



“One Man’s Trash...”

Your guide to reducing, reusing and recycling

East Central Indiana Solid Waste District

Serving: Grant, Madison and Delaware Counties



765-640-2535
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Wishful recycling can do more harm than good

Sometimes recyclers get a little too enthusiastic and put the wrong things into recycling bins. For some, these are careless mistakes. But for others, this is “wishful recycling” — filling your bin with items you believe should be recycled or hope will be. Unfortunately, wishful recycling can do more harm than good.

Recycling is a group project that depends on all of us making good decisions and following a common set of instructions. We understand that this can be challenging. What is accepted for recycling in one community differs from others. What you can recycle at work may be different than what is accepted at home. However, some common dos and don’ts apply almost everywhere.

DO

- Stick to the basics: plastic bottles and jugs, glass bottles and jars, metal food and drink cans, and clean paper and boxes.
- Empty all food and beverage containers completely. If needed, wipe or rinse them out and allow them to dry.
- Throw all drink caps into the trash and the bottles into the recycling.
- Break down and flatten boxes.
- Keep recycling loose.
- If you deliver recyclables to a drop-off center, put them into a reusable bag or box that you can empty and take home to fill again.

DON’T

- Don’t put items smaller than a credit card (coffee pods, bottle caps, shredded paper) into the recycling bin.
- Don’t bag recycling if it goes into a recycling cart. (If your recyclables are collected in bags, place loose items into the recycling bag.)
- Don’t put smelly items, like dirty diapers, into recycling bins. (Dirty diapers aren’t recyclable! Please put them in the trash.)
- Don’t put “tangles,” such as garden hoses, mini-blinds, power cords, or Christmas lights, into recycling bins.



Credit: dbrimages | E+ | Getty Images

“When in doubt, go find out.”

Beth Porter, *Reduce, Reuse, Reimagine*

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Summer 2019

East Central Indiana Solid Waste District

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- Kyle Schrink, Executive Director
- Susan Eichhorn, Assistant Director
- Tresa Bozell, Executive Secretary

See you this summer!



Again this summer, we'll have a booth at the 4-H fairs in Delaware, Grant, and Madison counties, as well as at other local festivals. Stop by and say hello. Our friendly staff would love to answer your questions. We'll have a lot of great information about how you can reduce your solid waste — and keep our air, water, and soil healthier in the process. Plus, you'll be able to sign up at our booth for our quarterly e-newsletter.

Be sure to check out our NEW recycling station at your county 4-H fair. We would love to see lots of drink containers recycled. See you there!



Event recycling bins available

If you are hosting a summer event, don't forget to plan for recycling! The district has five portable ClearStream recycling containers that we lend out for festivals and other public events. We do require a small deposit, but it is refunded when the containers are returned. To learn more about borrowing these containers, call the district office at 765-640-2535.

What do I do with yard waste?



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If you live in the City of Anderson, you can drop off grass clippings and leaves at no charge. Anderson's composting facility is located at 2000 West 8th Street. Clippings, leaves, and garden trimmings must be in paper yard waste bags or in containers that are emptied at the site — NO plastic bags! Call 765-648-6399 for more information.

East Central Recycling in Muncie and the Grant County Recycling Center in Gas City also accept grass clippings, leaves, and brush. Some fees may apply. For details, call East Central Recycling at 765-282-1900 or the Grant County Recycling Center at 765-677-6044. Remember that grass clippings can be grasscycled, or allowed to drop back onto the lawn as you mow. Grasscycling saves you time and returns nutrients and moisture to your lawn.

You might also consider backyard composting for leaves, plant trimmings, grass clippings, fruit and vegetable scraps, and chipped brush. Throughout the year, the district works with Purdue Extension agents and Master Gardeners to provide backyard composting workshops. The district also offers a how-to program about using worms to compost food scraps, a process called vermicomposting. If you are interested in learning more about composting or would like to schedule a workshop for your group, email Susan Eichhorn at eciswd.susan@yahoo.com, visit our Facebook page, or call our office at 765-640-2535.



