapolis and plans to major in philanthropy and tourism, events, and convention management.



David Hewitt, Florence, son of David Hewitt and Christy Cutter, graduated from Switzerland County High School in Vevay. He attends Hocking College in Nelsonville, OH, where he intends to major in wildlife management and forestry.



Fee increases for “difficult disposal” items

During the 22 years the Southeastern Indiana Recycling District has been serving its seven-county area, we have been able to function without any fee increases. In fact, we have been waiving fees on electronics and refrigerant-bearing items now for over five years. However, as they say, all good things must come to an end.

Due to poor recyclable materials markets, decreased funding, and increasing disposal costs, the District Board has approved a fee increase effective November 1, 2016. Doing so will enable us to continue necessary programs that otherwise would cease to exist. Please note that the fee increases are for “difficult disposal” items.

Here is the new fee schedule:

- Refrigerant Bearing Appliances: \$15 each**
- Screened Electronics – Televisions, Computer Monitors, etc.: \$15 each**
- Tires* – auto and pickup, off rim: \$2 each**
- Tires* – auto and pickup, on rim: \$3 each**
- Tires* – semi truck, off rim: \$6 each**
- Tires* – semi truck, on rim: \$10 each**
- Tires* – Super Single: \$10 each**
- Tires* – large tractor, off rim: \$20 each**
- Tires* – large tractor, on rim: \$25 each**
- Tires* – Bobcat/Lift/Skid Steer: \$3 each**
- Tires* – ATV: \$1 each**

Fluorescent Bulbs – All Types (Fee applies to businesses and organizations; no fee for residential bulbs): \$1 each

If you have questions, visit www.seird.org or call us at 800-997-4793.

* Note: Tires are accepted from residents only—NO businesses.



A checklist to reduce food waste



Did you know the U.S. wastes about 40% of its food every year? This is in large part because Americans are not well-educated on food-date labeling and don't realize how much food they're actually throwing away. In an effort to help our country reach its goal of reducing food waste 50% by 2030, follow this checklist to avoid food waste in your home:

- Make a meal planner each week.** Plan your meals so that you know exactly what ingredients you'll use. Make sure a "leftovers night" is included.
- Eat leftovers.** Always eat what you have at home before buying more of something.
- Know your stock.** What foods have been in the cabinet for months? What do you throw away the most? What items are about to expire? Organize your meals around your knowledge of your pantry and fridge.
- Store food correctly.** Keep fruits and vegetables in separate drawers. Don't put quick-to-spoil foods, like milk and eggs, on the refrigerator door. Keep bananas and apples away from all other fruits.
- Be creative.** Look at the three or four ingredients you need to use, and then search for recipes online that use what you already have at home. Or try to come up with something yourself!
- Use everything.** Keep the skin on fruits, like apples and pears, and vegetables, like cucumbers and potatoes. Use broccoli stems in soup. Roast the pumpkin seeds. Turn stale bread into croutons or French toast.
- Freeze what you don't eat.** Put items that might spoil before you can eat them in the freezer. Almost any meal or ingredient can be frozen until you're ready to use it—just pack items tightly. This is especially helpful if you're only cooking for one or two people.
- Canning is your friend.** Too many fresh fruits or vegetables? Preserve them by canning. You can also turn those tomatoes into marinara sauce or salsa or extra strawberries into jam.
- Learn about sell-by and expiration dates.** They don't mean "throw out by this day." Check out the United States Department of Agriculture's "Food Product Dating" article at <http://goo.gl/Z7r2ji>.
- Eat out the smart way.** Split a dish at a restaurant, or take home your leftovers with a specific plan for when you'll eat them. At buffet lines, don't take too much or large helpings of a food you don't know whether you'll like. Take smaller portions and go back for more if you are still hungry.
- Compost.** If you've missed a bunch of fresh thyme or just can't bear to puree those bananas, make a compost pile to turn them into nutrient-rich soil.

Waste Free Kitchen Handbook

Maybe you're ready to reduce your food waste but aren't sure where to start. Or perhaps you never thought about food waste but want to know why your milk is expiring so quickly.



Photo courtesy of Dana Gunders

Dana Gunders' book, *Waste Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food*, is the perfect guide to storing food and shopping smart so that you can save money and waste less on food.

Easy to read and search through, the *Waste Free Kitchen Handbook* can tell you how much food to make per person, what a sample meal plan looks like, and how to turn that old cabbage into Easter egg dye. Curious about compost? That section not only tells you how to start, but also what's happening in your compost pile while you're away. The back of the book is an entire directory of foods, explaining how to store them, when they're the freshest, and what parts you can eat safely. Gunders, a Natural Resources Defense Council staff scientist, even includes 20 recipes that use whatever is left in your fridge or ingredients that often go bad.

