

A Quarterly Newsletter of



North Andover
NASCC
Sustainability Committee

www.townofnorthandover.com/recycle
recycle@townofnorthandover.com

Summer 2010



Town is another step closer to “Green Community” designation

The state’s Green Communities Act of 2008 established a “Green Community” designation for municipalities implementing five criteria (see chart) that put the community on a path toward reducing energy use and energy costs and encouraging renewable energy companies to locate in town. The approval of Article 37 at Town Meeting in May 2010 brought North Andover one step closer to achieving Green Community status. With this status comes access to \$10 million in energy-efficiency grants each year. The Article, which passed by an overwhelming majority, amended the town’s zoning by-laws to explicitly provide land use for renewable



energy equipment manufacturing and production.

Adoption of an energy-efficient building code (also called a “Stretch Code”) is the last step needed to qualify as a Green Community. Adoption of the Stretch Code requires a simple majority vote at Town Meeting. The Stretch Code will apply to new homes and most new commercial buildings, as well as significant renovations. Historic structures are exempt. The code would require reduction in energy consumption and energy costs by up to 35% in new residential homes and up to 20% in new commercial buildings. Over 32 municipalities have already adopted

the Stretch Code, including our neighbors Andover, Hamilton, Wenham, Lowell, and Tyngsboro.

The Green Community designation opens the door to \$10 million in revolving grants each year. A community can be awarded up to \$1 million in grant funding. This money can fund energy-efficiency and/or renewable energy projects in municipal buildings, such as the library, senior center, schools, public safety, and other buildings. And, of course, saving energy means saving dollars.

Let us know if you support Green Communities by emailing recycle@townofnorthandover.com. To learn more about becoming a Green Community or the Stretch Code, email recycle@townofnorthandover.com.



Oops! That doesn't go with your recycling!

Not everything that can be reused or recycled belongs in your curbside recycling bin or cart. The curbside recycling program is for household containers and paper products only. These items can be mixed together and then easily sorted at a processing facility. When the wrong recyclables or non-recyclables end up in the curbside recycling containers, they can contaminate the other materials and create problems on the sorting line.

Please do your part and keep these items OUT of your curbside recycling container:

- Plastic bags – Return plastic bags to the store or dry cleaner from which you got them. Most of these stores have a recycling bin located near the entrance.
- Styrofoam trays and packaging – We do not have a recycler for polystyrene foam (Styrofoam) food trays and other packaging. Some Styrofoam trays and clamshells may be reused by teachers; however, teachers will only accept clean items that are free of food and other contaminants. Some packaging materials, such as packing “peanuts,” are welcomed by the UPS Store. Other or dirty Styrofoam will have to be thrown in the trash.
- Greasy pizza boxes – The grease and cheese contaminate the cardboard, so these boxes need to hit the trash.
- Non-recyclable plastics (no chasing arrows or number present) – At present, these must go into the trash.
- Light bulbs and plate glass – Incandescent light bulbs and plate glass must be packaged carefully in a box, labeled “broken glass,” and put in the trash. (Please note that compact fluorescent lamps – CFL bulbs – are treated as hazardous waste because they contain small amounts of mercury. These may be delivered to the TBI Recycling Center on Holt Road during normal hours.)
- Household batteries – Common alkaline batteries may go in the trash; however, if you would like to gather up a collection, they may be delivered to the Recycling Center for disposal, as well. Nickel-Cadmium and other rechargeable batteries, as well as lithium and button batteries, should be dropped off at the collection points inside Lowe’s or Home Depot or may be delivered to the TBI Recycling Center on 210 Holt Road in North Andover.

CRITERIA	DESCRIPTION	NORTH ANDOVER'S STATUS
1. As-of-Right Siting	Adopt zoning to specify that an Industrial District (Osgood Landing) specify medium and heavy manufacturing related to alternative energy	Achieved (with Article 37 at Town Meeting)
2. Expedited Permitting	Adopt expedited permitting process to site clean energy facilities	Achieved
3. Energy Use Base Line Inventory & Reduction Plan	Maintain comprehensive energy information system to monitor consumption by municipal activities and plan to reduce consumption by 20% after 5 years	Achieved – A software system monitors energy consumption of all municipal buildings. Reduction plan to be completed by Fall 2010.
4. Policy to Purchase Only Fuel-Efficient Vehicles	Establish policy to purchase more fuel-efficient (administrative) vehicles	To be completed July 2010
5. Energy Efficient Building Code (“Stretch Code”)	Adopt energy-efficient provision of State Building Code Appendix 120.AA	Requires Town Meeting vote



On May 1, Cub Scout Troop #86 picked up litter at Becky's Pond.

