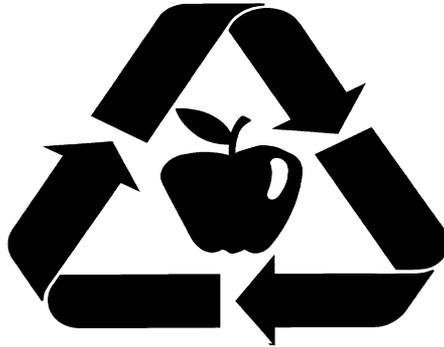


Londonderry's Buried Treasure

A Guide to Reducing Waste,
protecting the environment
and saving money



***THIS GUIDE WAS PRINTED ON 100% RECYCLING PAPER
WITH 50% POST-CONSUMER CONTENT
AND 50% PRE-CONSUMER CONTENT***



RECYCLED PAPER

Post-consumer content means used paper collected for recycling in curbside programs such as Londonderry's.

Pre-consumer content is the end cuts and excess stock from paper manufacturers. It has not been used.

THE INK IT IS PRINTED WITH IS SOY-BASED

Printers ink contains as much as 30% volatile organic compounds (VOC's), which are the cause of air pollution and contribute to global warming. Soy ink has a VOC content of less than 1%. Soybeans are also a renewable resource.

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(11-15-17)

Recycling is important to everyone.

*It lowers trash disposal costs,
saves non-renewable resources
and most significantly, improves the environment
by keeping waste out of the landfill.*

PLEASE DO YOUR PART.
REDUCE, REUSE AND RECYCLE!



ACKNOWLEDGMENTS

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Nancy Adams, UNH Cooperative Extension for her composting expertise.

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Donna Limoli and Bob Kerry for the 2017 update of the Buried Treasure.

The Solid Waste and Environment Committee for its invaluable research and editing.

Disclaimer

The information in this book was accurate as of September 2017. Neither the Solid Waste and Environment Committee, nor the Town of Londonderry is responsible for any damages, losses or injuries incurred as a result of and on the information contained in this booklet.

I. Where Is Londonderry's Buried Treasure?

Londonderry is a community with many obvious treasures: rustic landscape, protected conservation lands, a nationally recognized school system, and a thriving spirit of volunteering. These fine qualities and achievements are a source of deep pride to all of us.

Like all communities, Londonderry has other, less obvious treasures. Among them, surprisingly, is what we throw away every day. Most of our trash is really buried treasure: overlooked material that has value whether re-used, recycled or composted.

It wasn't always this way. The term "disposable" has only come into fashion in modern times. People used to look for ways to make things last by re-using and repairing possessions. Packaging was minimal, obsolescence rare, and planned obsolescence unthinkable.

Yet, while society has gotten wasteful in the modern era, the pendulum has slowed. The reality of costly and contaminated landfills, incinerator emissions and depleted natural resources has gotten our attention. Here in Londonderry, we established the first town-wide curbside recycling program in New Hampshire and we have implemented recycling and waste collection programs and contracts over the years that have added up to seven figure savings in our waste disposal bills.

The Solid Waste and Environment Committee believes that there is a lot we can do to conserve our resources; simple things to protect our environment and to reduce our taxes at the same time. By shopping more discriminately ("pre-cycling"), by donating or selling unwanted possessions, by maximizing recycling, and by composting lawn and kitchen waste, families can reduce the amount of trash they discard by half or more!

This guidebook is designed to tell you how you can personally make an impact. Like treasure maps of old, it will help you uncover Londonderry's Buried Treasure.

Paul Margolin

Londonderry Solid Waste and Environment Committee

The Solid Waste and Environment Committee meets the second Monday of each month at 7:00 p.m. in the Woodmont conference room of the town offices. Residents are welcome to attend and participate.

II. Recycling Basics

How to Recycle in Londonderry



It's easy to recycle in Londonderry's curbside program!

To make it as simple as possible, each pick up curbside residence is assigned a town provided, blue, 95 or 35 gallon wheeled recyclables cart.

As of July 1, 2016 the Town of Londonderry changed to a Bi-Weekly (every other week) recycling process. Each blue recycling cart has either a blue lid or a gray lid to designate your recycling collection week. Refer to the Recycling Bi-Weekly Collection Schedule on page 9.

The Town of Londonderry uses a single stream recycling process. Any recyclable item listed on page 8, Acceptable Paper • Plastic • Cans • Glass, may be combined together loose (No plastic bags!) in the blue recycle cart.

Recycling Tips

- Pickups begin at **7:00 a.m.** The same route is not always followed so please have your material set out before that time!
- Use the blue Town provided 96-gallon or 35-gallon cart for all recyclables
- Recycling will be collected EVERY OTHER WEEK on the same day as your trash collection. The lid color of your recycling cart designates your collection week
 - Blue lids will be collected on the Blue weeks
 - Gray lids will be collected on the Gray weeks as noted in the *"Recycling Bi-weekly Collection Schedule"* on page 9.
- You do not need to sort your recyclables - see list of "Acceptable Recyclables" on page 8 of this brochure.
- Do not place trash, plastic bags, plastic wrap, or anything made of foam in your recycling cart.

- You do not have to remove caps but please rinse containers
- Crush your containers so more will fit in your blue recycle cart. *Crushing and compacting your recyclables means more storage capacity in your recycling cart.*
- **No** Sharps/needles should be placed in your recycling cart or (trash cart) - see "Sharps/Needles Disposal" on page 15.

We can only recycle those items listed on pages 8 even if the package says it is recyclable or is made from recyclable materials.

Our program has expanded over the years, and will again. As manufacturers develop new ways to make products from recycled materials, Londonderry will endeavor to collect and market those materials.

Check out the Londonderry Recycling News at Town Hall or visit the Town's website, londonderrynh.org/pages/index (Click on Services A-Z, Click "R", then Recycling) to find updates to the program

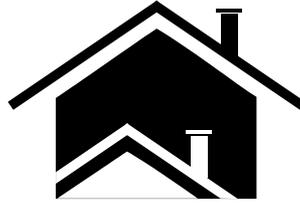
Recycle Cart Placement



The trash/recycle carts shall be placed 3-feet away from the edge of the pavement. Also, keep the cart 3-5 feet from any obstructions (mailboxes, fences, parked cars, trash cart, etc.)

Please DO NOT place the carts in the street where they can impede traffic and interfere with snow plow operations

Multi-family Recycling



WHAT CAN I RECYCLE?

Multi-family units, condominiums, apartments, town houses, etc., have been part of the town contract since 1991. That means they can recycle everything single-family residents can, but the manager of the complex must provide the containers either by purchasing or renting them.

WHERE DO I PUT MY RECYCLABLES?

The larger complexes may have a roll-off container (a large metal container with compartments to separate recyclables). The smaller buildings may have recycle carts on wheels. Some have curbside collection. Contact your condominium association, manager, or ask a neighbor, to find out where the recycling containers are located.

HOW DO I STORE RECYCLABLES?

Some apartments don't have a lot of room to store recyclables. Make sure you don't build up a large quantity. Store recyclables in bags which are easy to carry and empty them on a regular basis, loose into recycle container. Hang from a doorknob or hook in a cupboard.

CAN I USE THE DROP-OFF CENTER?

Yes, any Londonderry resident can use the Drop-Off Center for all of the items listed under section *Londonderry Drop Off Center on page 13* by showing a current driving license or other proof of residency.

What is Collected Curbside

Acceptable Recyclable Items for Curbside Pick Up – The Town of Londonderry uses a single stream recycling process. **ANY RECYCLABLE ITEM LISTED BELOW, ACCEPTABLE PAPER • CARDBOARD • PLASTIC • CANS • GLASS, MAY BE COMBINED TOGETHER LOOSE (NO PLASTIC BAGS) IN THE BLUE CONTAINER.**



Please note – As of July 1, 2016 recycling will be picked up bi-weekly (every other week). Each blue recycling container has either a blue lid or a gray lid to designate your recycling collection week. Refer to the Bi-Weekly Recycling Schedule Calendar on page 2.

Acceptable Paper:

Brochures, catalogs, flyers
Cardboard egg cartons (not Styrofoam)
Colored paper
Folders
Greeting cards
Index cards
Magazines
Milk or Juice Cartons (plastic spouts ok)
Notebooks/note pads (spiral removed)
Newspaper
Old mail & junk mail
Paper bags



Paperboard boxes and cartons (remove plastic liner first), cracker, rice, pasta, shoe, cereal, frozen food, boxes, gift, tissue

Paper collages
Paper towel, toilet paper rolls
Phone books
Pizza boxes (No greasy/cheesy boxes accepted, only clean boxes with the liner removed or box tops)
Posters and poster board
Soft cover books

Hard cover books (remove covers and binders)
Old statements
Wrapping paper (no foil, no plastic, no bows)



Any waffled cardboard:
clean, flattened, cut down to fit in your blue recycling container

Not Acceptable (throw away as trash):

No candy wrappers, food waste, soiled paper plates, plastic bags, plastic food wrappers, used paper towels, used tissue or napkins, soaked wet paper, carbon paper, photographs, paper with waxed coatings, dirt and other trash

Any questions contact the Department of Public Works
432-1100 X137 or X193

Acceptable Plastic: with any symbol, must be rigid plastic rinsed free of food waste, no bulk items



Bleach & cleaning containers
Carry out food containers
Plastic juice containers
Laundry detergent
Liquor bottles
Margarine containers
Plastic milk containers
Soft drink & water bottles
Yogurt containers (remove foil)
Plastic pastry or fruit containers

Not Acceptable Plastic:

NO PLASTIC BAGS OR PLASTIC WRAP
No Styrofoam
No automotive containers
No pill / prescription bottles,
No Tetra Pak cartons (juice)
No hazardous material containers
No disposable plastic cups, plates, straws
No plastic stirrers, lids, utensils
No plastic flower pots or trays
No plastic toys



Acceptable Glass: rinsed free of food waste

Clear, brown, green and blue (food & beverage containers)

Not Acceptable Glass:

No broken glass
No drinking glasses/stemware
No heat resistant ovenware, no ceramic
No light bulbs, mirrors
No porcelain cups & plates
No windowpane glass

Acceptable Metals: rinsed free of food waste



Aluminum cans
Aluminum pie tins and foil
Steel & tin (soup cans)
Aerosol cans

Non-Acceptable Metal: Any item that had contained toxic or hazardous material

No paint cans
No gasoline cans
No propane tanks

Updated November 15, 2017

July 2017						
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29	30					

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June 2018						
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24	25	26	27	28	29	30



Gray Collection Week



Blue Collection Week



Holidays

Gray Lid - If you have a gray lid, put your recycling out on the same weekday as your trash but only on the weeks that are colored in gray on the calendar above (for example July 17-21 is a gray week)

Blue Lid - If you have a blue lid, put your recycling out on the same weekday as your trash but only on the weeks that are colored in blue on the calendar above (for example July 10-14 is a blue week)

Holidays - If your collection falls on or after a holiday marked in yellow on the calendar above, your collection will be delayed by one day for the remainder of the week. (for example

Plastic Bag Recycling Tips

PLASTIC BAGS ARE NOT ACCEPTED IN THE CURBSIDE RECYCLING PROGRAM.

However, clean plastic bags **CAN** be taken to local grocery stores and most Wal-Mart stores. This includes:

- Grocery and produce bags
- Retail bags (remove hard plastic & string handles)
- Plastic newspaper bags
- Plastic dry cleaning bags
- Plastic bags bread comes in
- Plastic liners in cereal boxes
- Plastic bags holding salt for water softening systems
- Plastic wrap covering bulk purchases of paper towels, toilet paper, pet food, water bottles, diapers, etc.
- All clean, clear bags labeled with a #2 or #4

Do **NOT** include the following items. They are considered contaminants and could jeopardize their recycling program.

- NO cling wrap
- NO prepackaged food bags (example, pre-washed salad bags)
- NO frozen food bags
- NO film that has been painted or has excessive glue
- NO films
- NO bio-based or compostable plastic bags



Recycling in the Schools

Tips for Kids

The schools began recycling in 1993 and started with just paper and cardboard, expanding to collect containers in 1995. All Londonderry schools now recycle.

