

SOME WAYS TO “SAVE AS YOU THROW”

A Pay by Bag program helps put the control of trash costs in your hands – the fewer green bags you fill, the less you’ll spend. Consider some of the following ways to minimize your use of Hopkinton town bags and help protect the environment at the same time.



REDUCE

- Compost your kitchen/yard waste – it’s up to 12% of your trash’s weight! [NHDES Backyard Composting](#) , vegweb.com/composting/ or [Composting US EPA](#) .
- BYOB (Bring Your Own Bag). Use your own reusable bags when shopping.
- Purchase products that use minimal packaging and that are packaged in recyclable materials
- Choose rechargeable batteries and long-life (compact fluorescent) bulbs.
- Use washable cups, plates, utensils, napkins and towels, instead of paper or plastic.
- Avoid individually wrapped portions (cheese slices, juice boxes, etc.).
- Take your own mug/thermos to the coffee shop – often times you’ll get a discount!
- Stop unwanted junk mail! tinyurl.com/ManageYourMail , catalogchoice.org or wikihow.com/Get-Rid-of-Junk-Mail
- Use concentrated products. (ex. – juice, household cleansers, laundry detergents, etc.)
- Buy reusable rather than disposable items. (ex: multi-use shavers, water bottles, lunch food containers and lunch bags/boxes, etc.)
- To give things away: sharingisgiving.org, nhcraigslist.org (to sell items too)
- For questions about household hazardous waste: tinyurl.com/NHDES-HHW



REUSE

- Donate useful items such as furniture, clothing, dishes, books, etc. to Goodwill or the Salvation Army in Concord. Also check with the Concord Red Cross or other organizations to see if they can use your donation items.
- Give unwanted items away on FreeCycle.org
- Books: check with the Hopkinton town library. Also, the Global Literacy Project glpinc.org, donates to libraries, schools, prisons, hospitals, and communities to promote literacy.
- Prescription eyeglasses, readers, sunglasses, and eyeglass frames: Look for Lions Club sponsored collection boxes or check with hopkinton-nh-lions.org/ or eyeglass stores.

- Women's business clothing: [Dress for Success](#) in Concord helps disadvantaged women "dress for success".
- Donate prom dresses: [thecinderellaprojectofnh.org](#). The Concord Goodwill and the Salvation Army also accepts them.
- To donate still-wearable athletic shoes: [oneworldrunning.com](#) sends them to athletes in need in Africa, Latin America, and Haiti.
- Working appliances: Salvation Army in Concord. Also, most stores will recycle your old appliance when you buy a new one.
- Computers: [donationnetworks.org](#) in Manchester, Good Will in Concord or National Cristina Foundation [www.cristina.org](#)



RECYCLE

- See the many items Hopkinton recycles: [Hop Transfer Station](#)
- To find out where to recycle just about anything: [earth911.org](#)
- Fluorescent bulbs: Real Green Goods and Rocky's Ace Hardware in Concord (Ace lets you recycle up to six fluorescent bulbs per visit – all types).
- Worn-out athletic shoes: [nikereuseashoe.com](#) Nike program recycles old shoes into playground surfaces and athletic flooring.
- Foam packing peanuts: Check with local pack-and-ship stores or [loosefillpackaging.com](#) website for the Plastic Loose Fill Producers Council.
- Inkjet/toner cartridges: With a Staples rewards card, you can recycle empty cartridges and earn points. Or see RecyclePlace at [www.recycleplace.com](#). Also some manufacturers include free return shipping labels with new printer ink supplies.
- To recycle phones: Call to Protect reprograms cell phones to dial 911 and gives them to domestic violence victims [donateaphone.com](#). Collective Good refurbishes phones and sells them to needy people in developing countries [www.collectivegood.com](#). They can also be recycled at the Hopkinton/Webster Transfer Station.
- To recycle rechargeable batteries (and cell phones), see Call2Recycle's [Call2recycle](#) list of numerous Concord locations they can be dropped off at. They can also be recycled at the Hopkinton/Webster Transfer Station.



RETHINK

Buy Better Trash

- When at the store, check out a product's trash profile before you purchase it. If you can choose between a few options, pick the one that has the least amount of waste associated with it, such as a product using less packaging or packaging made from recyclable materials.

- Also, buy in bulk and bring your own reusable containers to the store to hold these items. Weigh the container when it's empty, so it can be subtracted from the price when you're checking out. If you need help with this, just ask the customer service desk at your local store. Once you know the weight, write in on the container for future reference. Buying in bulk not only saves waste, but money.

Be on the lookout for the following when making your purchases:

- **Recycled-content products** are made from materials that would otherwise have been discarded. That means these products are made totally or partially from recycled material, like aluminum cans or newspaper. Also, if a product is labeled "recycled content," the material might have come from excess or damaged items generated during normal manufacturing processes – not collected through a local recycling program.
- **Post-consumer content** is a material that has served its intended use and is being reused in a different product. "Post-consumer" also indicates that the material is not from the manufacturing process, but from a finished product that has already been used.
- **Recyclable products** can be collected and remanufactured into new products after they've been used. These products do not necessarily contain recycled materials and only benefit the environment if people recycle them after use. You can also take this one step further and think about what products recycle better than others. For example, glass is an easy material to recycle that doesn't downgrade. If you can, choose glass over plastic (which downgrades once recycled).

Buy Less!

- It can be as simple as this: if you don't buy waste, you can't make waste. For example, a group in San Francisco did exactly that. They set out to buy nothing new for an entire year. While that might not work for everyone, the essence of it is definitely applicable in different-sized doses. Do you really need another (fill in the blank)?
- Do you already have something at home that will work? Do your friends or family have something you can use or borrow? Is it an item that needs just a little tune up or minor repair? Even if it ends up that you need to buy it anyway, just getting into the habit of thinking about alternatives is a step in the right direction. Think creatively and see where it leads you!



How about some of your "save as you throw" ideas?

This document should be considered a work in progress. If you have additional "save as you throw" ideas to share, we'd love to add them to the list. Please send your suggestions to hopkinton_recycles@yahoo.com.

The education subcommittee of the Pay by Bag Implementation Committee hopes you find this list helpful. It also thanks the City of Concord for being the inspiration for, and the source of some of the information included here.