Thank you to our cleanup volunteers and sponsors!

During the eighth annual town-wide Earth Day Cleanup on Saturday, May 1, hundreds of volunteers picked up litter from more than 25 areas around North Andover. In all, more than 4,000 pounds of trash were removed from our streets and parks. Your efforts were noticed! Not only is our town cleaner and nicer, but many who weren't able to help have let us know how much they appreciate your hard work.

Thanks to Whole Foods, we had plenty of food and water for our volunteers. Thanks to Wheelabrator for providing the roll-off container and to Scott Emerson who coordinated the trash pickups around town. Thank you!

Town-wide yard sales move the goods

The idea of “yard sales all over town” for the last weekend in June has really caught on in North Andover. In 2009, the number of households holding sales that weekend nearly doubled from the previous year. This year, the event was held on June 26-27 and the interest was strong, with inquiries coming in as early as April. There were wonderful bargains to be found in the driveways and garages of 60+ households.

Prior to yard sale weekend, each seller signed up to be included on our published list for a \$10.00 fee. The North Andover Sustainability Committee does a newspaper advertisement and prints the listing of all participating households. This list is also posted on the town website and distributed at various locations in town, such as Town Hall, the Senior Center, Stevens Memorial Library, and several businesses.

The registrations for sellers were handled by Jo-Ann Lanen at the DPW office at 384 Osgood Street. The fees collected covered advertising and printing expenses. Additional proceeds will pay for special projects that assist residents. Extra proceeds from the 2009 registrations helped to fund the three Kill-A-Watt meters which the Sustainability Committee purchased. With these meters, residents can examine their home electricity usage. Those meters are available to be checked out through Stevens Memorial Library (see back page for details).

The best outcome from the yard sale event is that good and useful items change hands and avoid being put in the trash. Many homeowners get to lose some clutter and earn some cash. Everybody wins!

Food, glorious food

Each year, Americans throw away about 27% of the food they purchase and bring home. When added to unusable food from farms, factories, and stores, food waste tops a whopping 100 billion pounds! And waste isn't the only result — a 2009 study found that a quarter of U.S. water consumption and over 300 million barrels of oil go into producing and distributing food that ends up in landfills.

Annually, food waste comprises about 12.7% of municipal trash, or about 200 pounds per person per year. A family of four disposes of \$590 worth of edible food each year.

Yet, unlike containers, paper products, and yard trimmings, very little food is recovered. Only about 2.5% is recovered, either for use or for composting.

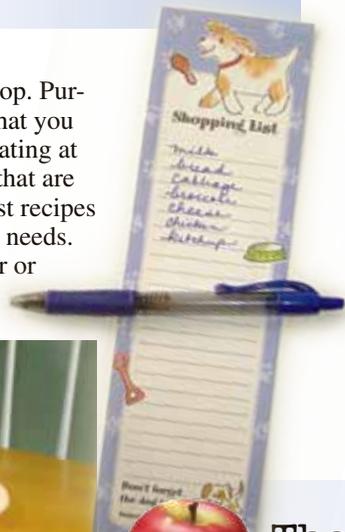
At home, you can reduce your food waste by using the 3 R's — Reduce, Reuse, and Recycle:

- Reduce your food waste at home. Make a list before you shop. Purchase only the amount of food that you need for the meals you will be eating at home. Avoid exotic ingredients that are needed for a single recipe. Adjust recipes to make the amount your family needs. Store leftovers in the refrigerator or freezer.



Most food in the U.S. travels between 1,500 and 2,000 miles before being eaten.

— Iowa State University



- Reduce food waste at restaurants. If portions are large, share a full order with your companion. When you are full, put leftovers into a carry-out container. Better yet, bring your own reusable container from home and put leftovers into it. Remember to eat the leftovers soon!
- Freeze food for future use. If you bought too many carrots, you can chop them up and freeze them. They'll be ready to toss into a nice soup next winter.

- Share unwanted food with friends and co-workers. Do you have leftover birthday cake? Invite a neighbor over for a slice or take the extra to work.
- Donate unneeded food products to local food banks and other charitable organizations. Go through your non-perishable boxed and canned goods regularly. If an item has been sitting in your pantry for six months, you probably aren't going to use it before the expiration date. Give it to someone who will use it.
- Give away unwanted produce. If you have a garden, share nature's bounty with friends, neighbors, and co-workers. If you purchased too much produce or your family just didn't like the plums, give the items away before they rot.
- Compost your food scraps. You can compost fruit and vegetable scraps, as well as bread, pasta, and grains, in your backyard compost pile. Bury the food about 10" below the surface to discourage unwanted visitors. You can also compost food scraps in a vermicompost (worm composting) bin indoors or an in-ground food composter outdoors.



