

RECYCLING NEWS

2024 vol. 1

Lower Allen Township

Where Do I Start?

Reducing the items that we have in our homes can be an overwhelming task. Our memories can be reflected in those items or just the thought of eliminating something can be too much to deal with when our lives are already so hectic.

Sometimes we need a suggestion of where to start.

1. Start small. Don't tackle the entire closet or that drawer we throw everything in. Choose something small to feel the success.
2. Set a timer. Don't get sucked into the rabbit hole of decision making on items. 10 - 15 minutes is plenty of time to make some quick decisions.
3. Stick to your decisions. If you are going to donate something or toss it, do it immediately. Don't create a new pile in another location.



Reduce
Reduce
Reduce

New years are usually a time for New You's and Resolutions! I am normally not a resolution person, who wants to feel like a failure for not being able to follow through with walking 3 miles a day or not touching fast food or finally teaching myself how to knit a blanket! I don't know about you, but I tend to quit those resolutions before the end of the month. In fact, January 12th is considered the National Quitters Day. The day most people quit their New Year's Resolutions. This year I made a New Year's Resolution and I am still motivated to keep going. My resolution is to eliminate 2 items from my home every day for a year. I am starting with the beginning of the recycling motto, "Reduce, Reuse, Recycle".

Before I can think about how I am recycling something I need to start with what I buy. Do I **need** the item I want to purchase? Once I decide if I need the item then I can decide how to reduce my stuff.

At first I thought, 2 items that's 732 items from my house in a year! It is a leap year so there is that extra day! Reducing the items in my house has not been easy. The first question is where do I begin? After the initial overwhelming feeling of "I like my stuff" and "This will be too hard", each day has been easier.

I found it easier to start randomly. I pick a different location in the house each day. I have eliminated socks one day, those that still have life were donated to a shelter. Another day I found a pile of blankets we did not use. Those went to an animal shelter via a current Eagle Scout Project.

January Challenge = Reduce 2 per day

email me with how you reduced your "stuff" including a picture and be entered to win a prize

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Food Reduction Trends



Whether the trends are politically, socially, or consumer driven, let's breakdown a few that could assist in food waste reduction and ultimately reduce trash.

In December 2023 three federal departments released the “[Draft National Strategy for Reducing Food Loss and Waste and Recycling Organics](#)”. There are 4 main objectives in this proposed strategy.

Throughout the 2023 year, social media influencers have proposed ways to use products that reduce waste. Zero waste is a trend that has brought companies like Lomi and Hill into the social media spotlight. These products reduce food scraps to compost by drying and grinding the food in your kitchen.



Home Composting has become a topic across the country. More and more cities are introducing curbside composting services.



Rising Costs of Food

According to the USDA, in 2023 food prices were predicted to increase 5.8%, that includes an approximate 7% increase in food away from home and an approximate 5% increase in food at home.

We have all seen the sticker shock or heard the articles on the news, egg prices have increased 250% since 2022. The reason is not just inflation; avian flu forcing the slaughter of 58 million birds to contain the virus. A dozen large eggs cost \$1.93 in 2022. In 2023 a dozen large eggs cost \$4.82. Other household staples saw similar increases. Milk, bread, butter, and bacon all saw increases nearing 44%. Some of those products had slower increases come mid 2023 while others saw decreases towards the end of the year. With the increase at the checkout line, are there other ways to reduce our costs?

Ways to Save

Citizens across the United States have found alternative ways to save money at the grocery store. From shopping around on groceries to BYC (Back Yard Chickens), homesteading traditions like canning or sourdough starters, more and more citizens are looking for alternatives to the ever-raising cost of food. Whether it is social media influencers or the rapidly increasing costs at the grocery store, citizens are finding new ways to save money.

February Forward Thinking

Lower Allen Township is not endorsing any products discussed in this newsletter. All products are for information and discussion only.

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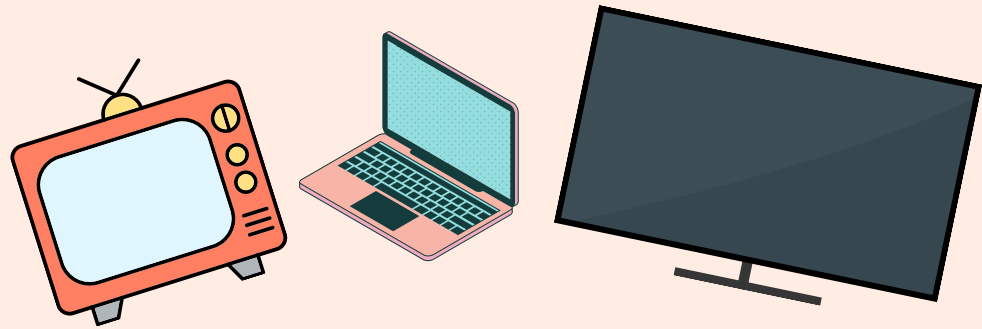
Lower Allen Township

Cardboard and Paperboard Drop Sites

Cardboard can quickly become contaminated in curbside recycling containers. Wetness, grease, or food are a few of the ways that cardboard can become contaminated and lose value in the recycling process. Flattened corrugated cardboard can be taken to the Lower Allen Community Park for disposal.