Credit: AleksanderNakic | E+ | Gettyimages

Be an eco-friendly mover

Over 40 million Americans move every year. Whether you are moving across town or across the country, here are some tips to make your next move more eco-friendly. Choose the tips that fit your needs and budget. Making one or two changes can make a big difference!

Sell, donate, or recycle items you don't want

If possible, start planning for your move weeks or months ahead of time. This extra time will allow you to get rid of things you really don't need. Clean out that garage and attic first. Don't forget to dispose of household hazardous waste carefully (see article). Have a yard sale or donate extra belongings to a charity. Charities and thrift shops accept clothing, shoes, accessories, bedding and towels, household goods, and usable appliances.

Start packing in containers you already have

You will likely have to buy or borrow some boxes, but you can save money and time by using the containers you already have. Suitcases, plastic totes, coolers, reusable shopping bags, and toy boxes are all great for moving. Use pillows, towels, blankets, clothing, and other soft items to cushion fragile items.

Search for free or low-cost used boxes locally

Buying boxes is expensive, but you can likely get them free around your community. Ask local businesses or neighbors if they have free boxes or look for used moving boxes on Nextdoor or Craigslist.

Buy recycled cardboard boxes

UsedCardboardBoxes.com collects used boxes from businesses around the country and ships them to you. U-Haul also sells used moving boxes.

Consider eco-friendly packing materials

Use newspaper instead of buying paper. Avoid the use of polystyrene foam packing peanuts, which are not easily recyclable and tend to get blown around as litter. If you need loose fill material, opt for cornstarch-based biodegradable packing peanuts or use shredded paper. You can make your own shredded paper by going through old files that you don't need to move along with you. If you must purchase plastic bubble wrap, look for recycled-content products.

Reuse or recycle your packing materials

Be sure to reuse or recycle cardboard boxes and paper packing material once you're done with them. Bubble wrap can be dropped off for recycling at grocery and home improvement stores where you take your plastic bags and film for recycling (visit www.plasticfilmrecycling.org for locations). Before recycling items, consider offering them at a low cost or for free through an online local marketplace like Nextdoor, Craigslist, or Freecycle. Reuse is always better than recycling.