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The average American farmer receives about 20 cents of every dollar spent on food. But when customers buy directly from the farm, the farmer gets the whole dollar.

— University of Missouri



In the U.S., agricultural imports are rising twice as fast as exports. Over the past two decades, imports of fruit, vegetables, and grains increased by more than 100%. Today, the typical American meal contains ingredients from at least five countries outside the U.S.

— U.S. Department of Agriculture

Cutting back on campus

A study of an all-you-can-eat campus dining hall found a significant decrease in edible food waste by making one small change—taking away large plastic trays. These trays allow students to carry all of their food selections at one time. While inedible, compostable waste stayed steady during the study, the amount of edible food waste dropped by about 30%. Students could return for more food as many times as they wished. However, removing the tray kept students from taking more food on their first trip than they would be able to eat. "Trayless trials" at other colleges have yielded similar outcomes.

Results of this study, which was conducted by Andy Sarjahanian, Elena L. Serranob, and Rick Johnson, were published in the January 2009 edition of the *Journal of Hunger and Environmental Nutrition*.



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Learn more!

www.epa.gov/epawaste/conservation/materials/organics/food/index.htm — Find information on food scraps and how to reduce, reuse, and recycle them at the U.S. Environmental Protection Agency's food waste site.

www.leanpath.com — A website devoted to food waste reduction in the food service industry, the site includes a blog, "Food Waste Focus," and an e-newsletter, "Food Waste Flyer."

www.localharvest.org — This site is a national, easily searchable database for local food available from farms, farmers markets, restaurants, grocery stores, and other sources. You can also search by type of food.

www.slowfoodusa.org — An international movement, Slow Food works to link the pleasure of food with a commitment to community and the environment.

www.wastedfood.com — Jonathan Bloom's site is part blog and part call to action to reduce food waste and hunger.

FAST FACTS

Couch abandonment

A recent survey found that millions of Americans will abandon or leave behind large furniture on their next move. In this situation, one resident's trash may not be the next resident's treasure!



© Jordan Rusev | Dreamstime.com

Rather than abandon perfectly good furniture or appliances that you don't want or can't take with you, make arrangements to sell or donate them. List them for sale in the local paper or online through a service such as Craigslist.com or AmericanListed.com. To donate, contact friends or charitable organizations. If transportation is a problem, ask whether pickup service is available.

If the furniture or large appliance is worn-out or broken, contact us about proper disposal.

Trashy TV

You've probably heard someone say, "Everything on TV is trash." We have a feeling they didn't mean the kind of trash you might find on TV today. On cable shows like "Dirty Jobs," "Hoarders," "Mission: Organization," "Hoarding: Buried Alive," and "Wa\$ted," trash and recycling take center stage. Even a couple episodes of "Undercover Boss" focused on waste.

In a recent issue of *Waste & Recycling News*, "Dirty Jobs" host Mike Rowe said, "Our focus is more on people and work, but the environment is a factor in virtually every segment, and recycling is quite possibly the biggest recurring theme."

Rather than watching re-runs this summer, check out some of the trashy shows on TV. You'll be surprised and probably a little grossed-out, but you won't look at waste the same way again!



"Hoarding: Buried Alive" is one of the shows that focuses on waste. (Photo courtesy of Discovery Communications, Inc.)

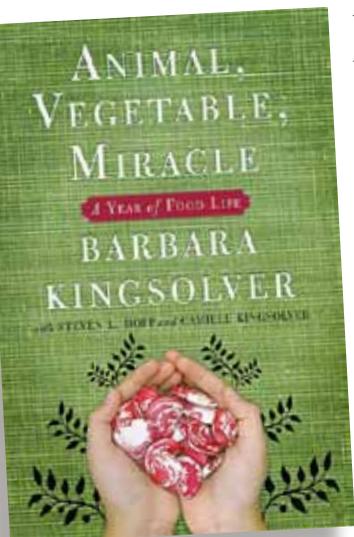
Targeting recyclables

Nationwide, the 1,740 Target stores now offer customers a recycling station for plastic bags, MP3 players, cell phones, ink cartridges, and beverage containers. This is Target's first large-scale effort to offer customer recycling. Previously, Target's reuse and recycling efforts were mostly behind the scenes. For instance, Target stores reused 437 million garment hangers and recycled 935 million pounds of cardboard in 2008.