The cardboard dumpster is located in the first parking lot on the left at the far end from the barn. Please be mindful of which dumpster you are using and place your cardboard in the appropriate dumpster.

Cereal boxes, cracker boxes, boxes from cases of soda, pasta boxes and so many more items are made from paperboard. All of these items and many more are completely recyclable...BUT NOT IN OUR CURBSIDE CONTAINERS! Unfortunately, just like corrugated cardboard, the contamination rate is extremely high for these items, and they are unable to complete the recycling process when placed in a curbside container. Using a dumpster drop site allows for reduction in the residue rates and an increase in recycling.



Electronics Recycling Event

When: March 23rd 9am to noon

Where: Public Works Facility, 1400 St. Johns Road

Built into the new refuse contract is a requirement for the hauler to provide 1 special event collection per year of the contract. In 2024, the special collection is an electronics event with one TV or one monitor free per household. ID required. Other items will be collected at no cost. Additional televisions or monitors can be brought to the event with a charge. Please refer to the information on the website for costs and a list of FREE items to bring to the event.

Additional Recycling

Lower Allen Township is a drop location for 2 different products to be recycled. The first is Bimbo Bakeries USA bread and bakery bags. The corporate office of Bimbo Bakeries sponsors this recycling program and offers free recycling for their many bakery items. Drop your empty (free of all crumbs) bakery bags at designated drop locations at the Township office. The second is for air care products and packaging of all brands. Find the drop location at the Township building for clean, empty air and home care bottles, trigger heads, lids, plugs, and cartridges. Find a complete list of items for both programs on the Trash and Recycling page of the Township Website.

March Mindfulness



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Tire Recycling Events

Cumberland County will be hosting a tire collection event on May 16th and 17th from 3pm-6pm both days.

For more information, please visit the Cumberland County Recycling and Waste page at www.cumberlandcountypa.gov

Household Hazardous Waste

Cumberland County hosts a household hazardous waste collection event 4 (four) times a year. These events are open to any county resident. Hazardous waste is expensive to process safely and requires permitting from DEP to host an event. The cost for residents to recycle materials at the Cumberland County event is \$0.15 per pound. April 11th is the next HHW event for Cumberland County.



What does the County Offer?

Cumberland County offers Electronics Recycling throughout the year. Hours for electronics recycling at the county are 12pm-4pm Tuesdays and Wednesdays and 8am-12pm on the 2nd and 4th Saturday. The cost to recycle electronics is \$0.50 per pound, with a grant from DEP to offset the cost to residents. Since the program has started in 2017, Cumberland County has recycled 2,010,491 pounds of electronics.

Cumberland County Events Location:

1001 Claremont Road, Carlisle (near the Army Heritage Center)

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Zero Waste Communities

The U.S. Council of Mayors adopted a zero waste resolution in 2015. The following communities across the United States have enacted zero waste policies.

King County, WA

Austin, TX

State of Connecticut

Fresno, CA

Asheville, NC

Find more information at:

[EPA - zero waste](#)

Residential Zero Waste

Simple steps can lead your home to a zero waste residents. First, what is the largest source of trash for your family? Zero Waste is something we all can work towards. Families have waste. The question is can you reduce it. Do you use disposable products for meals? Do you buy single use bottled drinks? Do you use paper towels for all your cleaning needs? There are alternatives to all of these items and changing even one product can significantly reduce your household waste.

Zero Waste

What does it mean to go Zero Waste? Zero waste is a movement that started with businesses and has spread to residential households in the past few years. Businesses that claim to be zero waste have policies and programs in place that; focus on reducing and reusing, ban problematic materials with extended producer responsibility practices, and develop infrastructure to improve recycling and composting. Zero waste businesses experience efficiency in production, save money through reducing waste and reuse systems.

Can Your Household Attempt a Zero Waste Day, Week, or Month?

Report your experience to barnold@latwp.org

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Did you know?