Recycling locations

		Newspaper	Other Paper	Cardboard	Magazines	Glass: Green	Glass: Brown	Glass: Clear	Cans: Aluminum	Cans: Steel	Plastic: #1 & #2	Plastic: #3-#7	Used Oil	Used Antifreeze	Batteries	Metal Hangers	Scrap Metal	Tires	Paint	Appliances	Furniture	Clothing
DISTRICT-WIDE RECYCLING																						
	ADVANCED AUTO	ALL LOCATIONS											●									
	AUTOZONE	ALL LOCATIONS											●									
	CARQUEST	ALL LOCATIONS											●									
	JIFFY LUBE	ALL LOCATIONS											●									
	NAPA	ALL LOCATIONS											●									
	O'REILLY AUTO PARTS	ALL LOCATIONS											●									
	WALMART AUTO	ALL LOCATIONS											●	●								
	DRY CLEANERS	MANY LOCATIONS															●					
	THEATER GROUPS																		●			
	SCHOOLS – ART DEPARTMENT **																		●			
	MISSION GROUPS**																				●	●
DELAWARE COUNTY																						
EATON	ROCK-TENN (396-3317)		●	●	●	●																
MUNCIE	CURBSIDE		●	●	●	●	●	●	●	●	●	●										
	EAST CENTRAL RECYCLING	701 E. CENTENNIAL	●	●	●	●	●	●	●	●	●	●	●	●	●			●	●	●		
	OMNISOURCE	500 W. 23RD STREET							●	●					●		●			●		
	BATTERY MASTERS														●							
	MUNCIE MISSION (288-9122)	400 WEST MEMORIAL	●	●	●	●	●	●	●	●						●				●	●	●
	BATTERIES PLUS	4101 N. WHEELING AVENUE													●							
YORKTOWN	CURBSIDE		●	●	●	●	●	●	●	●	●											
	BATTERY XPRESS	9001 W. SMITH STREET													●							
GRANT COUNTY																						
FAIRMOUNT	MUNICIPAL BUILDING		●	●	●	●																
MARION	CURBSIDE		●	●	●	●	●	●	●	●	●											
	GRANT CO. RECYCLING CENTER	3939 GARTHWAITE ROAD	●	●	●	●	●	●	●	●	●		●	●	●			●	●	●		
	NEWLON METALS	654 LINCOLN BLVD.							●	●							●					
	RIDDLES AUTO SALVAGE	5325 S. ADAMS							●								●					
MADISON COUNTY																						
ALEXANDRIA	AZIMOV & CULBERTSON	206 CURVE STREET							●	●					●		●					
	RECYCLING CENTER	200 W. 3RD	●	●	●	●	●	●	●	●	●											
ANDERSON	BATTERY EXPERTS	1420 BROADWAY													●							
	CURBSIDE		●	●	●	●	●	●	●	●	●	●										
	NEWCO METALS	1515 EAST 22ND							●	●							●			●		
	MADISON AVE. TRANSFER	MADISON AND 66TH STREET	●	●	●																	
	MADISON CO. RECYCLING CENTER	2031 MOUNDS ROAD	●	●	●	●	●	●	●	●	●	●	●	●	●			●	●	●		
ELWOOD	RECYCLING CENTER	1033 S. H STREET	●	●	●	●	●	●	●	●	●	●	●	●	●			●	●	●		
LAPEL	CURBSIDE		●	●	●	●	●	●	●	●	●											
ORESTES	CURBSIDE		●			●	●	●	●	●	●											
PENDLETON	GARDNER WRECKING	7890 SOUTH S.R. 67							●	●					●		●			●		
	NEWCO METALS	7268 SOUTH S.R. 13							●	●							●					



** Check with churches and schools individually to find out what they can accept.

What to do with household hazardous waste

Household hazardous waste (HHW for short) is any sort of product in a home that could be poisonous or dangerous if thrown in the trash. HHW includes cleaning supplies, car and lawn care products, some paints, propane tanks, and more. Never throw HHW into the trash. It may cause fires or contaminate our groundwater and soil. Properly dispose of HHW at your nearest County Recycling Center. For hours and additional details, visit www.eciswd.org or call us at 765-640-2535.



Credit: glaxia | iStock | Getty Images Plus

A Heart for Service

A former Los Angeles County Sheriff's Deputy, Veronica Marella remembers feeling sad during her morning drive to work. As she neared her post at the University of Southern California Medical Center, she would see people who were homeless sleeping on the sidewalk with nothing underneath them but the cold, hard ground. The memory and the feeling stayed with her as she moved on with her life and into a new career as a surgical technologist at Providence Little Company of Mary Medical Center in Torrance, CA.

One day, as she was helping set up an operating room for an orthopedic surgery, she noticed that large tray wraps were being removed from sterilized instrument trays and tossed into the trash. These wraps ensure that instrumentation remains sterile until it is inside the operating room (OR) and ready to use. The wraps are removed from the instrument trays and discarded outside the OR before the patient ever enters the room.

A seamstress who loves to sew and craft, Veronica told a coworker that she was sure the wraps could be turned into something new. She set a few aside — outside the operating room — and took them home that evening. As she looked at the 4-foot square tray wraps, which are water repellent, heat absorbent, and machine washable, she remembered her early morning drives to work and her homeless neighbors sleeping on the cold ground. Veronica realized that she could turn two tray wraps into a sleeping mat. With the addition of a couple of pieces of elastic, she was able to roll the finished mats (yoga mat style), making them easy to carry. The du cOeuR Project was born.

As Veronica says, "All it takes is a creative mind and a caring heart to help others and our environment."