Here are some examples of how kids can recycle at school:

IN THE CLASSROOM:

To start recycling in class:

- Form a team - get others involved.
- Find out what can be recycled at your school through your school office or call 432-1100, extensions 137.
- Decide what containers should be used to store recyclables and where they will go in the class.
- Make a reference chart or flyer for the other students to see what is recycled and which container it should be stored in.
- Make a survey to keep track of how much you are recycling and how much you throw away.

Tips:

- Start a Recycling club in your school.
- Use a solar powered calculator instead of batteries.
- Shut off lights if you are the last one to leave class.
- Use both sides of a piece of paper.
- Make a pad from scrap paper so you can use the back.
- Use recyclable material for art projects.
- Buy refillable pencils and pens.
- Recycle used books at the Leach Library or the Got Books container behind Town Hall.

IN THE CAFETERIA:

Be a Recycling Detective!

- Find where the recycling containers or barrels are located.
- Look for information in the cafeteria about what can be recycled. Make a poster if there is not one there already. *Check with the custodian or school office before posting notices.*
- Look at your drink containers to see if they can be recycled, and make sure containers are ***EMPTY AND RINSED*** before recycling, flattening containers to make more room.
- Bring your cold lunch in a reusable bag with reusable sandwich boxes.
- For hot lunch, ask the school to use washable lunch trays and utensils rather than disposable ones, if they don't already.

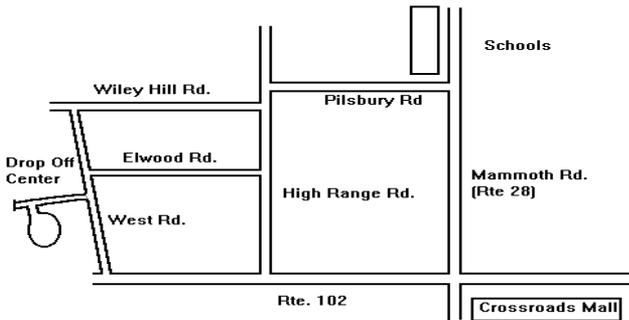
Most importantly, think about what you buy before you buy it!

Only buy drinks in recyclable containers and buy one large package of snacks and divide it up into reusable containers, rather than buying individual bags, as it creates less waste.



Londonderry Drop Off Center (at 13 Recovery Way)

Hours: mid-April to mid-November, Saturdays only, 8:00 a.m.–4:00 p.m.
Look for the specific dates listed on the Town Website at LondonderryNH.org, the Towns Facebook or Twitter Page, local cable channel, Recycling Newsletter, or the local newspaper or call 603-432-1100 X137 or X193.



From the intersection of Mammoth Road and Route 102, take Route 102 West (toward Hudson) 3.5 miles to the traffic light, turn right onto West Road. The Drop Off Center is 1 mile on your left at 13 Recovery Way.

THE FOLLOWING ITEMS ARE ACCEPTED AT NO CHARGE:

YARD WASTE: grass clippings, leaves, brush, tree limbs, NO stumps. *Yard waste is banned in landfills by state regulation; it will not be taken at the curb with the trash. Limits are one 6-wheel dump truck of brush.*

CORRUGATED CARDBOARD: this is cardboard with a rippled layer between. No need to break it down, just pack it flat and place in the dumpster.

Ni-Cad, RECHARGEABLE BATTERIES: Batteries used in camcorders, cell phones, calculators, etc. These are nickel cadmium rechargeable batteries only.

FLUORESCENT BULBS: Unbroken fluorescent bulbs (straight tubes, u-bend tubes, round tubes, compact). Give to the attendant.

AUTOMOTIVE BATTERIES: free with current registration showing payment of Reclamation Trust Fund fee.

COMPUTER KEYBOARDS, MICE, WIRING, CELL PHONES.

TEXTILES

THE FOLLOWING ITEMS ARE ACCEPTED FOR A FEE:

SCRAP METAL: \$5 per load aluminum, tin, steel, copper, brass, iron. Examples include non-freon appliances, water heaters, bicycles, aluminum siding, barbecue grills, aboveground pools (without liner) and wheel rims. *Not acceptable:* any container used to store chemical based liquids such as gas or oil. Save these for a household hazardous waste collection day. 20 lb. Propane Tanks **\$4 each**, small 1 lb. tanks no charge

CONSTRUCTION AND DEMOLITION DEBRIS: Sheetrock, roofing shingles, pressure treated wood, windows, doors, etc. If you have *usable* building materials, see the *Directory* (pg 29) for reusing ideas. Otherwise, you have two options for disposal: Items placed in these containers are *not* recycled.

- 1. Bring to the Londonderry Drop Off Center.**

	\$24/Cu. Yd.
Up to 55-gal. Barrel	\$7.00
Small Load (6ft bed pickup)	\$36.00
Large Load (8ft bed pickup)	\$48.00
- 2. For pick-up service** look in the next section (*Pick-Up Programs*) or look in the yellow pages under rubbish removal or check the local newspaper in the classifieds for services that clean attics and garages.

BULKY ITEMS: Furniture and carpet. These items are *not* recycled.

Carpet (per cubic yard)	\$24.00
Furniture, small item (chair, table, twin mattress, etc.)	\$7.00 each
Furniture, large item (sofa, dining table, king, full mattress, etc.)	\$14.00 each

TIRES: Bring to the Drop Off Center:

Disposal of 4 tires per year free with current registration showing payment of Reclamation Trust Fund fee. If you have more than 4:

Up to and including size 16.5, without the rim	\$2.00 each
Up to and including size 16.5, with the rim	\$3.00 each

Tires are *recycled* for energy purposes, used in paving, and some were even recycled into the support blocks for the ramps at the drop off center.

ELECTRONIC EQUIPMENT: These are recycled.

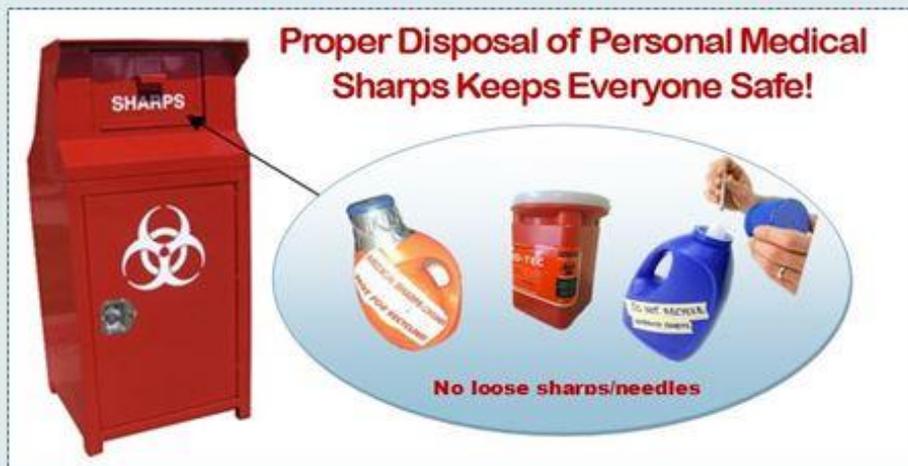
Small item (TV & computer monitors ≤ 20 ", VCRs, stereo receiver, CD, CPU, etc.)	\$7.00 each
Large item (TV & computer monitors > 20 ", large copier, large fax machine, large printer, etc.)	\$14.00 each
Keyboard, mice, wiring, cell-phones	no charge

METHOD OF PAYMENT: Bring a check for payment. **No Cash** is accepted.

Sharps / Needles Disposal

SHARPS / NEEDLES DISPOSAL:

Sharps/needles are **NOT** allowed in Londonderry's trash collection. For proper disposal please bring your sharps/needles (in a container, not loose) to the red "Sharps Kiosk" on the second floor of the Town Hall.



Here's a simple way to safely dispose of personal medical sharps/needles in Londonderry:

- ***NO single loose needles***
- Use a thick-walled, sturdy plastic container with a tight fitting screw cap such as an empty detergent bottle.
- Label the container with the words, **"Medical Sharps, Container, Not for Recycling"**
- When about half-full, SEAL the container with heavy duty tape.
- DISPOSE of the container in the red "Sharp Kiosk" on the 2nd floor of the Town Hall

DO NOT PLACE IN THE TRASH!

Drop off Recycling Programs

Electronics:

Drop Off Center, 13 Recovery Way (Off of West Road), see page 13 for directions.

Check with stores that sell electronic items to see if they have a return policy. Some items may be collected for free and some may have a fee to cover processing, transportation, product disassembly and recycling. Some stores may even give store credit equal to the amount of the fee.

Copier, Printer and Fax Cartridges and Drum units:

Londonderry schools have printer cartridge recycling programs where the schools receive funds for recycling certain cartridges. Students may bring cartridges to school from home. For residents who do not have students in the schools, you may bring your cartridges to the Department of Public Works and Engineering on the 2nd floor of the Town Offices. Check with local schools for which cartridges they accept for recycling.

Staples, accepts Brother, Canon, Dell, Epson, Kodak and Lexmark, regardless of where it was purchased. If you have a Staples Rewards card, they will send you a Staples coupon for \$3 for each cartridge for up to 10 cartridges per month.

Check with the manufacturer. Many companies provide return labels so that you can send the empty cartridges back for recycling.

Check with stores that sell printers, copiers and fax machines to see if they have a return policy. Many offer store credit for future purchases.

Computers and Computer equipment:

CTAC, Computer Technology Assistance Corps. 711 Mast Rd, Manchester 03102, phone (603) 657-9869. web www.ctac-nh.org Call for hours.

Staples, regardless of where they were purchased. Will recycle Dell products for free, \$10 per item for other brands. Go to www.staples.com/ecoeasy for more details.

Look in the yellow pages under computer repair. Many of these outlets will take the computers back, upgrade them and resell them.

If in working order, offer them to local schools, day care centers, or kindergartens. Often these facilities can't afford a computer and are happy to have even outdated machines.

Or take to the Londonderry Drop Off Center for recycling (fees listed on page 14).

Faxes, Scanners and Combo Units:

Staples, regardless of where they were purchased. Will recycle Dell products for free, \$10 per item for other brands. Go to www.staples.com/ecoeasy for more details.

Small Appliances and Tools, working or not:

Blenders	Coffee Makers	Drill	Fans
Food Processor	Fryers	Heaters	Hedge Trimmer
Irons	Lamps	Mixers	Stereos
Telephones	Toasters	Toaster ovens	Typewriters
Video game/players/cartridges			

If they are working, try donating these items to shelters. Homeless shelters or women's shelters are happy to have second hand appliances for their patrons. Even the animal shelter may have a use for an item that they can use for the volunteers while caring for the animals.

OR look up small appliance repair shops in the yellow pages. They may take them for spare parts.

Various:

Manchester Recycling, 622-8422, 87 Union Street, Manchester, Mon. – Fri., 7:30 a.m. – 5:00 p.m., Sat. 7:30 a.m. – 1:00 p.m. Accepts non-ferrous metals (aluminum, copper, brass, lead), automobile batteries, cardboard and paper for no charge.

III. Motor Vehicle Wastes



Automobile Waste Safety Tips

DO NOT POUR AUTOMOBILE WASTES ON THE GROUND, IN A STORM DRAIN, IN YOUR SEPTIC TANK, OR IN THE TRASH!

- **Waste motor oil (used)** can contaminate septic systems, soil and water.
- **Antifreeze** is toxic to pets attracted by its sweet taste.
- **Used Transmission Fluid** can contain heavy metals.
- **Brake Fluid** is toxic and can contain heavy metals.
- **Power Steering Fluid** can cause eye and skin irritation.
- **Wash/Wiper Fluid**, if poorly secured, is a potential for poisoning.
- **Automobile Batteries** contain lead and sulfuric acid.

Waste Motor Oil Collection Program

LOCATION:

*Behind Londonderry's Central Fire Station
280 Mammoth Road*

HOURS:

*The first Saturday of each month (except January)
from 10:00 a.m. to 12:00 p.m. Please bring your oil
in clear plastic milk jugs for visual inspection.*



Only UNCONTAMINATED waste oil will be accepted.
Uncontaminated waste oil is oil that has not been mixed with any other fluids such as water, gasoline or transmission fluid.