With this program, Target joins many grocery and electronics stores in offering recycling for some of the products they distribute. Look for – and ask about – recycling programs where you shop!



Local for a year



What happens when one American family decides to get its food from nearby farms and its own backyard? The book, *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver, explores this journey through planting, harvesting, and preserving. To learn more, find recipes, or learn about other families' efforts, visit www.animalvegetablemiracle.com.

North of the border, Canadians Alisa Smith and J.B. MacKinnon took a similar journey, which they chronicle in *Plenty: Eating*

Locally on the 100-Mile Diet. You can learn more about their experiences at www.100milediet.org.

Green and gorgeous

Choosing products that are better for the environment doesn't mean sacrificing style. From purses to glassware, clever entrepreneurs are making treasures from our trash.

Several companies are taking car parts, including license plates, tires, and seatbelt strapping, used billboards, metal pull-tabs, and discarded wrappers to make purses. Because used materials are made to fashion the purses, many of the patterns are unrepeatable. You'll find these unique bags at gift shops, as well as at online stores, such as www.ecoist.com and www.niokagreenstore.com.

The Green Glass Company takes used drink bottles and turns them into beautiful glassware. Green Glass began with a unique wine bottle-to-goblet conversion process to fashion functional and eye-catching wineglasses. That has led to other products, including a new line of tumblers made from soft drink and beer bottles. The company's designs turn ordinary bottles into extraordinary glasses, pitchers, and vases. To see Green Glass products, which are sold in gift shops as well as online, visit www.greenglass.com.



Green Glass makes these tumblers from Boylan soda bottles.

Candy and gum wrappers were folded and woven to create this purse.

QUOTES REQUOTED



Photo credit: Annie Griffiths

I can plant something as an act of faith in time itself, a vow that we will, sure enough, have a fall and a winter this year, to be followed again by spring

Maybe life doesn't get any better than this, or any worse, and what we get is just what we're willing to find: small wonders, where they grow.

Barbara Kingsolver, 1955–
Small Wonders
American author



© Raanan Mori | Dreamstime.com

One Change

If you were going to make one change this month, what would it be? Here's an idea—a reusable coffee mug! This year, Americans will carry out 23 billion paper cups filled with coffee and other hot drinks. If you buy one cup of coffee per week, you could avoid 52 disposable cups, lids, and sleeves by carrying your own mug. If you buy one cup of carry-out coffee per work day, you could reduce your waste by 250 disposable cups, lids, and sleeves. If you buy two cups of carry-out coffee every day...well, you get the idea. In addition to reducing your waste, you might also be saving money. Many shops will give you a discount if you bring in your own mug.

Don't forget reusable cups for cold drinks, too!



Knowledge is power!

Have you ever wondered which of your appliances are driving up your electricity costs? Well, now it's easy to find out and it's FREE! The North Andover Sustainability Committee has placed three Kill-A-Watt meters at the Stevens Memorial Library. Meters may be checked out for a two-week period. If all meters are out, you may reserve one and will be notified when it is returned.



For more information, please contact the Stevens Memorial Library at 978-688-9505 or contact the North Andover Sustainability Committee at recycle@townofnorthandover.com.

The grass is always greener

Ahhh...summertime! It's the season of picnics, vacations, and lazy days on the porch or patio. If you have a yard, it's also mowing season. Are you "grasscycling"?

Grasscycling is the habit of letting your grass clippings drop back onto the lawn as you mow. Instead of picking up clippings with the mower's bagging attachment, you allow them to stay on the grass. These short clippings decompose quickly. As a result, the clippings, which are about 80% water, provide your lawn with needed moisture. Grass clippings also

contain nitrogen, a fertilizer that your lawn needs. When you grasscycle, your lawn is able to produce and consume some of its own "homemade" fertilizer, reducing the amount of fertilizer that you will need to buy and apply.

In addition to helping water and fertilize your lawn, grasscycling also reduces your waste. When you leave clippings on the lawn, you have no clippings to bag, carry, or dispose. When you are done mowing, you are done with the work! And you'll be done more quickly, too. Grasscycling takes about one-third less time than mowing and bagging.

You don't need a mulching mower to grasscycle. Any mower can become a mulching, or grasscycling, mower. Simply remove the bagging attachment. If the bagger on your mower attaches to the back of the mower, be sure that the discharge chute is

covered after you remove the bag. You may need to insert a "chute cover." If you have a side discharge mower, you won't need to do anything more than remove the bagger.