Veronica returned to work the next day and reached out to the OR Director at Providence Little Company of Mary Medical Center to show him the mat and ask for permission to begin collecting

the wraps. She was surprised to receive enthusiastic approval within two days. The Marketing Director at Providence set up a bin for her, and coworkers began filling the bin with wraps. Veronica takes the wraps home at the end of each day.

Each evening and over the weekend, Veronica sews and sews. She estimates that she spends two to three hours each weekday — and more on weekends — turning the wraps into mats, spreading the word about this project to other ORs, connecting with agencies and ministries that serve the homeless population, and distributing finished mats. As of the end of March 2019, Veronica has distributed 2,760 mats through the du cOeuR Project.

"I'm hoping what I have created will inspire others to see outside the box and use those resources they have in front of them to help the homeless in their communities," said Veronica.

Veronica truly has a heart for service. It's no surprise that the name "du cOeuR" comes from the French term which means "from the heart." The capitalized O and R give a nod to the source of the wraps and Veronica's many surgical colleagues in Torrance and nearby San Pedro who help collect them.

Providence Little Company of Mary Medical Center has praised this project for taking the hospital's mission to care for the poor and vulnerable beyond its walls. By finding a practical use for something that wasn't previously considered reusable, Veronica was able to give something essential to another person. Rick Fridrick, director of Mission Leadership at Providence, said, "This is obviously part of who this caregiver is."

Along with her two partners, Registered Nurse Fernando Ovando and Surgical Physician Assistant Navjot Kaur, Veronica has founded the du cOeuR Project Ministry, a non-profit that was established this year. The trio hopes to expand the work of the du cOeuR Project. Already the project has gone nationwide. Veronica and her partners have inspired and helped other medical professionals begin similar projects in hospitals across the country, as well as at additional Providence hospitals in California. The du cOeuR Facebook page links how-to videos and includes photos from many wrap repurposing projects.

To learn more about the du cOeuR Project, visit their Facebook page at www.Facebook.com/bearheart4101 or go to www.YouTube.com and search for "du cOeuR Project."



Sharing our shores



For many, summertime means a trip to the river, lake, or ocean shore. Once you are there, you might fish, wade, swim, surf, or ski. After the sun goes down, you might enjoy a dinner of seafood or freshwater fish.

Chances are, you aren't thinking much about plastic trash in the water, but maybe you should be. About 80% of the plastic waste floating in our waterways, lakes, and oceans originates on land. And once it is in the water, much of it stays there, breaking up into ever smaller pieces. Unfortunately, those "microplastics," along with chemicals used to make them or those that have clung to them in the water, become part of our food chain.

Next time you are enjoying the water and shore, follow these tips to reduce plastic waste in our waterways:

- Avoid plastic bags. Instead, carry food, toys, and other supplies in sturdy reusable bags that won't easily tear or blow away.
- Keep track of your stuff. Place lightweight items under heavier items or inside your bag to keep them from blowing into the water or being pulled into the water by waves.
- Choose heavy-duty coolers that will not easily break or tumble away in the wind.
- Pack your picnic in washable, reusable containers.
- Fill and carry reusable water bottles rather than using single-use plastic bottles. Or put reusable cups into your bag and take a water cooler jug along.
- Place caps back on recyclable plastic bottles and put empty bottles and cans back into your cooler so you can recycle them later.
- Skip the plastic straw on carry-out drinks.
- Put empty chip bags, candy wrappers, and similar lightweight items into a secure trash container as soon as you finish the food.
- Take along fewer toys so they are easy to collect at the end of the day. Try to avoid toys that can easily float away.
- If you smoke, don't litter your cigarette butts or vaping pods.
- Pick up the area at the end of the day, and take home everything you brought with you.

To learn more about plastic waste in our waterways, visit www.epa.gov/trash-free-waters, www.oceanconservancy.org/trash-free-seas, or www.marinedebris.noaa.gov.