Three, 275-gallon oil tanks store the oil, which is used to run the waste oil furnace at Londonderry's Highway Garage on High Range Rd.

Volunteers man this collection, which is why it only runs once a month at present. You can still take your oil to service stations if you need to dispose of it more frequently, though there may be a charge.

If you can't make it to Central Fire at the monthly Saturday collection. Tisdell's Transmission at 27 Ash St. will accept your used motor oil Monday – Friday from 8:00am – 5:30pm. They can be reached at 603-432-3201 and their website is tisdelltransmission.com for information.

Motor Vehicle Waste Disposal

LEAKS - If you suspect your car has an oil or radiator leak, place a drip pan under the car so that the fluid does not seep into the ground and can be saved for household hazardous waste (HHW) collection day.



FIX THE LEAK AS SOON AS POSSIBLE.

ANTIFREEZE – Save for a HHW collection Day.

BATTERIES - Store upright, check for leaks before moving and take to S&S Metals, Rockingham Road, Londonderry, Manchester Recycling, 87 Union St., Manchester, or the Londonderry Drop Off Center.

BRAKE PADS - Local quick stop service stations may be easier than trying to do this job yourself. If you do replace them yourself, wear a dust mask and eye protection as they may contain asbestos.

GASOLINE - Store in a leak proof container and save for a HHW day

HYDRAULIC FLUID – If it is clean and not mixed with anything, it can be taken to the Waste Oil Collection.

OIL - Uncontaminated waste oil will be accepted at the waste oil facility at the central fire station in clear containers, see above. Contaminated oil should be saved for a HHW collection day. Consider buying refined oil, though it is sometimes hard to find.

OIL FILTERS - Drain for at least 24 hours. Take to a local service station or double wrap and dispose of in the trash.

PAINT - Use it up. Buy only what you need. If you have excess **oil based paint**, take it to a HHW collection day.

REPLACEMENT PARTS - There are many suppliers of used and rebuilt auto parts. Check the Yellow Pages under Automobile Parts-Used and Rebuilt. Many suppliers of new parts will take the old one back for reconditioning.

TIRES - Take them to the Drop Off Center. There is no fee for the first four tires.

TRANSMISSION FLUID - Save for a HHW collection day.

WINDSHIELD WASHER FLUID - Use it up or give to a neighbor.

Never mix fluids! Service stations receiving mixed fluids must pay an additional cost for disposal, discouraging them from providing this service.

Auto air conditioners tend to require recharges due to the rubber hoses deteriorating. Always take your vehicle to a service station with a refrigerant recovery system. CFC's are a major constituent in the depletion of the ozone layer.

IV. How to Be an Environmental Consumer

Simple things you can do to help the environment

Recycling is really the last step in reducing waste. The most efficient method of waste reduction is preventing excess waste from entering the home. You have heard of the food pyramid for nutrition. There is a pyramid for waste reduction also.



REJECT

REDUCE

REUSE

RECYCLE

Reject

- ❖ Don't buy on impulse!
- ❖ Look for well-made products.
- ❖ Use your own reusable shopping bags.
- ❖ Ask cashiers not to give you a bag if it is a small item.
- ❖ Buy a recycled product whenever possible.
- ❖ Buy a non-toxic product or make your own. See *Household Hazardous Waste* (pg 49).

Reduce

- ❖ Buy in bulk. It saves money too!
- ❖ Repair items instead of buying new ones.
- ❖ Use up items completely. Don't leave a small amount.
- ❖ Use less of a product than you normally do.
- ❖ Borrow or rent rather than buying an item. Use a video/book library.
- ❖ Buy fluorescent bulbs instead of tungsten. They last longer.
- ❖ Reduce unnecessary packaging. Write to the manufacturer.
- ❖ Buy unpackaged fruit and vegetables.
- ❖ Maintain and repair durable products to last longer.

Reuse

- ❖ Rent or borrow rather than buy.
- ❖ Purchase a used or reconditioned item.
- ❖ Use your own shopping bag at the store.
- ❖ Choose a reusable item over a disposable item.
- ❖ If you can't use something up find someone who can.
- ❖ Sell it at a yard sale, through the classifieds, at a consignment store, on Craigslist.com or give it away on Freecycle.
- ❖ Buy rechargeable batteries
- ❖ Turn used lumber into smaller woodworking projects.
- ❖ Reuse packing materials.

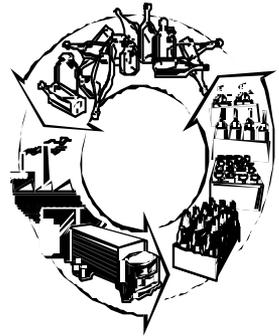
Recycle

- ❖ Participate in Londonderry's curbside recycling program. See *Recycling Basics* (pg 5).

BIODEGRADABLE?

One of the biggest debates in solid waste has centered on biodegradable goods. Are such products helpful in solving the solid waste dilemma? Do they save landfill space?

The answer is that they do degrade but very slowly. Sunlight is the key ingredient in how fast they decompose and in a landfill the large quantities of waste prevent sunlight from filtering through. In making biodegradable products, resources are used that could be reclaimed through recycling.



Remember if you are not buying recycled, you are not recycling!

Manufacturers will only buy recyclables to make products from recycled materials if you, as a consumer, buy that product. Create a market for what you put at the curb and

BUY RECYCLED!

Educate others on source reduction and recycling in your neighborhood.

V. Environmental Gift Giving



Saving Waste (and Money)

More trash is created at holiday and birthday time than any other time of the year. Mountains of cards, envelopes, wrapping paper, and even gifts are tossed into the garbage.

GIFT GIVING

1. Reduce your gift list.

- ❖ Could you send just a card?
- ❖ Large families could pick names so each member only buys one present.

2. Change the type of gift.

- ❖ A gift certificate can be used many ways, from restaurant to haircuts to carwashes or even a summer of lawn mowing or a winter of snow plowing.
- ❖ Give tickets to a special show.
- ❖ Donate to a person's favorite charity.

3. Look at the packaging.

- ❖ Is it reusable or recyclable? Gift bags are easy to reuse!

4. Give a gift of time or energy.

- ❖ Run errands, do chores, baby-sit or cook a meal.
- ❖ Offer lessons in the computer or a musical instrument.

5. Non-returnable gifts.

- ❖ Donate it to charity if you cannot use the item or give it away through Freecycle.

GREETING CARDS



1. *Try a phone call or email greeting instead.*
2. *Update your list.*
 - ❖ Eliminate those people you don't contact anymore.
3. *Don't buy cards.*
 - ❖ Send a picture of the family with a note on the back.
 - ❖ Make a homemade card, it is less likely to be discarded.
4. *Send a "postcard".*
 - ❖ Holiday and birthday postcards generate less waste.
5. *Look for cards made from recycled paper.*
 - ❖ There are many available in card shops and stores now.
 - ❖ Look for the logo that says recycled paper.
6. *Find a use for your cards after the holiday or birthday.*
 - ❖ Save them to make new cards or gift tags for the next year.
 - ❖ You can recycle greeting cards in our recycling program only if they have no plastic, foil, raised lettering, or flocking (fake snow). Don't forget most of the envelopes are recyclable but not those with a foil liner.

WRAPPING PAPER

1. *Use alternatives*
 - ❖ Sunday comics make great wrapping paper for kids. Use the food section for cooks, the business section for executives.
 - ❖ Kids can make their wrapping paper on the back of scrap paper.
2. *Use bags stores give you as wrapping paper.*
3. *Use fabric bags or gift bags so they can be reused.*
4. *Buy recycled wrapping paper.*
5. *Skip the wrapping paper, just add a bow or ribbon.*
6. *After the celebration;*
 - ❖ Take packing materials to mail or packing stores.
 - ❖ Recycle the cardboard boxes.
 - ❖ Only plain paper can be recycled in Londonderry's curbside program. No foil or glossy paper. Recycled wrapping paper can be recycled again.



VI. How to Get Rid of Almost Anything Without Throwing it Away

The following pages list places to sell, donate, reuse or repair items commonly thrown away. There is a *DIRECTORY* which lists items alphabetically. **Please note that all information is subject to change, so call ahead first!** Also, a listing in this book does not imply an endorsement of their services.

SELL! SELL! SELL!

USE THE CLASSIFIEDS. An easy way to sell useable items is to place an ad in the classifieds. If you just want to get rid of an item, not sell it, the following newspapers also offer free classified ads for items you are giving away.

Derry News 437-7000 ext. 5197 or send to classified@derrynews.com

Londonderry Times 537-2760 or send to classifieds@nutpub.net

Union Leader 669-1010 or send to classified@unionleader.com

Craigslist.com

Ebay.com

HAVE A GARAGE SALE

- ❖ Contact your neighbors! With more people involved you can share the cost of advertising and take shifts during the day.
- ❖ Advertise in the classifieds of your local paper.
- ❖ Be prepared for early birds. Most people look at yard sales in the mornings and rarely view after 3:00 in the afternoon.
- ❖ Make reusable signs to put up year after year.
- ❖ Don't put the month and date, just the day and time.
- ❖ Tape wire hangers to the back to make them stiff.
- ❖ Cover them with clear contact paper to protect from moisture.
- ❖ Staple them to tomato stakes or scrap lumber.
- ❖ Be sure to retrieve them after the sale ends.
- ❖ If you don't want to hold your own garage sale, donate your items to one of the many organizations that hold garage sales throughout the year. Check the Derry News "Bulletin Board", "Londonderry Life" sections to find out where to bring items, or see *Donations* (pg 25).



Donations

Check the Yellow Pages under **Consignment Shops** or **Thrift and Second Hand Stores**. Check the **Londonderry Times** under “**Around Town Announcements**”. Donate to a local agency: many accept items that are in good, useable condition.

Save time: call ahead to confirm they will accept your donation.

AGENCIES

Boy Scouts of America

Skip Chase, 625-6431 ext. 127, 571 Holt Ave, Manchester, NH. Call first. Accepts old scouting uniforms, any outdoor camping equipment, tents, binoculars, telescopes, cameras, mess kits.

Boy Scouts of America Museum

Dave Roberts, 625-6431 ext. 118, Camp Carpenter, Manchester, NH. Call first. Sat. 10:00 a.m. – 4:00 p.m., daily during the summer. Accepts museum quality Boys Scouts of America items.

Family Outfitters

641-6691, 394 Second Street, Manchester, www.familyoutfitters.org
Mon. – Sat., 9AM – 6PM, Thu/Fri till 8PM. Donations support homeless families. Will pick up furniture and large items in good shape. Accepts gently used furniture, housewares, books, and clothing for the whole family. Does not accept large appliances, baby furniture, toys or stuffed animals.

Girl Scouts of America

888-474-9686, 1 Commerce Drive, Bedford, NH. Open weekdays. Call first. Accepts old scouting uniforms, any outdoor camping equipment, tents, binoculars, cameras, mess kits.

Goodwill Industries

437-3469, 19C Manchester Road (route 28), Derry. Drop off at the store Mon. - Sat. 9:00AM – 9:00PM, Sun 9:00AM – 7:00PM.

Londonderry Leach Library

432-1132, 276 Mammoth Rd, Londonderry, Drop off during open hours. www.londonderrynh.org/library/library.htm . Accepts donations of recent books, books-on-CD, CDs, DVDs, puzzles and games in good condition. Does not accept encyclopedias, textbooks and magazines. Materials not added to the collection may be sold in the library's used book store or recycled.

Marion Gerrish Community Center

434-8866, 39 W. Broadway, Derry. Drop off only Mon 10AM – 4PM, Tue – Fri 10:00AM – 7PM, Sat. 10:00AM – 4PM. Accepts reusable clothing, household and kitchen items, reading material. Does not accept large furniture, ski or exercise equipment, electronics, textbooks or encyclopedias.

Nashua Soup Kitchen & Shelter

889-7770, 42 Chestnut Street, Nashua. Drop off only Mon. - Fri., 9:00 AM – 6:30PM. Accepts non-perishable food items, house wares, small appliances, disposable diapers. No clothing other than outdoor winter clothing.

