

# 2023 Spring Newsletter

## Solid Waste Alliance Communities (SWAC)

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

### VT Environmental Producer Responsibility (EPR) Legislation

Vermont's EPR laws require 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 and do not need to be saved for HHW events.

**Fluorescent Bulbs:** VT residents can dispose of mercury containing bulbs at collection sites.

<https://bit.ly/3vaMEVD>

**Batteries:** <https://bit.ly/3tbtrRA>

**Architectural Paint:**  
<https://www.paintcare.org/>

**Electronics and Computers:**  
<https://bit.ly/3cnbNDJ>

**Mercury Thermostats:** to find a drop off location visit  
<https://bit.ly/38yeKAa>

### Options for Other Items:

**Propane Tanks:** swap out at your local retailer. Empty tanks can be taken to a HHW event.

**Tires:** return to local retailers and some transfer stations for a disposal fee.

**Large Appliances:** drop off at Hubbard Brothers, some local transfer stations. Fees may apply.

**Used Waste Oil:** Used motor oil is accepted at many local retailers in the area. Used oil filters are accepted at all HHW Events.

**Prescription Drug Takeback:**  
The Drug Enforcement Association (DEA) sponsors a free national Drug Take-Back day.  
For additional information, and to find a location near you, visit.  
<https://takebackday.dea.gov>

### SWAC's Solid Waste Implementation Plan (SWIP)

All solid waste management entities in Vermont are required to have a SWIP. The SWIP is a comprehensive planning document meeting the State's standards for hazardous and solid waste. SWAC's SWIP is available on the website - <https://rb.gy/dbvgjg>. The SWIP acts as a five-year planning document for SWAC and acts as a work plan.

### Business Outreach

SWAC's business outreach assists 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.

Have a success story to share? We'd love to share your business success on our Facebook page.

### 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. Visit <https://rb.gy/8uttli> for food waste reduction tips.

### 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 pinterest site at [www.pinterest.com/solidwastealliance-communities/build-your-own-com-post-bin/](http://www.pinterest.com/solidwastealliance-communities/build-your-own-com-post-bin/)

## Producing Less Food Waste

It seems easy to not waste food, but when it comes to reducing food waste you might be surprised at the amount of food thrown away each day in the United States. **On average, each person in the United States throws away 1 lb. of food each day!**

So, here are some tips to start reducing your food waste at home.

**Create a Plan:** Create a weekly meal plan with the members of your home: use recipes to determine how much of each ingredient to buy. Don't forget to check your pantry, refrigerator, and freezer first. Write a grocery list before going shopping, and base that list on your meal plan or a weekly menu for your family. This will prevent you from buying too much, and it will minimize your number of trips to the grocery store, thus limiting your exposure to others.

**Relearn Date Labels:** "Sell By", "Best By", "Use By", and "Freeze By" have different meanings. With the exception of baby formula, date labels are not regulated. They are meant to indicate freshness not food safety. Use your senses to help determine freshness and to avoid discarding valuable food prematurely.

### Buy Produce in Manageable

**Amounts:** 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 (First in First Out) Your

**Refrigerator:** 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.

**Save 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).

**Embrace Leftover 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.

**Portion, Preserve & Store:** Many food products come in extra-large sizes, which can be more economical. Learn how to properly freeze, can, pickle, cure, and dry to extend the shelf life of perishable foods for even longer periods of time.

Maximize the shelf life of your favorite perishable produce to ensure it doesn't wilt or become overripe before you can eat it. For example, tightly wrap celery in aluminum foil to keep it crisp for weeks!

Check out [www.rutlandcountyswac.org](http://www.rutlandcountyswac.org) for more information on reducing food waste at home!



## Business Assistance Services

Vermont businesses have been hit hard by the COVID-19 pandemic. We know it can be difficult to figure out where to get support for your business. Here is a list of some local resources for Vermont businesses.

- Vermont Employment Growth Incentive: <https://rb.gy/oaji2z>
- Support for Micro Businesses: <https://mbdp.org/>
- On the Fly: <https://rb.gy/tidnju>



## Household Hazardous Waste Alternatives

Instead of this:	You can use this:
Household Cleaner	Combine 1 tsp liquid soap, 1 tsp borax, 1 squeeze of lemon, and 1 qt warm water.
Kitchen Cleaner	Combine 4 Tb baking soda and 1 qt warm water
Window Cleaner	Combine 1/2 cup white or cedar vinegar and 2 cups water.
Cutting Board Cleaner	Cut 1/2 lemon and rub over surface and wipe clean. For tough stains, allow to sit for a few minutes before wiping.
Microwave Cleaner	Place 3/4 cup vinegar and 1 Tb lemon juice in a bowl in the microwave. Turn microwave on for 2 minutes, allow to sit for 2 minutes before removing a wiping.
Mildew Remover	Dissolve 1/2 cup vinegar with 1/2 cup borax in warm water.
Air Freshener	Fill spray bottle with water and 10 drops of favorite essential oil.
Toilet Cleaner	Pour 1/2 cup vinegar, 2 Tb baking soda, and a few drop of essential oil into toilet bowl. Scrub with toilet brush.
Bathroom Cleaner	Combine 1/3 cup vinegar, 1/3 cup alcohol, 1/3 cup water, and a few drops of essential oil.

## HHW Event Schedule

SWAC contracts U.S. Ecology 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 give your waste oil to transfer station attendant. For more information please visit, [www.rutlandcountyswac.org](http://www.rutlandcountyswac.org).

### Saturday, April 29, 2023

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

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

### Saturday, October 7, 2023

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](http://www.rcswd.com) for more information.

SWAC residents may also purchase a non-district permit to utilize the Rutland County Solid Waste (RCSWD) Gleason Road facility and drop off household hazardous waste and trash at current rates, and access to recycling drop-offs. For more information, visit: [www.rcswd.com](http://www.rcswd.com).

HHW events are hosted by local towns and are expensive endeavors. Reducing the amount of HHW products purchased, giving them away to someone who can use them, or use them for their intended purpose will help reduce the cost to your towns.

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

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HAZARDOUS WASTE DATES ARE SUBJECT TO  
CHANGE/CANCELLATION. PLEASE VISIT THE  
SWAC WEBSITE FOR THE LATEST  
INFORMATION.

### 2023 Officers

Steve Sgorbati, Sudbury, Chair

John Garrison, West Haven, Vice-Chair

Bonnie Rosati, Fair Haven,  
Secretary/Treasurer

Pam Clapp, Administrator

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