No one likes wasting food

It's not easy being green. Or is it? Is it possible to be kind to our planet without feeling constantly overwhelmed? We think so. The good people at the University of California have partnered with Vox Media to create a series of nine short videos describing several basic sustainability problems, introducing people who are coming up with innovative solutions, and offering simple, guilt-free ways that people like you and me can make small changes to help.

Hosted by the entertaining and charismatic global conservationist Dr. M. Sanjayan, these short videos cover a range of topics. Episode four, a nine and a half minute video titled "Food Waste Is the World's Dumbest Problem," looks at how much food we waste, why we waste it, and what's being done to change that.

"When we picture the stuff that's hurting our planet, what do we think of?" asks Sanjayan. "We think of smokestacks, cars, oil spills. We don't really think about all the food we throw away." But in the U.S. roughly 40% of the food we produce never gets eaten. That adds up to many millions of pounds per day. And with one in eight Americans lacking reliable access to enough affordable, nutritious food, this is a big deal.

Dana Gunders, senior scientist at the Natural Resources Defense Council, notes, "Of all of the challenging problems out there, reducing the amount of food we are wasting is one of the easiest."

Komal Ahmad created Copia, an innovative food app, to allow caterers or restaurants with excess food to get it to shelters and the people who need it. "There is so much high-quality surplus [food] that's wasted that just needs to find the people who need it the most."

Reducing food waste is one of the easiest ways to go green. It takes a lot of resources — water, labor, oil, and land — to grow food, package it, keep it cold, and transport it. When you reduce food waste, you save money, too. Plus, no one likes wasting food.

To watch the video, go to <https://youtu.be/6RlxySFrkIM>.



Eating well while wasting and spending less

In the United States, about 40% of all food goes to waste. That waste costs a family of four about \$1,500 each year and results in nearly 3 pounds of trash every day. At home, you can reduce your food waste by using the 3 Rs — Reduce, Reuse, and Recycle:

- Reduce your food waste at home. Make a list before you shop. Purchase only the amount of food that you need for the meals you will be eating at home. Avoid exotic ingredients that are needed for a single recipe. Adjust recipes to make the amount your family needs. Store leftovers in the refrigerator or freezer.
- Shop your own fridge and pantry. Look for items you need to use up and then search online for recipes that require them. You might discover a new family favorite.
- Reduce food waste at restaurants. If portions are large, share a full order with your companion. When you are full, put leftovers into a carry-out container. Better yet, bring your own reusable container from home and put leftovers into it. Remember to eat the leftovers soon!
- Mark one refrigerator shelf as the “eat first” section and put leftovers and items nearing their “best-by” dates there.
- Freeze food for future use. If you bought too many carrots, you can chop them up and freeze them. They’ll be ready to toss into a nice soup in the fall. Green peppers and onions can be chopped, frozen, and pulled out to add to meatloaf or omelets.
- Create your own vegetable stock. Toss wilting vegetables and aging spices into a pot of water and let it simmer. Cool and freeze the stock for later use.
- Learn to make jams and jellies and homemade salsa to use up extra fruits and vegetables.
- Share unwanted food with friends and coworkers. Do you have leftover birthday cake? Invite a neighbor over for a slice or take the extra to work.
- Donate unneeded food products to local food banks and other charitable organizations. Go through your non-perishable boxed and canned goods regularly. If an item has been sitting in your pantry for six or more months, you probably aren’t going to use it. Give it to someone who will eat it.
- Give away excess garden produce. Share nature’s bounty with friends, neighbors, and coworkers.
- Compost your food scraps. You can compost fruit and vegetable scraps, as well as bread, pasta, grains, coffee grounds, and tea bags, in your backyard compost bin or pile. Bury the food about 10" below the surface to discourage unwanted visitors. You can also compost food scraps in a vermicompost (worm composting) bin indoors or an in-ground food composter outdoors.



