

Let the threat of an *incinerator* in our community be the push that catapults us all into the ZERO WASTE/ZERO PLASTIC movement!

These are the guidelines I use to help my family reach  
**Zero Waste AND Zero Plastic.**

1. Choose reusable, re-sellable, recyclable or compostable items. This usually means avoiding items made of plastic, partially made of plastic, and composite materials.
2. Before you build or renovate search out sustainable, healthy, 'green' building materials. Be aware that composite building materials for flooring, siding, rugs, etc. are often made from plastic, or they contain plastic. These items are difficult or impossible to recycle and leach harmful chemicals in landfills, which leads to water contamination. Amazingly, asphalt shingles can be recycled. (Remind your roofer that you prefer your shingles be recycled).
3. Plastic lawn furniture. Avoid. I challenge you to find a place that's recycling this stuff in our community. I believe it's all getting landfilled. (However: You can collect, wash, and dry, soft, plastic bags (not crinkly plastic) that you cannot avoid using, and then take them to the 652 Wayne County Recycling Center, or to a plastic recycling location, where they are collected and sent to a facility that makes lawn furniture (TREX)).
4. Think twice about buying plastic/vinyl tarps. They degrade into tiny plastic particles that get into surrounding soil. Buy canvas tarps instead. Same for natural fiber ropes.
5. Always recycle E-waste. There are convenient options out there. CDs and other hard to recycle Techno-trash? Take a look at what *Green Disk* accepts for recycling. Here's an article where *Green Disk* is mentioned. Note the comment by *Beyond Plastics*.
6. For parties get a stack of stainless steel plates, cups, and stainless steel utensils. Collect utensils from "Sally Ann" (The Salvation Army) Use paper decorations, or old silk scarves tied together for

streamers. (Balloons? Take care with them. Wildlife will thank you.)

7. Filter your tap water if necessary to avoid bottled water. Test your water if you're not sure. It's always good to have a baseline test anyway. We used this lab. **AG Environmental / Sullivan County Labs**. If you want to screen for PFAS see the attached **Cyclopure** link. This test is not certified but it is reliable and inexpensive. Mention DCS for a small discount.
8. Invest in a seltzer maker. This is my favorite kitchen appliance. No more seltzer bottles and you know the water is safe.
9. Buy frozen juices if you're buying reconstituted juice anyway.
10. Shampoos, conditioners, laundry detergents, dishwashing liquids can all be easily replaced with bar soaps, powders, and soap blocks. I like the large blocks of *Savon de Marseille* olive oil soap and and FELS-NAPTHA laundry soap bar for treating stains. (You can easily make liquid soap with any bar soap.)
11. Buy food and vitamins in glass jars, preferably with metal lids. All glass is easily recycled. Plastic lids are a huge ecological problem. Buy wine with real corks, not plastic ones. Buy yogurt in glass jars or make it yourself. (I get my yogurt in returnable glass jars at the *Callicoon Pantry*)
12. Only buy what can be recycled in *your* community. If you're not sure, please ask at the recycling center! Every community recycling facility has it's guidelines. I live in Pa and go to the recycling center on 652. [Accepted Materials | Wayne County, PA](#) For ex. This facility takes 1 and 2 plastics, but only BOTTLESs. They specifically say... Do not include with plastic bottles: plastic bags, tubs, trays, toys or other plastic items (even if they are labeled Number 1 or Number 2), Styrofoam, plastic bottles labeled with Number 3, Number 4, Number 5, Number 6 or Number 7 on bottom or motor oil bottles. So even though Tom's Toothpaste says "replace cap and recycle with #2 plastics" it can't be recycled at this facility so I stopped buying it and went to tooth powder. (I'm experimenting with different recipes. In the meantime I purchased some "*Bites*". They also sell toothbrushes made from

bamboo with biodegradable bristles). I've also included a link to the Sullivan County facilities.

13. I say NO to *single stream recycling*. Yes, it's convenient, but unless there's a sophisticated system like the one major cities have that scan all the items and then find buyers for all the items, much of it is getting landfilled. Listen to a very informative conversation regarding the proposed incinerator in Sullivan County with **Rebekah Creshkoff and Barbara Arrindel** on *Radio Chatskill*. See the link below.
14. 60 % of all clothing is made with synthetics; polyester, nylon, acrylic, etc. These are all forms of plastic. And 60% of all clothing produced is disposed of in landfills, or incinerated, *within a year of production*. Textiles are over-produced, instead of being made ON-DEMAND (see the link below). Choose natural fibers for clothing and household fabrics and you'll also avoid exposure to plastic microfibers and reduce the demand for incineration..
15. Old garden hoses. Landfill. I can't find anyone who can recycle them. Try to keep the ones you have in good shape. Fix them if necessary. Bring them indoors when not in use.
16. Consider renting or borrowing equipment instead of buying it. Don't forget to take advantage of the Repair Cafe! The next one is Sat. Oct. 26th 10-1 [repaircafetusten@gmail.com](mailto:repaircafetusten@gmail.com)
17. Floating down the river? Rent at Lou's Tubes or borrow from a neighbor. If you decide to buy a tube be prepared to patch the inevitable hole! I know they're cheap, but you *can't* recycle them.
18. Avoid plastic pens and especially magic markers. Choose colored pencils instead, and pens with refillable cartridges. (Beware of plastic *swag*)
19. Request that meats and cheeses only be wrapped in paper
20. Bring your own containers to restaurants for leftovers.
21. Bring an insulated reusable bag when buying fresh fish.
22. Compost or bury food waste and you won't need plastic garbage bags.
23. Line small trash bins in your house with small paper bags instead of plastic.