New Horizons for NH shelter

668-1877, 199 Manchester Street, Manchester. Drop off Mon. – Fri., 8:00 AM – 4:00 PM. Accepts towels and bedding (a priority), first aid supplies, toiletries, used clothing and shoes in season; non-perishable food items.

Saint Vincent De Paul Store

627-1412, 177 Wilson Street, Manchester. Drop off Mon. – Fri., 10:00 AM – 5:00 PM, Sat. 9:00 AM – 4:00PM. Accepts furniture, house wares and clothing in good condition, and new mattresses. Available to pick up large items.

Salvation Army Thrift Store

898-8571, 78 Cluff St, Salem. Mon – Tue 9:00 AM – 4:30 PM, Wed – Fri 9AM – 8PM, Sat 8:30 AM – 4:00 PM. Accepts most things in reusable condition except computers older than 5 years, car or booster seats, encyclopedias or textbooks.

CIVIC EVENTS FOR CONSIGNMENT

Toy Swap/Sale held by the Londonderry Women's Club

Held on a Saturday morning in late May at Matthew Thornton Elementary School. Contact the Women's Club or Leach Library to register. Look for announcements in the Londonderry Times. Accepts children and baby items in good condition.

CIVIC EVENTS FOR DONATIONS

Bi-Annual Lions Hall Yard Sale

Held on a Saturday morning in May and November from 8:00 a.m. – 2:00 p.m. Drop off at the shelter next to the Hall within 2 weeks of the event. Look for announcements in the Londonderry Times. Accepts anything but air conditioners and computers.

GENERAL PUBLIC

Liz

437-6678, 5 Isabella Drive, Londonderry. Accepts children's clothing, shoes, baby equipment, bikes, bedding, and some used toys. Provided to needy families.

Sheri

421-9623, 34 Litchfield Road, Londonderry. Call or drop off on front porch. Accepts all infant items (strollers, high chairs, car seats under 5 years old), clothing to size 3T, toys, and maternity clothing. Used for daycare operations.

Freecycle

Go to www.freecycle.org. According to their website, "It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns and thus keeping good stuff out of landfills. Membership is free and everything posted must be FREE, legal and appropriate for all ages."

There are several Freecycle bulletin boards. Select one nearby (like Derry, Manchester, Salem or Nashua) and post your items for free. Someone who is interested in what you have will email you back to arrange a pick up at your home or office. You can leave the item(s) outside so you don't need to be there when it's picked up.

CONSIGNMENT & RETAIL STORES

Consignment and retail stores will accept clean items in good condition and give you a chance to make some money. Some of the stores will buy your items when you bring them in and others will pay you after they have sold them.



Clothing should be pressed and on hangars. It should be in the current season. Fall/Winter clothing is accepted in July and Spring/Summer clothing in February. ***Please call ahead to make sure policies haven't changed.***

Check the Yellow Pages under **Consignment Shops** or **Thrift & Second-Hand Stores**.

Reruns

434-7067, 3 Crosby Lane, Londonderry.

Call ahead to make an appointment to bring items in to sell. Open daily except Mondays. Accepts furniture and a variety of household items and décor on consignment. No clothing.

Directory

This Directory lists items alphabetically. While it took hundreds of hours to compile, it is by no means complete. If you have any ideas to add, please send them to the Londonderry Solid Waste and Environment Committee, 268B Mammoth Road, Londonderry, NH 03053 or email to Bob Kerry, Environmental Engineer, at rkerry@londonderrynh.org.

Please note all the information is subject to change, so call first! A listing in this book does not imply an endorsement of their services.

AEROSOL CANS – Throw in the trash.

ALUMINUM CANS - *Recycle!* See *Recycling Basics* (pg 5).

ALUMINUM PIE PLATES AND FOIL - *Recycle!* See *Recycling Basics* (pg 5). Wash and *reuse* them. ***Donate.*** See CRAFT MATERIALS.

ALUMINUM SCRAP - Siding, above-ground pools, lawn chairs, etc. Take to the Londonderry Drop Off Center as scrap metal.

ANTI-FREEZE – Take to Household Hazardous Waste Day.

APPLIANCES – Major - See *Pick-up Programs* (pg 15).

APPLIANCES – Appliance Sales & Service, 1-800-543-7549, Mail order company, stocks parts for new and obsolete small appliances. Have manufacturers name and model number ready when you call. Hours M-F, 10 a.m. -9 p.m., Sat.11 a.m. - 3 p.m. ***Recycle,*** see *Drop Off Programs* (pg 16). ***Donate.***

ASBESTOS - Must be removed by a licensed professional. Look in the Yellow pages under Asbestos Removal. ***DO NOT ATTEMPT TO REMOVE IT YOURSELF.***

ASHES - WOOD ASHES see *Composting* (pg 43) or take to Drop Off Center. ***COAL ASHES cannot*** be composted in the garden. They do not have the nutrients or aeration to promote plant growth.

AUTOMOBILES – Murray's Auto Recycling Center, 425-2562, 55 Hall Rd., Londonderry, pick up non-working cars.

AUTOMOBILE/MOTORCYCLE BATTERIES – Ask retailer if they will take old one back. Take to the Drop Off Center or **S&S Metals**, 537-1000, Rockingham Rd, Londonderry.

BABY EQUIPMENT –*Donations, TOYS or Consignment & Retail Stores* (pg 28).

BACKPACKS - *Donate* to schools.

BAGS - *Reduce* number of bags you bring home. Tell cashier you don't need a bag. Carry cloth or canvas bags. **Paper Bags:** take back to the store for *reuse*. Save bags to reuse on lunches and for wrapping parcels. **Recycle** them at the curb. **Plastic Bags:** *Reuse* them in wastebaskets and for storing food. Take to grocery stores or Wal-Mart for *recycling*. See *Plastic Bag Recycling Tips* (pg 10).

BATHROOM EQUIPMENT – See BUILDING MATERIALS.

BATTERIES - Car/Motorcycle – see AUTOMOBILE BATTERIES.

BATTERIES – Household. *Reduce* by using rechargeable batteries. *Recycle* rechargeable batteries at the Drop Off Center or Town Hall. *Dispose* Alkaline batteries in the trash.

BEDS - See FURNITURE.

BERRY BOXES - *Reuse* when picking berries or other fruits, *Return* them to a farm stand.

BICYCLES - *Recycle* non-repairable bicycles at the Drop off Center. *Donate*, see *Donations* (pg 25). **Repair, Bensons Ski & Sports Shop**, 432-2531, Martin St., Derry. **Reynolds Weld Lab**, 432-7327, 134 Rockingham Rd, Derry.

BINOCULARS – **Repair, Ritz Camera**, 432-9500, 116 W. Broadway, Derry. *Donate* if in good condition. See *Donations* (pg 25). *Recycle*, if metal, at the Drop Off Center.

BOATING EQUIPMENT - *Donate* if in good condition. Place ad in free section of the newspaper. **Community Boating Inc.**, 617-523-1038, 21 Embankment Rd, Boston MA 02114, accepts donations for their public sailing program.

BOOKS - *Reduce* - Borrow rather than purchase books you will read only once. **Londonderry Leach Library**, 432-1132, for hours call or visit www.londonderrynh.org/library/library.htm. *Donate*, to doctor or dentist offices, the **Leach Library** holds a book sale in August, donations are accepted one month beforehand, call first. The **Derry Library**, 432-6140, E. Broadway, Derry, accepts any donation and has a book sale once a month. **Westside Community Center**, Derry, accepts fiction and non-technical magazines. See TOYS. **GOTBOOKS** container behind Town Offices. **Lees Spot**, 669-8534, 917 Elm St., Manchester, accepts hard covers, recent technical books, science fiction, and mystery but no romance novels. *Recycle*, paperbacks and the interior text of hard covers curbside with mixed paper. **Manchester Recycling Corp.**, 622-8422, 87 Union St., Manchester, accepts large quantities of paperbacks without covers, no hard cover books.

BOOTS - See FOOTWEAR.

BOY SCOUT UNIFORMS - See UNIFORMS.

BOXES – *Recycle* corrugated cardboard boxes, such as moving boxes, at the curb in no bigger than 3ft X 3ft pieces. Cut them down with a knife. No more than 20 will be taken each week. Take to **Manchester Recycling Corp.** or the Drop Off Center.

BOXSPRINGS - See FURNITURE.

BREAD - Feed birds or *compost*. Save in a brown paper bag (it will get hard, but won't get moldy) to make bread crumbs or croutons. Check the ingredients on your favorite brand of bread crumbs for a list of spices to add. If you add cheeses to it, store it in the freezer where it will stay fresh and free-flowing almost indefinitely.

BRIDAL - See *Consignment & Retail Stores* (pg 28) or *Donations* (pg 25).

BUILDING MATERIALS - Will NOT be collected with the trash. Take to the Drop Off Center or *Recycle, NH Habitat for Humanity*, Manchester Chapter, 626-3944, 508 Union St., Manchester, 03104, accepts building materials on a selective basis to build and rehabilitate housing for the needy.

BUREAUS - See FURNITURE.

BUTTONS AND THREADS - See CRAFT MATERIALS.

CAMERAS / CAMCORDERS - *Donate*, see *Donations* (pg 25). *Repair, Ritz Camera*, 432-9500, 116 W. Broadway, Derry. **Video Care & Repair**, 894-6804, 151 Main St, Salem, accepts used for resale or parts.

CAMPING EQUIPMENT – *Donate*, see *Donations* (pg 25). If unusable, metal items such as tent stakes, poles, or mess kits can be recycled as scrap metal.

CANS - *Recycle* curbside.

CARS - See AUTOMOBILES.

CAR BATTERIES - See AUTOMOBILE BATTERIES.

CARDS - *Reuse*. See *Environmental Gift Giving* (pg 22) or CRAFT MATERIALS. *Recycle* Greeting cards that have no flocking (fake snow) or foil at the curb with mixed paper.

CARPET – *Repair*, check the internet or phone book for repair shops. *Donate* to the animal shelter to line cages. Take to Drop Off Center.

CARDBOARD - *Recycle*, see *Recycling Basics* (pg 5). See BOXES.

CATALOGS - *Reuse*, share with a friend or neighbor. *Recycle*, see *Recycling Basics* (pg 5).

CELLULAR PHONES – *Donate* to the school recycling program at the Middle School or Drop off at Town Hall. **Small World Wireless**, 437-2266, 37 Crystal Ave., Derry, accepts handsets, cradles and data cables for recycling. Take to the Drop Off Center. **Staples**.

CERAMICS – *Donate*, see *Donations* (pg 25) or COLLECTIBLES.

CHAIRS - See FURNITURE.

CHEMICALS - Small quantities of chemicals such as pesticides, herbicides, solvents and cleaners should be taken to a Household Hazardous Waste Collection Day. See *Household Hazardous Waste* (pg 49) or check the Town website at www.londonderrynh.org for the next date. For assistance beyond what the Town can offer, contact the NH Department of Environmental Services Household Hazardous Waste Coordinator 603-271-2047.

CHINA – *Donate*, see *Donations* (pg 25) or COLLECTIBLES.

CHRISTMAS TREES - **Buy a live tree** and plant it in your yard after Christmas. Dig your hole before the ground freezes and keep the soil in a bucket in the garage. Cut trees make great bird feeders. String the branches with popcorn, orange slices and bird seed. The needles can be used for potpourri. **Do not burn in the fireplace** as they cause creosote buildup. **Recycle, M-R Wood Recycling**, 425-0300, 29 Scobie Pond Rd., Derry, accepts trees and stumps for chipping into bark mulch, clean Christmas trees with no ornaments or tinsel.

CIGAR BOXES - see CRAFT MATERIALS.

CLOCKS - See *Drop Off Recycling Programs* (pg 16). **Repair, D'Vanza Clock Repair**, 668-2256, Addison Rd., Goffstown, will repair large clocks.

CLOTHES HANGARS – **Recycle** curbside.

CLOTHING – *Donate* or *Sell*. See *Donations* (pg 25). For Alterations & Repair, look under Tailors in the Yellow Pages.

COAL ASHES – **cannot** be composted. They do not have the nutrients or aeration to promote plant growth as wood ashes do.

COFFEE FILTERS – Purchase **reusable** filters at supermarkets. **Compost** paper coffee filters.