No matter what kind of mower you use, you should be "trimming" your grass. In other words, give it regular trims, not one big "haircut." Each time you mow, you should trim the top one-third or less off your lawn. If the grass is growing quickly, you may have to mow more than once a week. The small clippings will quickly begin to rot before the next mowing. If you chop off more than one-third in a single mowing, it is hard on the grass plants and you leave behind long clippings that take longer to break down.

If you grasscycle most of the time and bag occasionally, remember that you can use grass clippings as mulch around plants or add them to your compost pile or bin.



Our next Household Hazardous Waste (HHW) Drop-Off Event for North Andover residents will be held on October 16 at the North Andover Drop-Off Center. HHW includes household chemicals, lawn and garden products, fluorescent tubes and CFL bulbs, and automotive fluids. For a complete list of waste accepted, visit www.townofnorthandover.com/recycle, and click on "Household Hazardous Waste." Residents are allowed to drop off HHW at no charge. Residents will have to pay a nominal fee for car batteries, propane tanks, paint, TVs, and computer monitors. (Motor oil will not be accepted at this event. Motor oil is only accepted at the DPW on the first and third Saturdays of the month from 9 a.m. to noon. There is a 50¢ per-gallon fee.)



In November, the North Andover Sustainability Committee will host a paper shredding day. Look for details in the fall edition of this newsletter. You can also request that notification be sent to you by email; simply email that request to recycle@townofnorthandover.com.

We want your suggestions, questions and comments!

NASC

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Please recycle this publication after you have read it!



NORTH ANDOVER RECYCLING AT A GLANCE



North Andover now has single-stream recycling!

That means all recyclables can go in ONE appropriately marked container. No need to separate!

WHAT	YES	NO	HOW	WHERE & WHEN
 PLASTICS	<ul style="list-style-type: none"> All # 1 through # 7 plastic containers with recycling symbol Cardboard milk and juice containers 	<ul style="list-style-type: none"> No other plastic containers No other symbols or numbers on bottom No plastic bags 	<ul style="list-style-type: none"> Rinse clean Collapse or string together Labels OK Lids OK 	All recycling must be curbside by 7:00 A.M. Recycling Is Mandatory Curbside pickup is every week on same day as your trash collection. If you missed your collection date or do not have a recycling pickup, take your recyclables to the TBI Recycling Facility at 210 Holt Road, North Andover. Hours are 6 a.m. to 6 p.m., Monday through Friday, and 8 a.m. to 2 p.m., Saturday. Closed Sunday.
 STEEL "TIN" CANS	<ul style="list-style-type: none"> Food and beverage cans Magnetic 	<ul style="list-style-type: none"> No aerosol cans No other metal objects 	<ul style="list-style-type: none"> Rinse clean If possible, remove lids and flatten Labels OK 	
 GLASS	<ul style="list-style-type: none"> All colors of glass Food and beverage glass Bottles and jars 	<ul style="list-style-type: none"> No other glass items No broken glass No sheet or window glass 	<ul style="list-style-type: none"> Rinse clean Labels OK Lids OK 	
 PAPER, ETC.	<ul style="list-style-type: none"> Newspapers with inserts Junk mail, magazines, phone books Corrugated cardboard in newspaper-sized bundle 	<ul style="list-style-type: none"> No soiled paper No plastic bags 	<ul style="list-style-type: none"> Place in paper bags or tie in bundles no larger than 18" X 18" X 6" Or place in lidded recycling container 	
ALUMINUM CANS, PIE PLATES, FOIL	<ul style="list-style-type: none"> Non-magnetic Deposit and non-deposit cans 	<ul style="list-style-type: none"> No dirty foil or pie plates 	<ul style="list-style-type: none"> Rinse clean 	

Put recyclables in a lidded bin marked for recycling OR use red bins with paper products in paper bags.

For every ton recycled, the town saves \$65 in garbage tipping fees. This frees up funds for services like schools, police, and fire. Recycle!

FOR INFORMATION, CALL THE DPW AT (978) 685-0950, CALL NORTHSIDE CARTING AT (978) 686-8604,

OR VISIT OUR WEBSITE AT www.townofnorthandover.com/recycle TO SEE THE RECYCLING CALENDAR, GO TO

http://www.townofnorthandover.com/Pages/NAndoverMA_DPW/NAndoverMA_RecycleCal

