

“One Person’s Trash...”

your guide to reducing, reusing and recycling



Summer 2019

Buncombe County
Solid Waste Department
828-250-5462
www.buncombecounty.org

Electronics, paint, and HHW accepted at Friday events at the landfill

Recycle unneeded electronics, paint, and household hazardous waste this summer at the Buncombe County Landfill on the second and fourth Fridays of the month. In addition to TVs and computers, you can recycle other electronics, such as cell phones, tablets, e-readers, and electronic games and controllers. We will accept most electronics from residents at no charge.

The fee to recycle a computer monitor is \$5. The fees to recycle televisions are \$5 for each TV less than 19" and \$10 for each TV 19" and larger. Businesses can drop off electronics, but they will be charged a fee of 30 cents per pound.

Household Hazardous Waste will also be accepted. The fee for paint and paint-related items, including water-based sealer, paint thinners, enamels, polyurethane, and flammable liquids, such as gas and kerosene, is \$2 per gallon (20-gallon



limit per week). There is no charge for pesticides, herbicides, insecticides, motor oil, antifreeze, and lead-acid batteries. No hazardous waste from businesses will be accepted.

Proof of county residency is required. When you get to the landfill scale house, you will be directed to the collection area.

If you have questions, please call the landfill at 828-250-5462.

Wishful recycling can do more harm than good

Sometimes recyclers get a little too enthusiastic and put the wrong things into recycling bins. For some, these are careless mistakes. But for others, this is “wishful recycling” — filling your bin with items you believe should be recycled or hope will be. Unfortunately, wishful recycling can do more harm than good. Here are some tips to recycle the right things the right way:

DO

- Stick to the basics: plastic bottles and jugs, glass bottles and jars, metal food and drink cans, and clean paper and boxes.
- Empty all food and beverage containers completely. If needed, wipe or rinse them out and allow them to dry.
- Put caps and lids back on plastic bottles and jugs after they dry.
- Break down and flatten boxes.
- Keep recycling loose.
- If you deliver recyclables to a drop-off center, put them into a reusable bag or box that you can empty and take home to fill again.

DON'T

- Don't put items smaller than a credit card (coffee pods, loose bottle caps, shredded paper) into the recycling bin.
- Don't put smelly items, like dirty diapers, into recycling bins. (Dirty diapers aren't recyclable! Please put them in the trash.)
- Don't put “tanglers,” such as garden hoses, mini-blinds, power cords, or Christmas lights, into recycling bins.



Credit: drimages | E+ | Getty Images

Don't be a wishful recycler. Combine your good intentions with good information. Learn what is accepted and how to prepare it properly. When in doubt, go find out! Check our website, www.buncombecounty.org, or give us a call at 828-250-5460.

No bags, please!

Please keep ALL plastic bags out of blue recycling carts and drop-off bins. Recyclables should be placed loose and unbagged directly into your bluebags, drop-off bins, or carts. If you choose to collect your recycling in plastic bags, please empty the recyclables into your bluebag or recycling cart and reuse the bag for another purpose or throw it into the trash. When plastic bags and wrap are mixed with other recyclables, they get tangled in equipment in the sorting facility, causing frequent stops to remove them and sometimes damaging the equipment. Plus, they do NOT get recycled.

Clean, dry plastic bags and plastic wrap can be gathered together and delivered to plastic bag recycling bins at local Ingles and Walmart stores where they will be recycled. Thank you for your help!

Yes, recycling still matters!

You've probably seen recycling in the news lately — and not all of what you have heard or read or watched has been good news. It's true that recycling is facing some challenges. **But, rest assured, your materials are still being recycled.** We are still accepting materials, sorting them, and delivering them to markets where manufacturers are turning them into new products.

Even though commodity prices for recyclables are currently low, your recycling continues to conserve natural resources, reduce water and air pollution in manufacturing, save energy, and create many jobs. According to the Institute of Scrap Recycling Industries, the U.S. scrap industry supports more than 534,000 American jobs. Energy savings achieved by using recycled instead of virgin materials in manufacturing range from 34% for glass to 96% for aluminum.