Summertime recycling facts:

- On July 4th, Americans will consume 150 million hot dogs. Imagine the number of bun bags we could recycle in Lower Allen Township!
- In 2023, 896 million pounds of hot dogs were sold
- Between Memorial Day and Labor Day, Americans consume 7 billion hot dogs
 - that is 818 hot dogs consumed every second



Lower Allen Township Adds Drop Locations

To further remove items from the waste stream and reduce the trash residents are sending to landfills, Lower Allen Township has registered with Terracycle to provide a drop location for two items commonly found in residential waste streams.

Lower Allen Township Municipal Services Center is a drop location for Bimbo Bakeries USA bread and bakery bags. This manufacturer is local to central PA. Common brands are Thomas', SaraLee, BallPark, Arnold, and Oroweat. Bring any of those bags, free of crumbs, to the Township building at 2233 Gettysburg Road to be recycled.

The second item that will be collected at the Township building are air and home care bottles, trigger heads, lids, plugs and cartridges.

Mr. Clean
car air fresheners
any air freshener
any trigger top from cleaning bottles

For information on the items collected, visit the [LATWP trash and recycling webpage](#).

What is something you only clean in the summer?

Submit your answers for a prize!

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Steps to Cleaning Out a Space

What decisions need to be made before disposing of items?

1. What items are being disposed of? Are any items considered Household Hazardous items? Make an inventory so you know what items you need to address with the Environmental Coordinator.
2. Contact your local Recycling Coordinator or other staff for assistance.
3. Decide if a dumpster, lawn tarp, or bulk item pick up will work for your clean out.
4. If immediate disposal needs to occur, consider the costs involved.



Residential Clean Outs

What to do with entire rooms of trash?

Whether you are moving into a home that was already occupied, cleaning out that shed that has become a dumping ground or cleaning out a relative or friends' home, the question of what to do with unwanted items is bound to require an answer. Residents have different options to dispose of trash when cleaning out a home.

- Dumpsters (arranged through a hauler)
- Large Tarp collection (arranged through a hauler)
- Junk Removal Company
- Curbside collection of 1 large item per week
- Bags of trash should be placed in wheeled trash carts, excess will not be accepted

Knowing what you need to get rid of is the most important part of the process. Depending on the age of the house, the items that are left behind could be hazardous and may need special care to dispose of them. Tossing items in the trash is dangerous and has the potential to cause injury or damage. Proper disposal of items keeps everyone safe and ensures that items are properly handled. For questions on the disposal of any item, contact Barbara Arnold at barnold@latwp.org.

What is the oddest item left in a home you were cleaning out?

Send your answer to barnold@latwp.org

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Where to dispose of each type of battery:

Alkaline Batteries

- Alkaline & Zinc Batteries
- A, AA, AAA, C, D, 9V
- dispose in trash or take to Batteries Plus & Bulb for recycling

Button Cell Batteries

- County Household Hazardous Waste Event
- recycle at Batteries Plus & Bulb

Lead Acid Batteries

- car, boats, alarm systems, etc
- County Household Hazardous Waste Event

Rechargeable Batteries

- recycle at Batteries Plus & Bulb

Safely dispose of all batteries by covering the terminals with tape or placing in individual bags.



What is the number 1 item with questions regarding disposal? **BATTERIES**

It seems that everything comes with a battery these days; remotes, cell phones, toys, and greeting cards to name a few. What do you do with the batteries when they no longer work? Each style of battery has a different way of disposal. The common theme with all batteries is

DO NOT PLACE IN THE CURBSIDE RECYCLING.

Collection truck fires caused by batteries are on the rise. A recent report by the waste industry stated that 5000 truck fires occur annually due to improper disposal of batteries in trash and recycling trucks. Lithium-ion and rechargeable batteries are considered the most hazardous types of batteries. Proper disposal is essential for safety.

**Batteries Plus & Bulb will properly dispose of all batteries for a fee.
Please check with the store for rates of disposal.**

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Back to School: Recycling Tips & Zero Waste Tips

School Lunches

- consider reusable containers or reusable utensils to reduce waste
- pack a refillable water bottle
 - many schools have refilling stations for water bottles
- encourage your school to go green in the lunchroom
 - reusable utensils, dishes, and recycling bottles and cartons

School Supplies

- before buying all new supplies, consider what is still usable
 - are there any supplies not used from the previous year?
- check your local buy nothing group

Snacks

- buy snacks in bulk and use reusable containers to send them to school



Back to School: Back to Rushed Weeknight Dinners

Labor Day can be a welcome change for many families. Whether you enjoy the return to routine in the fall or not, everyone's schedule changes when the kids return to school. Even the empty nesters in the neighborhood have to adjust to increased traffic or busier streets in the neighborhood. No one is immune to the back-to-school time of year.