Credit: iStock | Getty Images Plus

For More Tips to Reduce Waste and Save Money

www.savethefood.com

www.choosemyplate.gov/lets-talk-trash

www.epa.gov/sustainable-management-food



Credit: Eloi Omella | iStock | Getty Images Plus

Did you know?

Plastic water bottles have been seen on the ocean floor at a depth of 5,249 feet, which is nearly a mile below the surface.

“We’re all living in the same bathtub.”

Chris Pallister, Gulf of Alaska Keeper

A conversation with Lindsay-Jean Hard

In the introduction, you credit several cooks and authors as having created timeless and popular recipes. Was there someone in your childhood who inspired your love of cooking?

I attribute this to my father's parents, Jane and Gil (G.G. and Pop-Pop to me). Their appetite for fine dining gave me early lessons in proper table etiquette and an appreciation of good food. While I ate my fair share of cheeseburgers, I also experienced new

dishes. I clearly remember greedily slurping the garlicky butter that my escargot were swimming in and devouring crispy black bean cakes while gazing, mesmerized, at an ice sculpture of a swan across the room. My grandmother had a degree in dietetics, but I don't remember any heavy-handed discussions on food choices or exercise — she and my grandfather led by example. They were active, trim, and traveled extensively. There were no "health foods" or fat-free dairy products lurking in the refrigerator; I knew I would always eat well when I was with them — like G.G.'s Banana Cake that the Banana Peel Cake in my book is modeled after. They set an early example for me on the value of enjoying all things in moderation.

The influence of your two years living in Japan is evidenced in your tempura, soba noodle, and grilled rice dishes. In what other ways have your travels informed your cooking style?

I find that I grow the most any time I'm out of my comfort zone. Whether exploring a new spot in my own town or traveling to new places, I try to stay in the moment and take it all in. I never know how that experience might inspire me — testing out a new dish in the kitchen, heading to my art studio to create, or grabbing a pen and paper and writing about it.

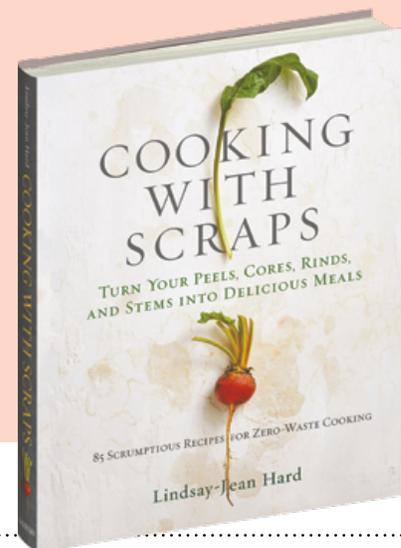
This book evolved from your years writing and editing a food blog. Do you plan any additional cookbooks? Any other projects evolving from your current work in the retail food business?

That's a good question! I'm mulling over a few ideas, but I don't have anything to announce on the writing front. *Cooking With Scraps* has definitely impacted Zingerman's Bakehouse, where I work as a marketer. While they were already focused on reducing waste, I've helped in that area. For instance, we no longer peel a lot of produce, like apples and carrots!



Taste what you've been missing

Whether preparing a favorite meal or trying a new recipe, the excitement builds as you begin rinsing, peeling, chopping, and mincing the ingredients. As waste piles up near the cutting board, you may consider this a necessary byproduct of eating a fresh, healthy diet. But is it? What if someone could show you how to create flavorful dishes from those scraps? That is what Lindsay-Jean Hard does in her book, *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems Into Delicious Meals* (Workman Publishing, 217 pages). Her recipes show you how to turn this untapped resource into food you will love. From refrigerator-clearing frittatas to exotics like beet peel margaritas, the book helps you make the most of food you have always purchased but never fully enjoyed. While clever and elegant, these recipes are also quite simple, with neither the ingredient list nor the steps exceeding the number 10.



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Follow
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We want your suggestions, questions and comments!

We are also available to speak to your club or organization about solid waste, waste reduction, recycling and composting.

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