Changes in global commodity markets, and particularly in what types of materials China is importing, have led to disruption in the marketplace, especially for plastics and mixed paper. Based on what you have heard, you might think that nearly all U.S. recyclables were going to China. However, that was never the case. More than 70% of recyclables nationwide are used in U.S. factories.

The changes to export markets have created opportunities in the U.S., leading to new investments in paper mills and plastic processing facilities. At the same time, many domestic manufacturers are looking for new ways to use the abundant and low-priced materials that had previously been shipped overseas.

So keep recycling! Recycling is still a great way to care for our environment and support our economy.

RECYCLE empty, clean & dry plastic bags & wraps at store drop-offs

NOT in Curbside Recycling

Also look for any packaging with this How2Recycle label

how2recycle.info

NO candy bar wrappers • chip bags • six-pack rings • degradable bags • prewashed salad bags

Carryout bags too! Find drop-off locations at PlasticFilmRecycling.org/drop-off

A Heart for Service



A former Los Angeles County Sheriff's Deputy, Veronica Marella remembers feeling sad during her morning drive to work. As she neared her post at the University of Southern California Medical Center, she would see people who were homeless sleeping on the sidewalk with nothing underneath them but the cold, hard ground. The memory and the feeling stayed with her as she moved on with her life and into a new career as a surgical technologist at Providence Little Company of Mary Medical Center in Torrance, CA.

One day, as she was helping set up an operating room for an orthopedic surgery, she noticed that large tray wraps were being removed from sterilized instrument trays and tossed into the trash. These wraps ensure that instrumentation remains sterile until it is inside the operating room (OR) and ready to use. The wraps are removed from the instrument trays and discarded outside the OR before the patient ever enters the room.

A seamstress who loves to sew and craft, Veronica told a coworker that she was sure the wraps could be turned into something new. She set a few aside — outside the operating room — and took them home that evening. As she looked at the 4-foot square tray wraps, which are water repellent, heat absorbent, and machine washable, she remembered her early morning drives to work and her homeless neighbors sleeping on the cold ground. Veronica realized that she could turn two tray wraps into a sleeping mat. With the addition of a couple of pieces of elastic, she was able to roll the finished

mats (yoga mat style), making them easy to carry. The du cOeuR Project was born.

As Veronica says, "All it takes is a creative mind and a caring heart to help others and our environment."

Veronica returned to work the next day and reached out to the OR Director at Providence Little Company of Mary Medical Center to show him the mat and ask for permission to begin collecting the wraps. She was surprised to receive enthusiastic approval within two days. The Marketing Director at Providence set up a bin for her, and coworkers began filling the bin with wraps. Veronica takes the wraps home at the end of each day.

Each evening and over the weekend, Veronica sews and sews. She estimates that she spends two to three hours each weekday — and more on weekends — turning the wraps into mats, spreading the word about this project to other ORs, connecting with agencies and ministries that serve the homeless population, and distributing finished mats. As of the end of March 2019, Veronica has distributed 2,760 mats through the du cOeuR Project.

"I'm hoping what I have created will inspire others to see outside the box and use those resources they have in front of them to help the homeless in their communities," said Veronica.

Veronica truly has a heart for service. It's no surprise that the name "du cOeuR" comes from the French term which means "from the heart." The capitalized O and R give a nod to the source of the wraps and Veronica's many surgical colleagues in Torrance and nearby San Pedro who help collect them.

Providence Little Company of Mary Medical Center has praised this project for taking the hospital's mission to care for the poor and vulnerable beyond its walls. By finding a practical use for something that wasn't previously considered reusable, Veronica was able to give something essential to another person. Rick Fridrick, director of Mission Leadership at Providence, said, "This is obviously part of who this caregiver is."