Does your trash increase when school restarts?

Let's face it...back to school is back to hectic evenings! Activities, sports, games, play practice, and every other time juggling act that parents need to maintain for our kids. That means that evening meals can often be take out or drive thru. Both create more trash whether we eat on the run in the car or in the house standing in the kitchen. Eliminating paper plates and disposable items from 1 meal can eliminate 1 bag or more of trash a week.

Lunch boxes, reusable utensils, and reusable water bottles can all contribute to waste reduction during the school year. Stop by Lower Allen Township for a free reusable item for your bag!

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Does It Work?

I recently tried the Buy Nothing Group concept to test whether it was really convenient and safe to participate. After years of collecting random school supplies for my children, the time had come that the items were no longer needed. With the graduation of my children, came the clean out of a cabinet full of pens, pencils, notecards, binders, and loose-leaf paper packs. I am sure many of you are familiar with this cabinet in your home. You know, each year is the list of school supplies that are needed and by the end of the year some amount of the items purchased are never used. I was ready to part with everything and the Buy Nothing Group of Mechanicsburg had plenty of people interested in picking up the items to use. A simple post and picture and my box of random items were gone by the end of the weekend. No contact, no hassle, just picked up from in front of my garage door.



Buy Nothing: Have You Tried It?

Buy Nothing Groups are growing in popularity among communities across the country. Local Buy Nothing groups are popping up in many communities making the process of purging or finding that one time use item much simpler for residents. Buy Nothing Groups are registered by your local town or community. The Buy Nothing Project movement started in Washington State in 2013 and has grown to thousands of users on Facebook across the country. Items are listed to “simmer” for 24 hours, creating more interest. What can be found on a Buy Nothing Project site? ANYTHING! From freezer burned meat to baby items never used to non perishable foods to the left over birthday cake that you no longer want in your house. I have even seen people giving leftover meals from a big dinner they prepared. Imagine how many people we can help by looking at our unwanted items as treasures to others!

Buy Nothing Groups are becoming popular on social media platforms. Look for your local Buy Nothing Group, have you provided a treasure to someone else?

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What can the 904 grant be used for?

There is no stipulation for use of the 904 grant money. Because this is money from recycling, using the money to enhance a recycling program is suggested. Money from the 904 Grant is not used to offset a contract cost because the amount is not guaranteed each year.



Why Should You Recycle Curbside?

Residents ask all the time, why should I recycle?

Did you know that the amount you recycle produces money back to the Township? Each year Lower Allen Township submits an application to Department of Environmental Protection that outlines the amount of material collected from recycling in the Township. This is called a 904 grant. That amount, minus residue rate amounts, incorporating population, gives DEP a dollar amount to give back to the Township. This amount goes back to the Township to be used to enhance recycling and waste reduction in the Township.

What is a residue rate?

The residue rate is the average across the state of materials that entered the recycling stream that was not recyclable. Pennsylvania uses an average rate for the entire state of 20%.

How much money can the Township expect?

Amounts can vary based on recycling weights. Lower Allen Township is projected to receive approximately \$42,000. This is the amount projected for recyclable materials in 2022. The 2023 calendar year grant is due 12/31/2024.

What would you like to see recycled in Lower Allen Township?

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Tips to Reduce Waste During the Holidays

- Consider a “real” Christmas tree if possible. The Township offers free collection of Christmas trees after the holidays.
- Reuse the brown paper from shipping boxes for gift wrap. Brown paper can be ironed to remove wrinkles. Consider decorating the paper or leaving it blank and tie packages with a ribbon.
- Reduce waste by using regular dishes during the holidays for 1 meal a day. Paper products are convenient, but the waste adds up over the holidays.
- Monitor your food waste. Food waste through the holidays is common. Consider donating unwanted foods or meals before the need to toss them out.
- Reuse tissue paper, boxes and gift bags.
- Recycle unneeded gift boxes!



Happy Holidays

The holidays can be stressful! The work/home balance can be enough to stress anyone during the holidays. Between attending all the holiday concerts to deciding where to spend the time off to preparing for guests to visit or be a guest, the holidays can bring out the best and worst in all of us.

When tossing things out over the holidays, consider donating or posting items for free. Your trash may be someone else's treasures!

Remember: Not all paper is created equal!

Check with the Township on how to dispose of items. Battery fires are occurring regularly throughout Pennsylvania. Batteries are NOT recyclable!

Dispose of items with care and caution!



Have you thrifted a gift during the holidays?