COFFEE GROUNDS - **compost**.

COFFEE MAKERS - see APPLIANCES, small.

COLLECTIBLES - This category could include almost anything someone else might want. Check classifieds under "Wanted To Buy". See *Consignment & Retail Stores* (pg 28). Look under Appraisers or Antique Dealers in the Yellow Pages.

COMIC BOOKS - See BOOKS.

COMPUTERS - If you're not sure which computer you want to buy, or are concerned that new technology will make your purchase obsolete in a short while, **try renting one**, see the Yellow Pages under Computers - Renting & Leasing. **Donate** older computers to schools. For **repair** check the Yellow Pages under Computers - Service & Repair. **Recycle**, see *Drop Off Recycling Programs* (pg 16).

COMPUTER PAPER – *Recycle* curbside.

CONSTRUCTION & DEMOLITION DEBRIS - Will not be collected curbside. Builders and contractors are responsible for disposing of their debris. Check that this is the case when you hire someone to do work for you. *Donate*. See BUILDING MATERIALS. Take to the Drop Off Center.

CONVALESCENCE EQUIPMENT - If the condition is temporary, try renting equipment, there are many listings under Hospital Equipment and Supplies in the Yellow Pages. *Donate* wheelchairs to nursing homes or see the listing for *Donations* (pg 25).

COPIERS – *Donate* usable ones to local civic groups or a daycare. If unusable take to the Drop Off Center for recycling.

COPIER CARTRIDGES - See the *Drop Off Recycling Programs* (pg 16).

COSMETICS - Do not keep cosmetics over a certain length of time, check the expiration date. Do not give makeup to another person, especially eye makeup, as it can harbor bacteria. **The Body Shop**, 669-7669, Mall of New Hampshire, Manchester, will refill bottles of their own products.

COSTUMES - Give to children to play dress up. Sell at Consignment Stores. Give to schools or play groups, see CRAFT MATERIALS.

COUPONS - bring to the coupon swap in the entrance to Shaw's Supermarket. *Recycle* with mixed paper at the curb.

CRAFT MATERIALS – *Donate*. **Chestnut Hill Preschool**, 437-0626, 12 Chestnut Hill Dr, L'derry, call first, accepts baby food jars, buttons, beads, cardboard tubes, computer paper, crayons, fabric scraps, ribbon scraps, thread spools, tissue paper, wallpaper scraps. **Meritor Academy**, 437-5107, 10 Mohawk Dr., L'derry, Tu – F 9 a.m. – 4:30 p.m., accepts buttons, beads, cardboard tubes, cigar boxes, coffee cans, computer paper, egg cartons, fabric scraps, fish tank gravel, margarine tubs, milk jugs, ribbon scraps, shoe boxes, Styrofoam meat trays, thread spools, tissue paper, wrapping paper. **Cozy Kids Child Care**, 437-5437, 3 Sanborn Rd, L'derry, M – F 8 a.m. – 5 p.m., accepts baby food jars, buttons, beads, cardboard tubes, coffee cans, computer paper, margarine tubs, ribbon scraps, shoe boxes, tissue paper, wallpaper scraps. **Matthew Thornton Elem**, 432-6937, 275 Mammoth Rd, L'derry, front office 8 a.m. – 3 p.m., accepts buttons, beads, butter knives, cardboard tubes, cigar boxes, coffee cans, fabric scraps, kitchen utensils (for clay), post cards, ribbon scraps, spoons, Styrofoam meat trays, thread, thread spools, tools, yarn. **South Elem**, 432-6956, 88 South Rd, L'derry, deliver to front office, accepts cardboard tubes, egg cartons, envelopes, fabric scraps, felt, margarine tubs, outdated maps, ribbon scraps, tissue paper, wallpaper scraps, wrapping paper, yarn.

CRAYONS – *Donate*. See CRAFT MATERIALS. Make an emergency-candle. If you have a lot of broken crayons, melt them down in an old saucepan, pour into a wax mold or coffee can and place a wick or thin piece of string tied to a pencil in the wax. Let it cool and remove the can.

CRYSTAL - See COLLECTIBLES.

CUB SCOUT UNIFORMS - See UNIFORMS.

CUPS – *Reduce*. Use reusable cup at work, keep a commuter mug in the car for refills, give children washable plastic cups and assign a color to each child so they can use the same one all day.

CURTAINS - See TEXTILES.

DANCEWEAR - *Donate* or *Sell* – See *Consignment & Retail Stores* (pg 28) or place an ad in the local paper.

DIAPERS - Use cloth diapers. Save disposables for when you're away from home. If your child grows out of a size before you have a chance to use them, *donate* them. Purchase Cloth Diapers: **Biobottoms**, 800-766-1254, P.O. Box 6009, Petaluma CA 9953, mail order firm that carries several styles of Velcro closure diapers and diaper covers. Diaper Services: **Dy-Dee Diaper Service**, 668-6887.

DRAPERIES & CURTAINS - See TEXTILES.

DRY CLEANING BAGS – see *Plastic Bag Recycling Tips* (pg 10). Ask if dry cleaner takes them back. Bags should be clean and not ripped. They will also take coat hangars for reuse. **Crossroads Cleaners**, 437-3038, Crossroads Mall, L'derry. **Steve's Cleaners**, 434-8399, Appletree Mall, L'derry. **Tiffany Cleaners**, 432-3510, Londonderry Commons, Rte. 102, L'derry.

EGG CARTONS - *Recycle* paperboard cartons with mixed paper curbside. *Recycle* plastic cartons with containers curbside. We cannot recycle Styrofoam cartons. *Donate*, see CRAFT MATERIALS.

EGGSHELLS - Use them to keep slugs off your plants. Let them dry out then crush them and sprinkle around your plants. *Compost* them.

ELECTRICAL EQUIPMENT - See *Drop Off Recycling Programs* (pg 16). **Electronic Demolition and Recycling**, 934-8103, 726 E. Industrial Park Dr, Manchester and **RMG Electronics**, 437-6945, 113 Hillside Ave., Londonderry, accepts used televisions, computers and electrical components; they dismantle and recycle them.

ENCYCLOPEDIAS - *Donate*. Call the local school and play groups to see if they have a need for a used set. See CRAFT MATERIALS. *Recycle*, see BOOKS.

ENVELOPES - *Reuse* if in good condition. *Recycle* with mixed paper curbside (plastic windows do not need to be removed).

EYEGLASSES - Check with your Optometrist to see if they will take your old glasses back. *Donate, Lions Club* on Mammoth Rd, accepts used eyeglasses, has them reconditioned and gives them to the needy. Drop in mailbox on the wall by the front door.

FABRIC SCRAPS – *Donate*, see CRAFT MATERIALS. *Recycle*, Goodwill, Apple Tree Mall, Londonderry.

FARM EQUIPMENT - see *Donations* (pg 25).

FAT - Use suet, uncooked fat from meat, in bird feeders. Place in a nylon mesh bag, the kind from onions.

FAX CARTRIDGES - see *Drop Off Recycling Programs* (pg 16).

FILE CABINETS - Metal ones can be recycled at the Drop Off Center. *Donate*, see OFFICE FURNITURE.

FILM CANISTERS - Return with your film when you get it developed. Use for storing small objects such as coins or buttons. *Donate*. See CRAFT MATERIALS.

FIRST AID SUPPLIES - See MEDICAL SUPPLIES.

FISH TANK SUPPLIES - Place an ad in the classifieds. *Donate* to the schools or play groups. See CRAFT MATERIALS.

FISHING EQUIPMENT - *Donate*, see *Donations* (pg 25). Place an ad in the classifieds. **Wildlife Taxidermy & Sports Center**, 625-9958, 2188 Candia Rd., Manchester, buys used guns.

FOOD - The Nashua Soup Kitchen and the Sonshine Soup Kitchen in Derry accept fresh and non-perishable foods. See *Donations* (pg 25).

FOOD (WASTE) – *Compost* fresh vegetable and fruit scraps, including nuts. See *Composting* (pg 43).

FOOD PACKAGING - *Recycle* at the curb. See *Recycling Basics* (pg 5). Labels and boxes from certain products are given to area schools to purchase equipment. A collection box is at the exit of Shaw's Supermarket. Save containers for children who like to play store. See CRAFT MATERIALS.

FOOTWEAR – *Donate*. See *Donations* (pg 25). *Repair, Continental Cobbler*, 434-1670, 6 W. Broadway, Derry. **Orthopedic Shoes - Ye Olde Cobbler Shop**, 641-8255, 1279 Elm St. Manchester.

FRUIT (Fresh) - See FOOD.

FURNITURE – *Donate*, place an ad in the Classifieds. *Discard* unusable **wooden** furniture with construction debris at the Drop Off Center, **metal** furniture can be placed with Scrap Metal at the Drop Off Center. *Sell*, see *Consignment & Retail Stores* (pg 28) or check the Yellow Pages under Furniture-Used. **The Consignment Gallery**, 668-4114, 294 S. River Rd. Bedford, or 673-4114, 74 Rt 101A, Amherst, sells, buys, consigns. **G&H Used Furniture**, 623-7024, 696 Valley St. Manchester, buys & sells quality used furniture. *To Refinish, Restore and Repair*, **Furniture Medic**, 1-888-611-7320, restoration onsite or in shop for wooden furniture scratches, moving damage, etc See OFFICE FURNITURE.

GIRL SCOUT UNIFORMS - See UNIFORMS.

GLASS - Useable windows and glass doors, see BUILDING MATERIALS. Broken window glass can be placed in the construction debris container at the Drop Off Center. Do not recycle broken glass at the curb, only jars and bottles are accepted curbside.

GOLF ITEMS - See SPORTS EQUIPMENT.

GRASS CLIPPINGS – Leave on the lawn (as long as they are not so thick as to smother the lawn). *Compost* or take to the Drop Off Center.

GREETING CARDS - See CARDS.

HALLOWEEN COSTUMES - See COSTUMES.

HANGERS - take to your dry cleaners for reuse. See DRY CLEANING BAGS. Metal hangers can be recycled curbside.

HEARING AIDS - *Donate* to the **Lions Hall** on Mammoth Rd., or **Granite State Hearing Aid Centers**, 627-1762, 25 Stark St., Manchester. Remove ear mold and batteries. They are reconditioned and given to the needy.

HELIUM TANKS - Check to see if the place you bought it from will take it back to be refilled.

HI-FI EQUIPMENT - *Recycle*, See *Drop Off Recycling Programs* (pg 16) or take to the Drop Off Center.

HORSE SUPPLIES - *Donate*, see *Donations* (pg 25). **Horsemen's Tack Inc.**, 888 441-5744, 3 Puzzle Lane, Newton accepts all tack, grooming and barn supplies. **Upreach Therapeutic Riding Center**, 497-2343, 153 Paige Hill Road, Goffstown, provides therapy for the physically and mentally challenged through riding lessons, accepts donations.

HOUSEHOLD ITEMS - see *Donations* (pg 25), *Consignment & Retail Shops* (pg 28), *Drop Off Recycling Programs* (pg 16) or COLLECTIBLES.

HUNTING EQUIPMENT - See FISHING EQUIPMENT. *To sell*, look under Guns & Gunsmiths in the Yellow Pages.

HYDRAULIC FLUID - See MOTOR VEHICLE WASTES.

INKJET CARTRIDGES - See *Drop Off Recycling Programs* (pg 16).

JEWELRY - Give costume jewelry to children to play dress up. *Sell*, Look under Jewelry Buyers in the Yellow Pages. See CONSIGNMENT. **Gem Jewelers**, 432-1920.

LABELS - See FOOD PACKAGING.

LAMPS - see APPLIANCES, small.

LAWN CLIPPINGS - *Compost* or take to the Drop Off Center.

LAWN MOWERS - See *Pick-up Programs* (pg 15).

LEAVES - *Compost* or take to the Drop Off Center.

LIGHT BULBS - Fluorescent bulbs, including CFLs, conserve energy and last longer but contain mercury and **MUST** be recycled at the Drop Off Center or local merchants (such as Home Depot). Other light bulbs should be placed in regular trash.

LINENS - See TEXTILES.

LUNCH BOXES - *Donate* to schools.