Along with her two partners, Registered Nurse Fernando Ovando and Surgical Physician Assistant Navjot Kaur, Veronica has founded the du cOeuR Project Ministry, a non-profit that was established this year. The trio hopes to expand the work of the du cOeuR Project. Already the project has gone nationwide. Veronica and her partners have inspired and helped other medical professionals begin similar projects in hospitals across the country, as



For many, summertime means a trip to the river, lake, or ocean shore. Once you are there, you might fish, wade, swim, surf, or ski. After the sun goes down, you might enjoy a dinner of seafood or freshwater fish.

Chances are, you aren't thinking much about plastic trash in the water, but maybe you should be. About 80% of the plastic waste floating in our waterways, lakes, and oceans originates on land. And once it is in the water, much of it stays there, breaking up into ever smaller pieces. Unfortunately, those "microplastics," along with chemicals used to make them or those that have clung to them in the water, become part of our food chain.

Next time you are enjoying the water and shore, follow these tips to reduce plastic waste in our waterways:

- Avoid plastic bags. Instead, carry food, toys, and other supplies in sturdy reusable bags that won't easily tear or blow away.
- Keep track of your stuff. Place lightweight items under heavier items or inside your bag to keep them from blowing into the water or being pulled into the water by waves.
- Choose heavy-duty coolers that will not easily break or tumble away in the wind.
- Pack your picnic in washable, reusable containers.
- Fill and carry reusable water bottles rather than using single-use plastic bottles. Or put reusable cups into your bag and take a water cooler jug along.
- Place caps back on recyclable plastic bottles and put empty bottles and cans back into your cooler so you can recycle them later.
- Skip the plastic straw on carry-out drinks.
- Put empty chip bags, candy wrappers, and similar lightweight items into a secure trash container as soon as you finish the food.
- Take along fewer toys so they are easy to collect at the end of the day. Try to avoid toys that can easily float away.
- If you smoke, don't litter your cigarette butts or vaping pods.
- Pick up the area at the end of the day, and take home everything you brought with you.

To learn more about plastic waste in our waterways, visit www.epa.gov/trash-free-waters, www.oceanconservancy.org/trash-free-seas, or www.marinedebris.noaa.gov.



Did you know? Plastic water bottles have been seen on the ocean floor at a depth of 5,249 feet, which is nearly a mile below the surface.

well as at additional Providence hospitals in California. The du cOeuR Facebook page links how-to videos and includes photos from many wrap repurposing projects.

To learn more about the du cOeuR

Project, visit their Facebook page at [Facebook.com/bearheart4101](https://www.facebook.com/bearheart4101) or go to [YouTube.com](https://www.youtube.com) and search for "du cOeuR Project."

Taste what you've been missing

Whether preparing a favorite meal or trying a new recipe, the excitement builds as you begin rinsing, peeling, chopping, and mincing the ingredients. As waste piles up near the cutting board, you may consider this a necessary byproduct of eating a fresh, healthy diet. But is it? What if someone could show you how to create flavorful dishes from those scraps? That is what Lindsay-Jean Hard does in her book, *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems Into Delicious Meals* (Workman Publishing, 217 pages). Her recipes show you how to turn this untapped resource into food you will love. From refrigerator-clearing frittatas to exotics like beet peel margaritas, the book helps you make the most of food you have always purchased but never fully enjoyed. While clever and elegant, these recipes are also quite simple, with neither the ingredient list nor the steps exceeding the number 10.



A conversation with Lindsay-Jean Hard

In the introduction, you credit several cooks and authors as having created timeless and popular recipes. Was there someone in your childhood who inspired your love of cooking?

I attribute this to my father's parents, Jane and Gil (G.G. and Pop-Pop to me). Their appetite for fine dining gave me early lessons in proper table etiquette and an appreciation of good food. While I ate my fair share of cheeseburgers, I also experienced new dishes. I clearly remember greedily slurping the garlicky butter that my escargot were swimming in and devouring crispy black bean cakes while gazing, mesmerized, at an ice sculpture of a swan across the room. My grandmother had a degree in dietetics, but I don't remember any heavy-handed discussions on food choices or exercise — she and my grandfather led by example. They were active, trim, and traveled extensively. There were no "health foods" or fat-free dairy products lurking in the refrigerator; I knew I would always eat well when I was with them — like G.G.'s Banana Cake that the Banana Peel Cake in my book is modeled after. They set an early example for me on the value of enjoying all things in moderation.