24. Use washable small bags, paper lunch bags, and reusable stainless steel containers for packing lunches. This will eliminate your need for plastic bags and *Ziplocs*. Waxed paper with paraffin is good but cannot be composted.
25. Use thin fabric or mesh bags when buying loose fruit or vegetables. Do NOT buy onions or tangerines in plastic mesh bags.
26. Use *washable* instead of disposable items. Small wash clothes are being replaced by "wipes", many of which are not biodegradable. These "wipes", along with used dog poop bags, bandaids, and cigarette butts are some of the main sources of litter in parks. Even the "biodegradable" poop bags take several years to break down. Check out the paper dog poop bags below from *Poopshark*.
27. Our cats usually "Go In Green" outdoors, but we still keep a litter box indoors. We compost our biodegradable kitty litter separate from our food waste compost. We use wood pellets. You can also use grass pellets. They absorb odors and kitty urine. They dry the kitty poo.
28. When you order online request that only biodegradable paper packaging be used.
29. Consider buying beans, nuts, seeds and flours from refill stores, or buy in bulk from companies that package in paper. Look for paper packaging.
30. Shop at farmer's markets, or order a CSA.
31. Buy recyclable brooms and garden tools with wooden handles and seedlings in sod cups instead of plastic.
32. Opt for wood, or metal.
33. Crunchy snacks are a problem. Most are wrapped in plastic. Make your own? Popcorn? Share a favorite recipe?
34. Recycle your mattresses. Great article below. It'll cost you though.
35. Check out the *Buy Nothing Project* and others like it.
36. Call your representatives in New York to help pass the **Packaging Reduction Act and Recycling Infrastructure Act (S4246D Harckham/A5322D Glick. Put the responsibility on the**

**producers already!!** This will lead the way for other states.

## **HELPFUL LINKS**

### **Barbara Arrindel and Rebekah Creshkoff**

<https://wjffradio.org/environmental-advocates-opposed-to-waste-to-energy-facility-in-sullivan-county/>

### **Techno-trash**

<https://www.greendisk.com/gdsite/accept.aspx>

<https://www.nytimes.com/2020/11/07/style/the-uneasy-afterlife-of-our-dazzling-trash.html>

### **On Demand Clothing**

<https://3dlook.ai/content-hub/on-demand-clothing-manufacturing/#:~:text=On%2Ddemand%20of%20fashion%20manufacturing%20reduces,more%20resources%20to%20their%20designs.>

### **Bites**

[https://bitetoothpastebits.com/?srsltid=AfmBOoqwkGf459h\\_uZyTw55Lfppbi5Wb1iKb-yd0z-JxZ1JvoVaW6nex](https://bitetoothpastebits.com/?srsltid=AfmBOoqwkGf459h_uZyTw55Lfppbi5Wb1iKb-yd0z-JxZ1JvoVaW6nex)

### **Cyclopure**

<https://cyclopure.com/product/water-test-kit-pfas/>

### **Cigarette Butts Are Not Biodegradable**

<https://sarasota.wateratlas.usf.edu/upload/documents/Are%20cigarette%20butts%20biodegradable.pdf>

### **Recycling Centers in Wayne and Sullivan County**

[https://sullivanny.gov/sites/default/files/departments/DPW/SolidWaste/Trifold\\_Single\\_Stream\\_Recycling\\_Brochure\\_2018.pdf](https://sullivanny.gov/sites/default/files/departments/DPW/SolidWaste/Trifold_Single_Stream_Recycling_Brochure_2018.pdf)

<https://recyclerightny.org/local-recycling-guidelines>

<https://www.waynecountypa.gov/DocumentCenter/View/3398/Recycling-Sites-with-addresses-for-web-4-3-good-one>

<https://waynecountypa.gov/332/Accepted-Materials>

### **Doggy Poop Bags**

[https://www.chewy.com/poopshark-paper-poop-bags-dogs-brown/dp/641486?utm\\_source=google-product&utm\\_medium=cpc&utm\\_campaign=20199734535&utm\\_content=&gad\\_source=1&gclid=EAIAIQobChMI2uWh54SDiQMVLkJHAR1GxhDtEAQYAiABEgKvLFD\\_BwE](https://www.chewy.com/poopshark-paper-poop-bags-dogs-brown/dp/641486?utm_source=google-product&utm_medium=cpc&utm_campaign=20199734535&utm_content=&gad_source=1&gclid=EAIAIQobChMI2uWh54SDiQMVLkJHAR1GxhDtEAQYAiABEgKvLFD_BwE)

### **Recycle Your Mattress**

<https://www.cncb.com/2024/10/20/why-i-paid-95-to-recycle-a-mattress-and-you-might-too-.html>