MAGAZINES - *Recycled* at the curb. *Reduce* by sharing a subscription with a friend, trading magazines or borrowing from the library. *Donate* to nursing homes, hospitals, doctors' offices or Laundromats. See *Donations*(pg 25). Give to schools. See CRAFT MATERIALS.

MAKE-UP - See COSMETICS.

MATTRESSES - See FURNITURE.

MEDICAL EQUIPMENT - See CONVALESCENCE EQUIPMENT.

MEDICAL SUPPLIES - (bandages, Band-Aids, first aid cream, etc.) *Donate*, **New Horizons**, see *Donations* (pg 25).

MEDICINE CUPS - *Reuse* for mixing paint, crafts or other small jobs.

MOTOR OIL & FILTERS - See *Motor Vehicle Wastes* (pg 18).

MUSICAL INSTRUMENTS - Rent or borrowing an instrument before you decide to purchase one. Many retailers will take a trade-in with upgrade. **Darren's Music Center**, 432-7751, 25 E. Broadway, Derry, repairs, rents and sometimes purchases used instruments.

NAPKINS – Not accepted at curb. Use cloth napkins or *compost*.

OFFICE FURNITURE & EQUIPMENT - *Recycle*, see FURNITURE. **Steve's Office Surplus**, 23 Londonderry Road #4, Londonderry, buys and sells items used in an office.

PACKAGING – *Recycle* corrugated cardboard and paperboard at the curb. *Reuse* mailing boxes and padded envelopes. See PACKAGING MATERIAL.

PACKING MATERIAL - *Reuse* for mailing other packages. Take to **The Postal Center**, 437-4452, Crossroads Mall, 123 Nashua Rd #17, Londonderry, accepts bubble wrap, foam rubber for reuse, Styrofoam peanuts and flat Styrofoam sheets. **Mail Manager**, 437-1056, Rte 111, Windham, accepts bubble wrap and Styrofoam peanuts. **Pak Mail Centers of America**, 434-1801, Hood Commons, 55 Crystal Ave #7, Derry, accepts bubble wrap, Styrofoam peanuts and flat Styrofoam sheets. **Postal Center USA**, 627-7225, 855 Hanover St., Manchester and 472-855855, 1 Hardy Road, Bedford, NH, accepts bubble wrap, Styrofoam peanuts and flat Styrofoam sheets (must inspect before accepting).

PAINT - **Use it up**. See if a neighbor or friend would like it. *Donate* to theater groups or churches or **Habitat for Humanity**. See BUILDING MATERIALS. See CRAFT MATERIALS. *Recycle*, there are companies which are beginning to recycle paint. Contact NH Dept. of Env. Services for locations. **Latex**, leave the lid off and let it dry solid then discard it in the trash. A handful of fresh kitty litter (or similar product) will speed drying. **Oil based**, save for a Household Hazardous Waste Collection Day. **Spray Cans** - empty spray cans go into the trash. If paint remains, save for HHW day.

PAPER - Use both sides. Use blank sides for scrap paper, children's drawings, etc. *Recycle* curbside. Keep a paper recycling container in bedrooms and bathrooms (for toilet paper rolls and paper packaging, such as toothpaste boxes) to make recycling easier.

PAPER TOWEL ROLLS - *Recycle* curbside. *Donate*, see CRAFT MATERIALS.

PHONE BOOKS - *Recycle* at the curb.

PIANOS - Place an ad in the classifieds. Try renting rather than buying.

PLANT POTS AND TRAYS - *return* them to the nursery for *reuse* or reuse them yourself to raise seedlings. Use non-draining trays to collect water under your plants.

PLANT TRIMMINGS - *Compost*.

PLASTIC BAGS - Take them to a grocery store for recycling. See *Plastic Bag Recycling Tips* (pg 10).

PLASTIC CONTAINERS - *Reuse* for storage. *Recycle* #1, #2, #3, #4, #5, #6, and #7. Keep a recycling container in bedrooms and bathrooms to make recycling easier.

PLASTIC WRAP - Reduce by using reusable containers.

PRINTER CARTRIDGES - See *Drop Off Recycling Programs* (pg 16).

PROPANE TANKS - **Benson's Hardware**, 432-9863, Orchard View Drive, Londonderry and the Town's Drop Off Center, for a fee.

PUMP BOTTLES - *Reuse* for making non-toxic cleaners. See *Household Hazardous Waste* (pg 49). **Recycle** if plastic accepted curbside.

PUZZLES - *Donate* to schools or playgroups. See CRAFT MATERIALS. See *Donations* (pg 25).

RADIOS - see APPLIANCES, small. For antique radios, see COLLECTIBLES.

RAZORS - Buy reusable razors instead of disposable ones.

RECORDS - *Sell* or *donate*. See TOYS or *Donations* (pg 25).

RECLINERS - See FURNITURE.

ROOF MATERIALS - See CONSTRUCTION & DEMOLITION DEBRIS.

SEWING MATERIALS - *Donate* thread, buttons and fabric scraps for children's craft projects. See CRAFT MATERIALS.

SEWING MACHINES - Place an ad in the paper. **Levesques's Sewing Machine & Service**, 645-1661, 1261 Hooksett Rd., Hooksett, buys and sells used sewing machines, services all makes and models.

SEWING CABINETS - See FURNITURE.

SHAVERS - see APPLIANCES – small.

SHEETS - see TEXTILES.

SHEETROCK - See CONSTRUCTION & DEMOLITION DEBRIS.

SHINGLES (Roofing) - See CONSTRUCTION & DEMOLITION DEBRIS

SHOES - See FOOTWEAR.

SHOWER CURTAIN - Clean a plastic shower curtain by putting it in the washing machine with two towels. Add 1 cup of white vinegar and a few drops of mineral oil to the rinse water. *Reuse* as a drop cloth, as a table cover when doing crafts or as a ground sheet when camping.

SKATES - See SPORTS EQUIPMENT.

SKIS - See SPORTS EQUIPMENT.

SKI MOBILES - See SPORTS EQUIPMENT.

SMOKE DETECTORS - Any detector that has an ionization chamber contains a small amount of radioactive material. Save the original packaging and return it to the manufacturer.

SNOW BLOWERS/THROWERS - Call **S&S Metals**, 537-1000, 196 Rockingham Road, Londonderry.

SOAP DISPENSERS - Buy refillable ones. Use soap ends to make your own soap lotion. Mix approximately 1 tablespoon of finely grated soap or soap flakes with 1 cup of water. Bring to a boil and stir until the soap is dissolved. Remove from heat. The mixture will seem watery, but will thicken as it cools.

SOCKS – *Reuse*, make hand puppets, use for dusting in tight places. *Donate*. See CRAFT MATERIALS. *Recycle* at the Drop Off Center.

SOFAS - See FURNITURE.

SPONGES - Make them last longer by washing them in the dishwasher. Buy a dishrag you can wash in the washing machine and use a scrubbing brush for hard to remove food. Rejuvenate old sponges by soaking them in a mixture of 1 part bleach to 10 parts water for about 10 minutes (more or less, depending on how dirty they are). Then rinse them out thoroughly with clean water. NOTE: be careful when handling the bleach, both with skin contact or clothing. Saving a sponge but getting a bleach burn or ruining your clothing is not a good trade off.

SPORTS EQUIPMENT - The Londonderry Women’s Club sponsors a Ski & Skate Swap Sale on an annual basis. Place an ad in the paper. *Donate*, YMCA or local town recreation club. Call the Recreation Hotline at 437-2675. See *Donations* (pg 25). If you don't ski or skate often, consider renting. Many rinks and ski resorts rent skis and skates.

SPRAY BOTTLES - Purchase refillable bottles. *Reuse* for homemade cleaning applications. Clean, then fill with water to mist plants, spray clothes when ironing or for children to use as squirt guns. *Recycle* curbside if accepted in the program.

STEREO EQUIPMENT – *Donate*. See *Donations* (pg 25). Take to Drop Off Center.

STUFFED ANIMALS - See TOYS or bring to the Drop Off Center.

STUMPS - See TREE STUMPS.

STYROFOAM - see PACKING MATERIALS. Cannot be recycled curbside. *Reduce* the quantity you buy. Try to use washable plastic plates and cups when giving a party or picnicking. *Reuse* for craft projects or under plants to collect water.

TACK - See HORSE SUPPLIES.

TABLES - See FURNITURE.

TEA BAGS - *Compost*.

TELEPHONE BOOKS - *Recycle* at the curb.

TELEVISIONS – *Donate*. See *Donations* (pg 25). *Recycle*, at the Drop Off Center. *Repair*, check the Yellow Pages under Televisions Repair.

TEXTILES - *Reuse* for polishing cloths, shop rags or dusters. *Donate* to the agencies or *recycle*. See *Donations* (pg 25).

THREAD SPOOLS - see CRAFT MATERIALS.

TIRES - When you purchase new ones, ask retailer to take old ones. *Recycle*, into planters for heat-loving plants such as cucumbers, melons, peppers, eggplants and tomatoes. Take to the Drop Off Center. Tips for making them last longer - Inflate to maximum pressure. Have wheels balanced. Factors such as excessive speed and quick stops or starts will increase rate of wear. Rotate every 6000-8000 miles.

TOILET PAPER ROLLS - *Recycle* curbside. *Donate*. See CRAFT MATERIALS.

TOILETS - see BUILDING MATERIALS.

TOILETRIES - Use sample sizes for traveling and refill with your own favorite brands. See COSMETICS.

TOOLS - Offer them to a neighbor, friend or relative. **Mr. I Buy & Sell Everything**, 669-5710, 32 N. Main St, Manchester, buys, sells and trades any kind of hand tool.

TOOTHBRUSHES - Use them for cleaning hard to reach, detailed work, such as the rim of sinks, grills or cabinet trim.

TOWELS - **Cloth**, *Reuse* old ones as cleaning rags. *Donate*. See *Donations* (pg 25).

TOYS - *Donate* to play groups, hospitals, doctors and dentists offices. *Repair*, replacement parts, stickers, etc.: **Fisher Price/Mattel**, 800-432-5437. **Hasbro**, 800-242-7276. **Kolcraft**, 800-453-7673. **Little Tikes**, 866-642-7586. **Playskool**, 800-752-9755.

TRAINS - *Donate*, see *Donations* (pg 25).

TRASH CANS - Use them for recycling bins (stickers available at Town Hall). Store garden tools such as rakes. Store pool equipment such as pool noodles or strainers/screens. Use for composting (Google trash cans & composters for directions). Give them away on www.Freeecycle.org.

TREE LIMBS AND BRUSH - *Compost*. Take to the Drop Off Center.

TREE STUMPS - *Recycle* at **M-R Wood Recycling**, 425-0300, 29 Scobie Pond Rd., Derry, accepts trees and stumps for chipping.

UNIFORMS - Place an ad in the local papers. *Donate*, see *Donations* (pg 25).

VACUUMS - Working vacuums, place an ad in the paper. *Donate*, see *Donations* (pg 25). Non-working, see APPLIANCES- small. **Neveretts Sew & Vac**, 883-5409, 51 E. Pearl, Nashua, buys, sells, takes trade-ins and services many brands.

VCR's - *Donate*. See *Donations* (pg 25). Take to the Drop Off Center.

VEGETABLES - See FOOD.

VIDEO GAMES – *Sell*, place an ad in the local paper. Rent them from a local video store rather than buying them. Place them in the GOTBOOKS container behind Town Offices.

VIDEO TAPES - Don't buy, borrow from a local video library. Children's videos can be sold at the annual toy sale for Welcome Wagon, see TOYS. *Donate* to local library. Place them in the GOTBOOKS container behind Town Offices.

WALLPAPER - Use for wrapping paper, shelf paper or for craft projects such as dolls houses. *Donate* for craft projects. See CRAFT MATERIALS.

WATCHES - See JEWELRY.

WIGS - **American Cancer Society**, -1-800-640-7101, 2 Commerce Dr, Suite 110, Bedford, accepts new and used wigs and sends them to be refurbished for cancer patients.

WOOD ASHES – Add small amounts to your compost pile. Add to your lawn or garden to raise the pH to make it less acidic.

