

2020 Spring Newsletter

Solid Waste Alliance Communities (SWAC)

Benson, Chittenden, Fair Haven, Pawlet, Rutland Town, Tinmouth, Middletown Springs, Shrewsbury, Sudbury, and West Haven

HHW Event Schedule

SWAC contracts EnPro Services of Vermont for HHW collection events. Any SWAC resident can take their HHW to any of the collection events listed. Used waste oil will be accepted at the Rutland and Fair Haven designated collection areas during the events. Several local businesses also accept it for free year round. Please do not give your waste oil to the HHW contractor.

For more information please visit, www.rutlandcountyswac.org

Saturday, May 16, 2020

TIME: 8:30-12:30 p.m.

LOCATION: Rutland Town Transfer Station, off Post Rd. Extension

Saturday, September 12, 2020

TIME: 9:00-1:00 p.m.

LOCATION: Dorset School
130 School Drive, Dorset

Saturday, October 10, 2020

TIME: 8:30-12:30 p.m.

LOCATION: Fair Haven Transfer Station, Fair Haven Ave, off West St.

If you live outside of a SWAC town, please visit www.rcswd.com for more information.

SWAC residents may also purchase a non-district permit at the HHW Depot or Rutland County Solid Waste District (RCSWD) offices at 1 Smith Rd., Rutland, Vermont, to utilize the RCSWD facility. This permit allows drop off of HHW, trash and tires at current rates, and recycling.

VT Environmental Producer Responsibility Legislation

Vermont has environmental producer responsibility legislation requiring manufacturers to be responsible for the proper disposal of their products, thus reducing the disposal costs for towns. These products can be disposed of year round, free of charge, at the locations listed below.

These products include:

- Fluorescent Bulbs: VT residents can dispose of mercury containing bulbs at collection sites throughout the state. To find locations, visit <http://www.lamprecycle.org/state-localaws/>

- Batteries: visit <https://www.call2recycle.org/vermont/> for collection locations

- Architectural Paint: visit <http://rutlandcountyswac.org/laws-regulations/paint-product-stewardship-legislation-act-58/> for collection locations

- Electronics: visit <http://www.anr.state.vt.us/dec/e-waste/> for collection locations

These items can be dropped off year round and do not need to be saved for HHW events.

HHW events are hosted by local towns and are an expensive endeavor. Reducing the amount of HHW products purchased and using the methods above will help reduce the cost to your towns.

Food Waste BANNED FROM VERMONT LANDFILLS

As of July 1, 2020, all residents and businesses are required to divert food waste from the landfill.

Food waste is one of the largest components of solid waste in U.S. landfills. Currently, 1/3 of food produced for human consumption is lost or wasted globally.

That's not the worst part. Food in the landfill does not break down or biodegrade due to lack of oxygen. It contributes to greenhouse gas emissions and wastes the water and other resources it takes to grow the food.

So, what you should you do with your food waste?

All SWAC transfer stations offer food waste collection on-site. Contact your local transfer station for specifics.

Backyard composting is a great option. For ideas, check out <http://scrapfoodwaste.org/>

Many local and online retailers offer backyard composters and collection containers.

Want to build your own composter? Check out these DIY projects on our pinterst site at www.pinterest.com/solidwastealliance-communities/build-your-own-compost-bin/

Difficult for you to Compost?

Try the FoodCycler, a sleek automated counter top kitchen composter that dries and grinds your food waste in hours. Check out their website at <http://www.nofoodwaste.com>. The finished product can be used in your garden!



Diverting food waste to local farms and food rescues are great options for diverting food waste from the landfill.

Business Food Waste

Yes, businesses are required to divert food waste as well. There are local haulers offering food waste collection for businesses.

Casella is accepting clients for food waste collection: (800) 227-3552

Tracy Wyman is available for most towns: (802) 595-5748

Grow Compost is available in some Rutland county towns: (802) 595-2333

Food Waste Reduction

Think twice before throwing food away. Hold yourself accountable. Every time you throw food into the compost, think of how much money it cost you to purchase that food. The money you are throwing away adds up quickly.

Write a grocery list before going shopping, and base that list on meal plans or a weekly menu for your family. Try to choose foods that are in season.

Buy produce in manageable quantities. A refrigerator full of produce looks great, however it will lead to food waste if you cannot eat all of the food before it spoils.

FIFO your refrigerator: First in First out. Place the older and most perishable food in the front with the newest food behind it.

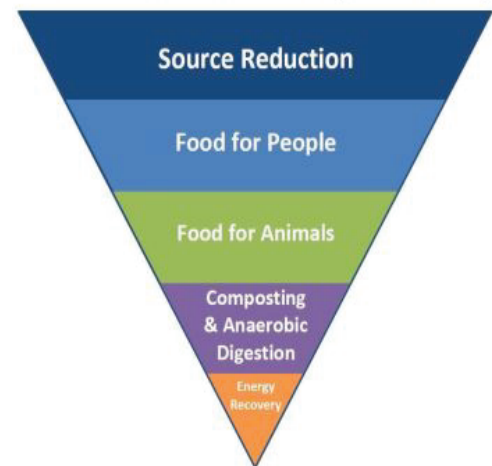
Buy more shelf stable foods to fill your pantry.