Armed with the *Waste Free Kitchen Handbook* and our food waste checklist, you're ready to create a zero waste kitchen!

ANCIENT GARBAGE

Ever since there have been civilizations, there has been garbage. For archeologists, trash is an important part of analyzing any society's life and structure. Yet, just how trash was disposed and why it was placed in certain areas reveals an interesting pattern about humankind.

One classical archeologist has studied Pompeii's waste disposal intensely and believes the ancient Roman city was purposeful about where it put trash and even put trash to good use. Kevin Dicus' (pictured) studies of the city show that most of Pompeii's trash was taken beyond the city limits. When engineers needed to level the ground back inside the walls or fill in wells and basements, they brought trash back inside to do the job. They were "reusing" their waste!

Ancient Romans are far from the first people to think about reuse, however. In 2013, archeologists in Tel Aviv discovered evidence that our prehistoric ancestors reused and recycled their old items. The tools these people used, made from flint and bone, would break over time. Occasionally, instead of tossing out these broken tools, their owners would either rework the material to do its original job or sharpen it into eating utensils or smaller blades or scrapers. Just as we recycle to conserve energy and resources, these ancient people recycled for the same reasons.

Scholars disagree on how widespread this type of recycling was among Homo erectus and Neanderthals. Some say it was a part of their routine, while others argue it only happened as needed. Either way, this study and Dicus' research in Pompeii both suggest that humans have been presented with the same challenges and found many of the same types of solutions over time. It was only natural that we, too, would find ourselves reusing and recycling our waste.

So the next time you think about throwing away that water bottle or stack of paper, just think — what would ancient people do? Recycling is a natural part of our civilization.



Photo courtesy of Kevin Dicus

QUOTES REQUESTED



Photo by Jeeke (Self-published via Wikimedia Commons)

You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of a difference you want to make.

Jane Goodall, 1934-
British primatologist

5 Steps to Trash Party Waste

Time to host this year's holiday party? Decking the halls doesn't have to be all about paper plates and bags full of wrapping paper. As you plan and then host your party, follow these steps to not only reduce waste and save money, but also to make the process less stressful and more fun!

1. Say goodbye to the paper invitation. Instead, invite guests over the phone, in person, or through email. Fun sites like Paperless Post and Evite make it easy to send personalized and festive invitations without the waste.
2. Shop smart. Know exactly how much food and how many supplies you need ahead of time. Make a list and stick to it. Ask guests to RSVP, and check in with those who don't, so you have an accurate count. Then buy only the amount of food you need for that number of people. You can also have each guest bring a dish to reduce the amount of food you buy. Don't forget to take your reusable bags along to the grocery!
3. Think reusable. If at all possible, use the reusable plates, cups, silverware, dishes, and tablecloths you already own. Provide recycling bins for beverage cans and bottles.



4. Share the leftovers. Still have extra food? Don't try to eat half of a turkey yourself. Everyone loves holiday leftovers, so divide up the leftovers into containers and send some of them home with your guests. You could even ask guests to bring their own containers to fill after the meal.
5. Decorate with what you have. All of those \$1 decorations from the store may look wonderful during the party, but, afterwards, they have no life but the trash. Use what you have at home first—tie yarn together into tassels or place ornaments around the table. Search online for other do-it-yourself decoration ideas that use what you already have. Your house will look just as festive, without the waste!



Wrapping without waste

Even though the leaves are just starting to fall, before you know it, we'll be eating turkey and putting presents under the tree. Now is the time to start thinking about having a waste-free holiday season, and what better place to start than with presents?

Think about gifts that don't require any materials to make or dispose of at all. Usually, these are experiences. Concert, theater, or movie tickets, spa days, golf outings, dining experiences, and annual passes to a local museum or zoo are all fun gifts that don't create any waste.

If you still want to give a physical present, find something made from recycled material. Everything from notebooks to furniture and purses to jewelry can be made from reused items. Check out local markets or craft fairs to find something truly unique. You can also make something yourself out of items in your recycling bin—a quick

search online will give you hundreds of ideas.

Yet, even after finding a waste-free or reduced-waste gift, you aren't done. You need to think about the wrapping, too. You can still have pretty presents without the waste! Go back to the old tradition of wrapping presents with newspaper, magazine pages, paper grocery bags, or old maps. Dress up the gifts with ribbons and bows from last year, or find extra yarn, string, or buttons around the house to add some holiday flair. Once you've opened presents, the paper can be recycled, and you can save the ribbons and bows for next year. Gift bags are nearly endlessly reusable, so be sure to set those aside for future use.