WRAPPING PAPER - *recycle* at the curb, not foil paper. . *Donate* to schools or play groups. See CRAFT MATERIALS. *Reduce* the quantity you buy.

YARD WASTE – *Compost*. Take to the Drop Off Center.

YARN - Use for craft projects. *Donate*, see CRAFT MATERIALS.

YOGURT CUPS - *Recycle* at the curb. *Donate*. See CRAFT MATERIALS.

VIII. Composting

Statistics show that up to 30% of what we throw away could be composted in the back yard. By composting, not only is waste reduced, but a natural fertilizer is generated which can be used on the garden.



What Should I Put in The Compost Pile?

Vegetable & Fruit Scraps	Lawn Clippings	Weeds
Plant Trimmings	Coffee Grounds, including filter	Bread
Eggshells	Nut Shells	Leaves
Tea Bags, including paper tag & string	Wood Ash	Feathers
Hair Clippings	Shredded Newspapers	flour
leftover spaghetti	cotton string	rice
Shredded Paper Towels, No Grease Or Toxic Cleaners	breadcrumbs	
100% cotton fabric (undyed) (e.g. undershirts)	paper napkins	

If you add a lot of dry materials like paper, fabric or bread products, be sure to add enough water so your pile doesn't dry out.

If your composter is animal proof, you can also compost lobster shells and shrimp shells.

Do Not Include: ***Due to:***

Grease Oil	Slow decomposition
Meat Poultry Fish	Attracts Rodents

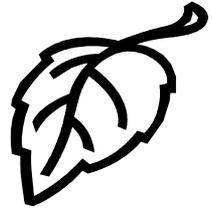
Compost Bins

Use a bin made of wood, chicken wire, bricks or cement. Plans to make your own are available from the Department of Public Works at the Town offices. Make one out of your old trash can. Look online for directions. Or buy one ready-made; there are many varieties and sizes available from hardware stores and nurseries.

Composting Is Easy

Composting is the natural decay of organic matter into soil. This happens slowly over time.

Anyone can start a compost pile whether you have a small or large yard. A compost pile takes up a small amount of space and cares for itself if you follow these simple guidelines.



- 1. Chop up the material.**
- 2. Stir your pile** periodically to increase air flow.
- 3. Keep it moist.** It should be just wet enough to get a drop of water when you squeeze a handful.
- 4. Maintain a carbon to nitrogen ratio.** Combine carbon-rich “*brown*” materials (e.g. leaves, tea and coffee grounds) with nitrogen-rich “*green*” materials (e.g. grass clippings, vegetable scraps).
RECIPE: 30 parts carbon to 1 part nitrogen.
- 5. Provide a starter.** To start the decomposition process, add some *soil, manure, or some of last year’s compost*. There are also “starters” that you can buy specifically for this purpose.
- 6. Neutralize acids.** A large quantity of pine needles, pine cones or oak leaves can make your compost acidic. Add ground limestone or wood ashes.

Vermiculture or the Nature of Worms



Worms are an important ingredient of compost. They munch on the organic matter in your pile and break it down for you. They will find their way to your compost pile naturally, however you can buy worms and add them yourself. Worm kits are also available for in-home use. The kits are small and can be kept in a basement or closet.

Problems and Solutions for Composting

Problem	Possible Cause	Solution
Wet	☀ No Cover	☀ Turn pile ☀ Cover the top of the bin only, to protect from moisture
Bad Odor	☀ Too much moisture ☀ Not enough Air ☀ Too much Nitrogen “green” material ☀ Bin has no vents	☀ Turn pile ☀ Add Carbon “brown” materials – absorb moisture ☀ Add air holes to side of bin ☀ Cover in rain/snow
Dry	☀ Compost is in a sunny place ☀ Not enough moisture	☀ Turn pile ☀ Soak each layer ☀ Move compost to the shade ☀ Cover the top of the bin only, to protect from sun
No Heat	☀ Not enough nitrogen materials ☀ Not enough moisture ☀ Pile has not been turned ☀ Cold weather	☀ Add Nitrogen “green” materials ☀ Soak compost as you turn it. ☀ Wait until Spring
No Decay	☀ Too much moisture ☀ Too dry ☀ Not enough air ☀ Materials too large	☀ Add small amounts of water ☀ Break up layers ☀ Chop up large items ☀ Screen material before adding ☀ Turn pile
Ants	☀ Too dry	☀ Add moisture
Rodents	☀ Meat, fish, poultry or fat in compost	☀ Remove from pile
High Temp.	☀ No ventilation ☀ Too much “green” material	☀ Aerate ☀ Reduce size ☀ Mix “browns” in.

What to Do with Yard Waste

Yard waste will not be picked up with your trash. Bring it to the Londonderry Drop Off Center or **recycle it** in your garden.

GRASS CLIPPINGS

Mow frequently and leave them on your lawn.

Clippings will:

- ❖ retain moisture,
- ❖ provide nutrients and
- ❖ recycle your fertilizer as it decomposes

This practice does not cause thatch buildup as once believed.

For a healthy lawn:

- ❖ Put your mower up to highest setting
- ❖ Mow frequently, every five to seven days.
- ❖ Water deeply (about 1 inch – enough to fill a tuna or cat food can) at most once or twice a week. This encourages deep roots and is healthier for your lawn than frequent, shallow watering.

“*Recycling*” or “*Mulching*” mowers are effective. They chop-up the clippings very fine or you can purchase replacement mulching blades for your current mower. If you do collect the clippings, mix them with some leaves and throw them on your compost pile.

TREE LIMBS AND TREE STUMPS

- ❖ Rent a chipper - share the expense with neighbors
- ❖ Hire a tree service to chop up tree stumps for chips
- ❖ Place the mulch around shrubs, 2-3 inches for optimum results.



LEAVES

- ❖ Shred them.
- ❖ Throw them in the compost pile as is in a 30:1 ratio with grass.
- ❖ Use them as mulch.

Make Your Garden Healthy

Bugs and Diseases like it easy! They will attack unhealthy plants first.

TO KEEP YOUR PLANTS HEALTHY:

- ✓ Water during dry spells
- ✓ Apply organic fertilizer or compost
- ✓ Keep weeds down with mulch or barrier mat
- ✓ Scatter your plantings so all plants are not wiped out at the same time

TO GET RID OF PESTS

- ❑ **Know your bug.** Research an insect guide through the library or online.
- ❑ **Use a barrier.** Woven barrier cloths allow light and water to penetrate but not bugs. Use Crushed eggshells or sharp sand around plants to control slugs and snails.
- ❑ **Plant a companion.** Place certain plants together that bugs dislike. *Carrots love Tomatoes* and *Roses love Garlic* by **Louise Riotte** are great references for this subject. Also an 18"X24" plastic reference chart with a convenient collection of companion planting information can be obtained for \$14.95 from **Plantpals, Plantcare, P.O. Box 333S, Gering NE 69341**. Go to www.no-dig-vegetablegarden.com for all sorts of gardening information. A chart can be found on that same site at www.no-dig-vegetablegarden.com/companion-planting.html .
- ❑ **Encourage natural predators.** It is possible to buy praying mantis eggs and lady bug eggs which you can place in your garden to eat the nasty bugs. Check your local nursery or a catalog is available from Gardens Alive, see next page.
- ❑ **Non-toxic pesticides.** There are many sprays you can make yourself such as garlic spray or “Bug Juice” made from grinding up the bugs you want to get rid of. There are also over the counter non-toxic sprays and dusts you can purchase locally.
- ❑ **Remove debris.** Pests can hide in it through the winter.

- ❑ **Rotate plantings.** Soil borne diseases will die out between plantings.
- ❑ **Burn diseased plants.** Contact the Fire Department for a permit before you start a bonfire. Use the ashes in your compost pile.

Lawn and Garden Resources

UNH Cooperative Extension (800-248-6672) Offers advice on composting and lawn and garden care, e.g. “*Pest Control for Organic Vegetable Growers*”.

BOOKS

Check the Leach and other libraries for reference material, or your local book store. Look under **Insect and Disease Control** or **General Organic Gardening** for a list of titles. There are various **periodicals** such as *Organic Gardening Magazine* available at libraries and book stores.

SUPPLIES

What you can not get at local nurseries or hardware stores is available through **catalogs** such as:

Bountiful Gardens, 18001 Shafer Ranch Road, Willis CA 95490 – www.bountifulgardens.org Seeds, green cover crops, books and supplies

Gardeners Supply, 128 Intervale Road, Burlington VT 05401, 888-833-1412; www.gardeners.com organic gardening supplies

Gardens Alive, 5100 Schenley Place, Lawrenceberg IN 47025, 513-354-1482 – www.gardensalive.com

organic fertilizers, pest sprays, insect larvae of natural predators

Check out information on the WORLD WIDE WEB

If you do not have access at home, local access to the Internet is available through schools and libraries. Do a search on **ORGANIC GARDENING**.

ORGANIC GARDENING

www.organicgardening.com



IX. Household Hazardous Waste

The Best Way To Dispose of Toxic Products

Some of the toxic products that can be found in your home are:

Cleaners	Pesticides	Herbicides
Oil Paints	Automotive Fluids	Solvents

- Once you buy a toxic product and you are finished with it, disposal of that product now becomes a problem.
- DO NOT throw in the trash for curbside pickup.
- Toxic products can contaminate the landfill or transfer station where the waste is being taken.
- Flammable substance in the collection truck can ignite, and chemical reactions can occur which release fumes. This is a hazard for the driver of the truck and for other vehicles on the road.

SAVE YOUR TOXIC PRODUCTS FOR A HOUSEHOLD HAZARDOUS WASTE DROP OFF DAY!

These events are held semi-annually on a Saturday morning:

- In May in Derry at the school
- In November in Londonderry at the Nelson Fields parking lot

Call the Town Halls for dates and times.

HELPFUL TIPS ON DEALING WITH TOXIC PRODUCTS:

1. *Follow and use the safety instructions on the label.*
2. *Give leftovers to friends and neighbors.*
3. *Keep the cleaner in its original container and intact.*
4. *Do not mix cleaners.*
5. *Use in a well ventilated area.*
6. *Keep flammables away from heat, sparks or flames.*

To reduce the quantity you use:

Buy or use a non-toxic alternative.

Use latex paint instead of oil based paint. There are water-based cleaners available, or make your own, see following pages.

Use a small amount.

Use less shampoo and detergent when cleaning. Educate your children to use less toothpaste or liquid soap.

Soak stubborn stains.

Soaking saves you work and detergent.

Use the right tool.

Use a good quality “squeegee” or a nylon scrub pad to remove stubborn dirt rather than chemicals. Use a plunger or plumbers snake to remove clogs rather than chemicals.

Safe Disposal Methods

<u>Product</u>	<u>Donate</u>	<u>Dilute & Flush</u>	<u>HHW Day</u>	<u>Trash</u>
Paint Remover Stripper	Best	Never	2 nd Best	Never
Solvents Thinners	Best	Never	2 nd Best	Never
Paints, Stains Sealers, Varnish, Polyurethane	Best	Never	2 nd Best	Never
Solvent, Cleaners	Best	Never	2 nd Best	Never
Wood Preservatives	Best	Never	2 nd Best	Never
Water based cleaners, Latex paint	Best	If bio-degradable	Not Necessary	If dried solid

Alternatives to Common Household Toxic Products

The following is a list of non-toxic alternatives to commonly purchased cleaners, polishes and disinfectants.

All Purpose Cleaners

Mix ingredients in a clean, empty spray bottle or a regular bottle.

<u><i>Will Clean</i></u>	<u><i>Quantity & Ingredients</i></u>
Windows	Equal parts Vinegar & Water
Furniture Countertops	¼ cup Vegetable Oil Soap ¼ cup Lemon Juice 2 gallons warm water
Grease Cutter Spray Cleaner	2 Tbs. White Vinegar ¼ cup Vegetable Oil Soap 2 Cups Hot Water
Soft Scrub	¼ Cup Baking Soda, Vegetable Oil Soap, Enough to make a thick paste
Fungicide	2 tsp Australian Tea Tree Oil (sold in health food markets) 2 Cups Water

Scouring Powder

Put baking soda in a shaker can with a screw top lid.