Store leftovers smartly. Glass storage containers are not only reusable and sustainable; they

allow you to see what's inside. That way, you're less likely to lose track of leftovers.

Use up those leftovers or freeze them before creating more! Freezing seasonal fruits and vegetables reduces the necessity to buy them when they are out of season.

Vermont Food Recovery Hierarchy



Buy locally. It significantly reduces your carbon footprint of the food (it took less time to get to you resulting in fewer emissions). Try to avoid any food packaged in plastic packaging. Aim for foods that are fresh and without any packaging, or lightly packaged in easy to recycle cardboard/paper.

Low Waste Event Planning Tips

Think back to the last time you cleaned up after a party. How many trash bags did you toss out? Most of us probably don't give much thought to what is thrown away, but in the U.S. we throw away 500 million plastic straws and 50 billion water bottles annually - every minute 1 million disposable cups are thrown into the trash. For more tips on waste-free event planning, visit <http://www.rutlandcountyswac.org/event-planning/>

1. Use reusable or compostable (commonly made out of sugar fibers or vegetable starch) dishware, cutlery, glassware, linens and napkins, instead of disposable items.
2. Include and inform everyone involved with the event planning about low waste practices and goals.
3. Provide labeled recycling and composting containers. Consider using your own recycling cart/bin.
4. Make a hydration station using a large vessel for self serve water. This encourages hydro flask and reuseable glasses, while eliminating the need to buy bottled water.
5. Go paperless! Use email for invites and updates, magic marker and dry erase boards for signage and for large events use digital ticketing.



Dedicate a leftovers night. If you find your fridge or freezer stuffed to the gills with leftover food, commit to “eating down the fridge” one night a week.

Think “ingredients,” not “leftovers.” Turn extra pasta or cooked vegetables into a frittata. Blend cooked vegetables with a can of whole tomatoes and create a veggie packed sauce for pasta. Create burritos with leftover cooked rice, meat and vegetables, and top them with sour cream and salsa.

Make soup: The steamed, roasted or grilled vegetables that you served as a side dish one night can become soup on another day. In a blender, puree the vegetables with 3 or 4 cups of vegetable or chicken broth, then warm the soup in a pot. Season to taste with salt and pepper, and finish the soup with a bit of pesto, olive oil or croutons.

Salvage stale bread: If that loaf of good bakery bread loses its freshness after a day or two, do what the Italians do: Halve the loaf crosswise, drizzle it with good olive oil and rub it with the cut side of a halved ripe tomato. Season the bread with salt and pepper, wrap in foil and bake until warm.

Stash vegetable scraps: As an alternative to composting, keep vegetable scraps to make stock. Keep a gallon zip-top bag in the freezer and add trimmings: carrot and fennel tops, ends of onions or leeks, tomato cores, stems of herbs and greens, corn cobs, and the like. Any produce that’s past its prime in the fridge can go in, as well. When the bag is full, defrost the contents, dump into a pot and add water to cover. Simmer for 2 hours, strain — and you’ll have better-than-store-bought veggie stock (which can be frozen in that same gallon bag).

Ways to Reduce, Reuse & Recycle



Portion and store: Many food products come in extra large sizes, which can be more economical. If you don’t use all that sliced bread right away, for example, separate the loaf into portions your family will use in a day. Place a sheet of waxed paper between the portions, wrap and freeze. Tortillas, pita bread and similar items can be saved the same way. Likewise, divide money saving large packages of meat into portions and freeze.

SWAC’s Solid Waste Implementation Plan (SWIP)

All solid waste management entities in Vermont are required to have a solid waste implementation plan. The SWIP is a comprehensive planning document meeting the State’s standards for hazardous and solid waste. SWAC has drafted a new SWIP and has it available for public review and comment on its website. We look forward to your input.

SWAC’s Website

SWAC has an extensive website created to assist its residents and businesses with solid and hazardous waste issues. The website contains information on Vermont’s solid waste and hazardous waste laws and how they pertain to you. There is information on where to take back products, greener alternatives, food waste and other tips and ideas. Follow us on [Pinterest](#) and [Facebook](#) for more great ideas and ways to creatively reuse items.

Business Outreach

SWAC and RCSWD have joined in a business outreach effort to assist local businesses with meeting their requirements for solid and hazardous waste under state law. Your lucky business may be receiving a visit or telephone call! Please contact us with any inquiries you may have in the meantime. We are here to help.



**This Newsletter is available in full color
with active weblinks on our website:
<http://www.rutlandcountyswac.org>**

DUE TO COVID-19, HAZARDOUS WASTE DATES
ARE SUBJECT TO CHANGE/CANCELLATION.
PLEASE VISIT THE SWAC WEBSITE FOR THE
MOST UP-TO-DATE INFORMATION.

2020 Officers

Steve Sgorbati, Sudbury, Chair

Chris Hoyt, West Haven, Vice-Chair

Bonnie Rosati, Fair Haven,
Secretary/Treasurer

Pam Clapp, Administrator

Solid Waste Alliance Communities
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