You have time to start planning ahead as you make or shop for gifts and think about the perfect gift wrap. Don't wait to make this holiday season waste free!

GAMEDAY RECYCLING CHALLENGE

As you root for your favorite college football team this fall, you might also think about rooting for that college to win the 2016 GameDay Recycling Challenge. The GameDay Recycling Challenge is a competition among colleges and universities across the country to collect and divert the most recyclables, food scraps, and other waste during a football game.

In 2015, the 99 colleges and universities that participated in the GameDay Recycling Challenge kept 1,045 tons of recyclables and 229 tons of organics out of landfills over the course of 231 games. Schools and students are stepping up their game this year with more hype and volunteers.

Any college or university in the United States with a football program can participate. Schools register online and then measure the amount of waste produced and collected during at least one home game. Once the materials are collected and measured, the schools report results by December 5.

The GameDay Recycling Challenge is one of many efforts to increase recycling

in sports venues. Almost all items disposed of at sports venues come from the venue itself, including food, cups, bottles, trays, and more, giving these stadiums an excellent chance to reduce the amount sent to landfills.

With an increased presence of recycling and compost bins comes the necessity to educate fans. Programs such as the GameDay Recycling Challenge offer an opportunity to explain to fans how they can recycle and compost. Signage and messaging on products sold at the venue explain what items can be recycled and where. Social media increases the visibility of recycling programs and, of course, makes it fun to share "caught recycling" images.

If you want to learn more about the 2016 GameDay Recycling Challenge, visit www.gamedaychallenge.org or www.facebook.com/GameDayRecyclingChallenge. The winners will be announced in mid-December.

To learn about greening efforts in professional sports leagues, visit www.nrdc.org/greenbusiness/guides/sports.

BEST IF USED.

40% OF FOOD IN AMERICA IS WASTED

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM

Ad Council NRDC

SEIRD Recycle and Reuse Centers

If you prefer “offline” reuse, check out one of our Reuse Centers. These locations accept clean, gently used items, such as clothing, shoes, books, office supplies, videos/CDs, and non-upholstered furniture. Many can take even more materials. Just give the center near you a call and ask about the items that you would like to donate.

Our Reuse Centers are also great places to “shop” for items that are new-to-you. You may shop for 20 minutes once a week. There is a limit of four household items,

five books, and an unlimited amount of clothing on each visit. At the Building Materials Reuse Center in East Enterprise, you can pick up two items per week. Everything at the Reuse Centers is FREE! All merchandise is intended for personal use only and should not be resold.

Check out the location nearest you!

Batesville Area Recycle Center

616 John Street, Batesville
Phone: 812-801-9099
Hours: Mon., Wed., Fri., 1–6 p.m.; Sat., 8 a.m.–noon

Franklin County Recycle and Reuse Center

9076 Landfill Road, Metamora (located off of U.S. Highway 52, west of Brookville)
Phone: 765-647-6710
Recycle Center Hours: Mon.–Sat., 8:30 a.m.–3 p.m.
Reuse Center Hours: Tues. and Thurs., 9 a.m.–3 p.m.; Sat., 9 a.m.–noon

Jefferson County Recycle Center

6556 N. Shun Pike Road, Building #534, Madison (inside Jefferson Proving Ground)
Phone: 812-574-4080
Hours: Mon.–Fri., 7 a.m.–3 p.m.*; 2nd and 4th Sat., 8 a.m.–noon
*The center stays open until 7 p.m. on the 1st and 3rd Tuesdays of each month.

Jefferson County Reuse Center

13 Medical Plaza, Hanover
Phone: 812-801-7012
Hours: Tues. and Thurs., noon–5 p.m.; Sat., 8 a.m.–noon

Jennings County Recycle and Reuse Center

4800 State Road 3, North Vernon (behind county garage)
Phone: 812-352-0800
Recycle Center Hours: Mon., Wed., Thurs., Fri., 8 a.m.–6 p.m.; Sat., 8 a.m.–4 p.m.
Reuse Center Hours: Wed. and Fri., 1–6 p.m.; Sat., 11 a.m.–3 p.m.