Carpet Or Rug Cleaner

Loosen dirt with a stiff broom, then vacuum. Remove odors by sprinkling baking soda on dry carpet, let sit for an hour or more then vacuum.

Floor Cleaners

No-Wax Floors

Use hot water and a good sponge mop and a brush for hardened soil. For grease, mix ½ cup of white vinegar in ½ gallon water.

Linoleum

Damp mop with a mild dish detergent & water. Add a capful of Baby Oil to preserve the floor. Add sour or skim milk to make the floor shine.

Wood Floors

Mix 1 part vegetable oil to 1 part white vinegar. Apply a thin coat, rub in well.

Painted Floors

Mix 1 tsp. washing soda to 1 gallon hot water.

Rubber Tiles

Mild detergent. Avoid oils, solvent, and strong alkalis, as they will harm the surface.

Brick and Stone

1 cup white vinegar in 1 gallon water, scrub and rinse well.

Ceramic Tile

Mix ¼ cup white vinegar into 1 gallon water.

To Remove . . .

Wax – Pour a small amount of Club Soda, scrub well, soak and wipe clean.

Black Heel Marks – Rub mark with a paste of baking soda and water.

Tar – Remove excess with side of a dull knife.

Crayon – Rub off with dry cloth or a damp cloth and toothpaste. This does not work well on porous surfaces.

Grease from Wood – Immediately place an ice cube or cold water on the spot. Once grease is hard, scrape then iron a piece of cloth over the spot.

Air Fresheners

Open a window or use a fan

Indoor Plants - They can absorb and neutralize indoor air pollution. Some of the best are English Ivy, Fig Tree, Chrysanthemum, and Spider Plants.

Baking Soda - Absorbs odors in the fridge, cupboard or in a corner of the room. Place it in a decorative container to conceal it and replace regularly. Pour the old baking soda down the drain with vinegar to keep it clean.

Drain Cleaner

Pour ½ cup Baking Soda down the drain, THEN pour ½ cup of white vinegar, COVER DRAIN.

NEVER USE THESE METHODS AFTER A COMMERCIAL DRAIN CLEANER HAS BEEN USED. CHEMICAL REACTIONS MAY OCCUR!

Instead of chemicals use a plunger or plumbers snake to push out the clog.

NEVER USE A PLUNGER AFTER A COMMERCIAL DRAIN CLEANER HAS BEEN USED AS THE CHEMICALS MAY SPLASH BACK IN YOUR FACE OR ON YOUR SKIN!

Prevention - Pour boiling water down the drain weekly to get rid of fat. Collect grease in empty cans.

Disinfectant

Use soap and hot water; or ½ cup Borax to 1 gallon of hot water; or Isopropyl Alcohol, sponge on and allow to dry. See Fungicide under *All Purpose Cleaners* (pg 51).

Furniture Polish

Unfinished Wood

Dissolve 1 tsp. Lemon Oil into 1 pint Mineral Oil (**NOT** mineral spirits!) or use mineral oil alone.

Oak

Boil 1 quart beer with 1 tsp. Sugar and 2 Tbs. Beeswax. Cool, wipe onto wood and allow to dry; then polish.

Mahogany

Mix equal parts white vinegar and warm water. Wipe onto wood and then polish.

Remove Grease

Pour salt immediately onto spot to absorb grease and prevent staining

Remove Scratches

Mix equal parts Lemon Juice and Vegetable Oil. Rub in until scratches disappear.

Remove Water Spots

Rub gently with toothpaste on a damp cloth.

Lime and Mineral Deposit Removal

Soak in white vinegar, then wipe or brush off. For **metal** shower heads and faucets that are clogged, remove and boil for 15 minutes in a solution of ½ cup white vinegar to one quart of water. For **plastic** combine equal parts white vinegar and warm water and let soak then brush with an old toothbrush.

Oven Cleaner

Spray with water, sprinkle with baking powder and rub with fine steel wool. Wipe off with a damp sponge.

Toilet Bowl Cleaner

Pour in ½ cup of borax and stir with a toilet brush. Let sit for 1 hour.

Adhesive Remover

Soak in white vinegar until soft, repeat as needed.

Laundry Products

DO NOT USE VINEGAR AND CHLORINE BLEACH TOGETHER, AS HARMFUL VAPORS WILL BE PRODUCED

Fabric Softener

Add 2 cups of vinegar to full tub rinse water. Or add ¼ to ½ cup baking soda to wash and cut bleach use in half, to make them smell fresh.

Delicates

Use a small amount of protein shampoo. Wash as usual.

Heavily Soiled Items

Soak in washer for 1 to 2 hours before running through wash cycle.

Starch

Dissolve 1 Tbs. cornstarch in 1 pint of coldwater and store in a spray bottle. Shake before using.

Remove Oil/Grease

Sprinkle with baking soda or talcum powder, rub in, and wash as usual. If this doesn't work, it might not be a grease stain. Rub with bar soap and try again.

Remove Ink Stains

Dab or spray with rubbing alcohol and launder as usual.

Metal Cleaners

Aluminum

To remove stains from cookware, fill with hot water and 2 Tbl cream of tarter for each quart of water. Bring to a boil and simmer 10 minutes, wash and dry as usual. To clean a coffee pot or remove lime deposits, boil equal parts water and white vinegar. Boiling time depends on severity of staining.

Brass

Clean and polish unlacquered brass with a soft cloth dampened with Worcestershire sauce. Or dissolve 1 tsp salt in 1 cup white vinegar. Add enough flour to make a paste. Apply and let sit for 15 minutes to 1 hour. Rinse and polish dry. Or pour vinegar over surface, sprinkle with salt and rub in mixture.

Bronze

Use salt, vinegar and flour mixture as shown above for brass.

Chrome

Wipe clean with a damp cloth dipped in undiluted white or cider vinegar. To Shine, rub with wet newspaper or aluminum foil, shiny side out.

Copper

Apply a paste of lemon juice and cream of tartar. Leave on 5 minutes. Rinse with water and dry.

Gold

Wash in lukewarm soapy water and dry with a cotton cloth.

Pewter

Clean and polish with a soft cloth dampened with Worcestershire Sauce.

Personal Care Products

Antiperspirant

Mix ½ cup vodka, 2-½ cups of water, 1 Tbs. of alum and 1 Tbs. of powdered zinc oxide in blender. Place in spray bottle. Shake before using.

Deodorant

Mix baking soda with cornstarch.

Hair Gel

Dissolve ½ to 1 tsp. unflavored gelatin in 1 cup warm water. Keep refrigerated and use as you would a store-bought gel.

Hair Spray

Chop 1 lemon (or orange for dry hair) and place in a pot with 2 cups of hot water. Boil until only half remains. Cool and strain. Store in a spray bottle and use as needed.

Shampoo

Blend 1 cup liquid Castile soap with ¼ cup olive or almond oil. Add ½ cup distilled water.

The information in this chapter came from:

Clean & Green by Annie Berthold-Bond

Green Alternatives - a Bimonthly magazine edited by Annie Berthold-Bond

Guide To Hazardous Products around the Home. Write to Household Hazardous Waste project, 901 S. National Ave., Springfield, MO 65804 for ordering information.

The Natural Formula Book for Home & Yard by Dan Wallace

Nontoxic and Natural and *The Nontoxic Home* both by Debra Lynn Dadd.

X. Reducing Waste at Work

REMEMBER - REDUCING WASTE WILL LOWER YOUR COSTS. Re-use as much as possible to reduce the cost of new supplies. Hazardous waste disposal, wastewater discharge and solid waste disposal are all costs which can be lowered by waste reduction.

No Cost Services for Waste Reduction:

The NH Pollution Prevention Program (part of the NH Department of Environmental Services) works with businesses and communities to promote source reduction. They provide free site visit consultations, offer confidential answers to regulatory questions and have a complete database of equipment and non-toxic alternatives to reduce hazardous waste generation. Call 271-6460 or email nhpp@des.state.nh.us

How to Start a Recycling Program in the Workplace



First:

If you have more than ten employees, gather support from co-workers and management. Without cooperation the item you wish to recycle may not be sorted correctly or poor participation will lower quantities.

Second:

Develop a plan.

What will be recycled? Paper, catalogs, magazines, envelopes and cardboard if you work in an office. Perhaps wooden pallets or scrap metal if you work in an industrial area.

How will it be collected? Do you need to rent a dumpster or is it worthwhile buying one or maybe you only need large totes.

Who will collect it? Maybe the building is leased and the manager is organizing recycling and trash collection. This is common with office complexes. In this case several businesses in the same building may benefit from a recycling program. A large business would want to research various waste haulers for the best price.

Finally:

Make the commitment. Education will be ongoing and you may want to add items for recycling as your business changes. New products made from recycled materials are constantly being developed. Materials that were not considered recyclable a few years ago are now in demand.

START THE BALL ROLLING!

Simple steps you can take now to lower your waste



- ❖ Purchase items in bulk.
- ❖ Avoid over packaged items.
- ❖ Buy recycled whenever possible. Most paper office supplies come in recycled content. The more they are bought the higher the demand and the lower the cost will eventually be.
- ❖ Recycle printer, fax, copier and toner cartridges; see *Drop Off Recycling Programs* for more information.
- ❖ Do double-sided copying and use both sides of a piece of paper.
- ❖ Use the back of bad copies and incorrect printer jobs as scrap paper for taking notes.
- ❖ Use electronic or e-mail instead of writing memos.
- ❖ Reuse manila envelopes by covering up the tab with a new label.
- ❖ Reuse manila envelopes for interoffice memos.
- ❖ Place information on notice boards rather than making multiple individual copies.
- ❖ Donate unused or old office furniture and supplies to charitable organizations.
- ❖ Use 2-way shipping containers, i.e. reuse the packaging or send it back to the supplier to be refilled.
- ❖ Use newspapers for packing rather than non-recyclable material.
- ❖ Reuse "packing peanuts".
- ❖ Use small Fax transmittal sheets or fax directly from or to your computer.
- ❖ Replace disposable items with reusable ones, such as washable tableware in the cafeteria or break room.
- ❖ Attach routing slips to single copies of magazines/periodicals rather than buying several subscriptions.
- ❖ Reuse wood pallets.
- ❖ Update mailing/distribution lists periodically and remove those who no longer need the information.
- ❖ Have equipment repaired rather than disposing of it.

Companies Providing Recycling Services to Businesses

This list is a starting point. Some companies buy items for recycling or pick them up for free. Consult your local Yellow Pages for more information or contact:

- Northeast Resource Recovery Association, 798-5777
 - NH Department of Environmental Services, 271-3503, Solid Waste Division
1. Advanced Recycling 622-8484 – metals recycling
399 Willow St.
Manchester, NH
 2. Brian's Recycling Services 644-2223 – metals recycling
97 Eddy Rd.
Manchester, NH
 3. J. Schwartz 627-4191 – paper and cardboard recycling,
confidential shredding
185 Woodland Ave
Manchester, NH
 4. Manchester Recycling Corp. 622-8422 – non-ferrous metals
recycling
87 Union St
Manchester, NH
 5. Republic Services 800-238-9020 or 978-649-7564 – business
recycling services
385 Dunstable Road
Tyngsboro, MA
 6. Schnitzer 800-640-6643 or 622-8484 –all scrap metal recycling
399 Willow St
Manchester, NH
 7. Waste Management Inc. 437-3317 –business recycling services
26 Liberty Drive
Londonderry, NH

XI. Holiday Pick up Schedule

Whenever a scheduled collection falls on a holiday listed below, that day's collection and the remaining collections for the week will be delayed one day. Friday's collection will be on Saturday.

New Year's Day - January 1

Memorial Day - Last Monday in May

Independence Day - July 4

Labor Day - First Monday in September

Thanksgiving Day – 4th Thursday in November

Christmas Day - December 25

Any other holidays will not have a delay. In the case of winter snowstorms, the waste hauler who collects the trash and recycling will make every endeavor to collect as normal. If you have any doubt, call 432-1100 ext. 137 or 139.

XII. Recycling Information



432-1100 extension 137

Business hours are 8:30 a.m. to 5:00 p.m. If no one is in, please leave a message. The Environmental Services - Solid Waste offices are located on the 2nd floor of the Town offices in the Department of Public Works.