

Newsletter

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Sherborn Recycling Committee Updates

Greetings!

After a short hiatus, we're back with these exciting updates. Read on! If your email program does not display images automatically, please click on the Display Images link at the top of this newsletter.

Welcome New Subscribers

First, we'd like to welcome all the new subscribers to our E-Newsletter. Thanks to Recycling Friend Chuckie Blaney (who has been at the Selectmen's Office selling/issuing stickers to Farm Pond/Transfer Station and asking people to sign up for the E-Newsletter as well), there are a lot of you reading your first one. We're excited to have you with us!

Improvements To The Transfer Station Are Coming At Last!

In case readers were not aware of the results of the Town Election on May 14, the Ballot Question passed which will allow the repairs to the pavement and fence and replacement of the storage containers at the Transfer Station to go forward. We can't wait for the new fiscal year to begin so that we can start moving on those projects. We will tackle the pavement first and then arrange for the fence and containers to be installed.

EPA And USDA Work To Prevent Food Waste

As it becomes more obvious how much food is wasted in our country, separate agencies of our government have come together to combat this problem. We have to be

much more aware of our buying habits, and a list has been produced with simple points we need to keep in mind.

Ways to Reduce Wasted Food:

- Shop your refrigerator first! Cook or eat what you already have at home before buying more.
- Plan your menu before you go shopping and buy only those things on your menu.
- Buy only what you realistically need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.
- Be creative! If safe and healthy, use the edible parts of food that you normally do not eat. For example, stale bread can be used to make croutons and beet tops can be sautéed for a delicious side dish.
- Nutritious, safe, and untouched food can be donated to food banks to help those in need.
- Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce.
- At restaurants, order only what you can finish by asking about portion sizes and be aware of side dishes included with entrees. Take home the leftovers and keep them for your next meal.
- At all-you-can-eat buffets, take only what you can eat.
- Compost food scraps rather than throwing them away.

For lots more information, check out the [EPA's](#) and [USDA's](#) pages on this topic.

Please Sign Up for Home Pick Up Of Your Food Scraps



What else can you do? Speaking of food waste, if we can get 50 households to sign up for it, a new program for home pick up of food waste could come to Sherborn. For \$8 a week this new service

provides a free (odor- and animal-proof) receptacle that will contain a week's worth of food scraps and be swapped for a clean one each week, while your food scraps will be transported to a farm for composting into a fertile soil for gardeners, landscapers and farmers to use instead of synthetic, petroleum-based fertilizers. We have been trying for several years to impress our residents with the importance of getting food out of our trash bags and back into the ground. Food waste is very heavy and adds to the cost of Sherborn's disposal fees at the incinerator, and besides, the food contains lots of nutrients that can be "reused" in a natural process of decomposition into compost. If you already use a backyard composter, you

don't need the new food scrap service, but for those residents who just can't get into the mode of backyard composting, we have arranged for this service to start up in Sherborn as long as we can get at least 50 households to subscribe. Please sign up [here](#) if you are interested. There are incentives for those who refer other people, so be sure your friends put your name in the column asking who referred them. For each household you refer: you can receive a free week of service or a free counter-top scrap bucket that would hold one day's worth of scraps.

Recycling Even More Types Of Paper

The recycled paper market is always evolving. If you came from another town, or even if you remember what we used to prohibit from the paper stream compared to what is allowed in Sherborn's paper stream now, you will

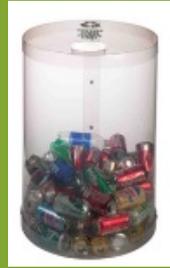


recognize that things are radically different. Here are some of the more questionable food-related paper products that are now ACCEPTED by our recycling vendor: cardboard ice cream containers, coffee cups, paper plates, gabled top cartons such as milk and orange juice cartons (even those with a plastic spout), Pizza boxes (oil stains are OK, food debris should be removed), and (this was a real shocker) aseptic cartons. Those are the rectangular juice, soup and other liquid boxes shaped like bricks. We used to say those were not recyclable because there are layers of foil bonded to cardboard. But now technology has developed to separate the foil from the paper, so we can include them with paper. In all cases, you still have to clean off the food debris by scraping and/or rinsing.

End Of School Year Paper Flood

As your children start cleaning out their desks and lockers at school, they will be bringing home all sorts of miscellaneous papers and notebooks that may not be worth saving for posterity. Now is a good time to remind you that spiral notebooks, stapled papers, paper clipped papers, and construction paper IS ALL RECYCLABLE. Of course those of you who are really into recycling will want to save the paper clips and will pull the used pages from the spiral notebooks so the clean pages can be used, but we know there are others who don't want to bother and we just want them to remember to place these items in the RECYCLING BIN, not the trash compactor.

Please Recycle When You Have A Party



Summers are great for get-togethers. Some of you may have borrowed one of our clear cylindrical recycling barrels for a party in the past. We encourage residents to do so in order to demonstrate to everyone how easy it is and how important you think it is to recycle, even when having a party. Unfortunately, those clear plastic barrels (left photo) have become very brittle over the last few years and have started to crack. We just ordered a different type of lightweight, easily transportable recycling receptacle (right photo) for residents to use whenever they wish. We ask that you sign them out from the Recycling Center and then sign them back in promptly after use, so others can have access to them.

Eco-Friendly Ways To Deal With Ants

We happened to see [this article](#) listing 13 ways to ward off or kill ants. The remedies suggested are lemon juice, cinnamon, peppermint, borax + water + sugar, boiling water + dish soap, dry food grade diatomaceous earth, chalk, baking soda + powdered sugar, cornmeal, vinegar, and finally Equal artificial sweetener mixed with apple juice. If you try any of these and it works, let us know!



We Want To Hear From YOU

Please contact us with any questions, ideas, issues, pet peeves, or kudos you may have regarding our recycling program. We want to know what you are thinking about and what you need to make our program more effective. Thanks for reading! And if you know anyone who might be interested in these matters, please forward this along and let them know they can be a subscriber too by clicking [here](#).

Thank you very much for reading!

Sincerely,

Carol S. Rubenstein, Chair
Sherborn Recycling Committee
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We are on the Web!
<http://recycling.sherbornma.org>



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