Ohio County Recycle and Reuse Center

1432 Barbour Way, Rising Sun
Phone: 812-801-9037
Hours: Mon., Wed., Fri., 1–6 p.m.; Sat., 8 a.m.–noon

Ripley County Recycle and Reuse Center

2710 N. Hasmer Hill Road, Osgood
Phone: 812-801-9077
Recycle Center Hours: Mon., 8 a.m.–3 p.m.; Tues. and Thurs., noon–6 p.m.; Fri., 8 a.m.–3 p.m.; Sat., 8 a.m.–noon (closed Wed. and Sun.)
Reuse Center Hours: Tues. and Thurs., noon–6 p.m.; Sat., 8 a.m.–noon

Scott County Recycle and Reuse Center

4689 Double or Nothing Road, Scottsburg
Phone: 812-752-8474
Recycle Center Hours: Mon.–Fri., 9 a.m.–3:45 p.m.; Sat., 8 a.m.–12:45 p.m.
Reuse Center Hours: Tues. and Thurs., 9 a.m.–3 p.m.; Sat., 8 a.m.–noon



Switzerland County Recycle and Building Materials Reuse Center

19 McCreary Ridge Road, East Enterprise
Phone: 812-599-3751
Hours: Mon. and Wed., 1–6 p.m.; Sat., 8 a.m.–noon

Switzerland County Reuse Center

507 Walnut Street, Vevay
Phone: 812-801-6549
Hours: Tues. and Thurs., noon–5 p.m.; Sat., 8 a.m.–noon

For more information:
www.seird.org

“Logging on” to creative reuse

In today’s world, turning to the internet for answers is second nature. You might have already looked online for where you can recycle bottles and cans and what to do with the cooking oil from your turkey fryer. But have you ever thought to check online for reuse ideas? It’s easy with websites like Pinterest which do the searching for you.

Everyone seems to remember the third R – recycling – but sometimes the first two, reducing and reusing, are forgotten. Maybe you’re not sure what to do with all those grocery bags stored in the laundry room or plastic water bottles in the bin by your car. While recycling these items helps, it’s even better if you can reuse them and reduce what new things you buy in the process. That’s where Pinterest can help!

Pinterest is an online site that acts like a digital bulletin board. Any time you find an article or picture you like, you can “pin” it to your Pinterest account. This pin then appears to anyone else on the site, making a search for ideas or how-to’s a breeze. You can sort your “pins” in any way you like on different “boards” so that coming back to an idea is quick and easy.

Let’s say you want to repurpose those plastic grocery bags. After creating a Pinterest account at www.pinterest.com, head to the homepage. In the search bar at the top, type “reuse” and “plastic bags,” then hit enter. A whole bunch of pins should appear,



as well as suggestions on how to narrow your search. Some of the ideas include turning the bags into yarn, rugs, baskets, or even a hammock! The sky is the limit for creative do-it-yourself projects.

Once you find something you like, simply hover your mouse over the “pin” and click the red “save” button on the upper left corner of the picture. When you’re ready to come back to the article or

picture, move your mouse over the pin and click on the link at the bottom of the picture.

If arts and crafts aren’t your thing, you can still find new uses for old stuff online. Head to your favorite search engine and type in whatever you need. For example, “reuse plastic bags” brings up articles that tell you what those ex-shopping bags can do for you. Maybe you need a dirty laundry bag on vacation or packing material before a move – plastic bags can help with that! You can spend hours looking at suggestions for reuse ideas online, just by typing “reuse” and then the name of whatever item needs a new job.

The next time you need to buy a new item, look online to see if you can make it out of something you already have! It’s easy to be better at reducing and reusing when we have the world’s ideas at our fingertips.

We want your suggestions, questions and comments!

Southeastern Indiana Recycling District

Jefferson Proving Ground
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 Southeastern Indiana Recycling District

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Printed on recycled paper
70% post-consumer news content, using soy inks



Delivery for your pizza box

Does it go in the trash or recycling?

Pizza boxes are made from cardboard, so they’re recyclable, right? Actually, no. Used pizza boxes are a contaminant in paper recycling because normally they contain soaked-in grease or stuck-on cheese. Worse, they often still contain pizza!

These boxes, and any cardboard or paper with food residue, can ruin entire batches of recyclables because of the oil and grease. Once mixed with paper, the oil can’t be separated, so the “slurry,” or mix of recycled paper and water, cannot be used.

So what can you do with your pizza box? If the lid of the box is clean, you can tear it off and recycle it. Dispose of the rest of the box in the trash. Or, if you are a composter, you can tear the pizza box bottom into pieces and mix it into your compost pile.

If you have recycling questions, call our office at 800-997-4793 or visit our website, www.seird.org.