The influence of your two years living in Japan is evidenced in your tempura, soba noodle, and grilled rice dishes. In what other ways have your travels informed your cooking style?

I find that I grow the most any time I'm out of my comfort zone. Whether exploring a new spot in my own town or traveling to



Photo credit: Katie Bek

new places, I try to stay in the moment and take it all in. I never know how that experience might inspire me — testing out a new dish in the kitchen, heading to my art studio to create, or grabbing a pen and paper and writing about it.

This book evolved from your years writing and editing a food blog. Do you plan any additional cookbooks? Any other projects evolving from your current work in the retail food business?

That's a good question! I'm mulling over a few ideas, but I don't have anything to announce on the writing front. *Cooking With Scraps* has definitely impacted Zingerman's Bakehouse, where I work as a marketer. While they were already focused on reducing waste, I've helped in that area. For instance, we no longer peel a lot of produce, like apples and carrots!

Eating well while wasting and spending less

In the United States, about 40% of all food goes to waste. That waste costs a family of four about \$1,500 each year and results in nearly 3 pounds of trash every day. At home, you can reduce your food waste by using the 3 Rs — 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.
- Shop your own fridge and pantry. Look for items you need to use up and then search online for recipes that require them. You might discover a new family favorite.
- 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!
- Mark one refrigerator shelf as the "eat first" section and put leftovers and items nearing their "best-by" dates there.
- 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 in the fall. Green peppers and onions can be chopped, frozen, and pulled out to add to meatloaf or omelets.



Credit: Ivenks | iStock | Getty Images Plus

- Create your own vegetable stock. Toss wilting vegetables and aging spices into a pot of water and let it simmer. Cool and freeze the stock for later use.
- Learn to make jams and jellies and homemade salsa to use up extra fruits and vegetables.
- Share unwanted food with friends and coworkers. 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 or more months, you probably aren't going to use it. Give it to someone who will eat it.
- Give away excess garden produce. Share nature's bounty with friends, neighbors, and coworkers.
- Compost your food scraps. You can compost fruit and vegetable scraps, as well as bread, pasta, grains, coffee grounds, and tea bags, in your backyard compost bin or 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.

For More Tips to Reduce Waste and Save Money

www.savethefood.com

www.choosemyplate.gov/lets-talk-trash

www.epa.gov/sustainable-management-food

No one likes wasting food

It's not easy being green. Or is it? Is it possible to be kind to our planet without feeling constantly overwhelmed? We think so. The good people at the University of California have partnered with Vox Media to create a series of nine short videos describing several basic sustainability problems, introducing people who are coming up with innovative solutions, and offering simple, guilt-free ways that people like you and me can make small changes to help.

Hosted by the entertaining and charismatic global conservationist Dr. M. Sanjayan, these short videos cover a range of topics. Episode four, a nine and a half minute video titled "Food Waste Is the World's Dumbest Problem," looks at how much food we waste, why we waste it, and what's being done to change that.

"When we picture the stuff that's hurting our planet, what do we think of?"

asks Sanjayan. "We think of smokestacks, cars, oil spills. We don't really think about all the food we throw away." But in the U.S. roughly 40% of the food we produce never gets eaten. That adds up to many millions of pounds per day. And with one in eight Americans lacking reliable access to enough affordable, nutritious food, this is a big deal.

Dana Gunders, senior scientist at the Natural Resources Defense Council, notes, "Of all of the challenging problems out there, reducing the amount of food we are wasting is one of the easiest."

Komal Ahmad created Copia, an innovative food app, to allow caterers or restaurants with excess food to get it to shelters and the people who need it. "There is so much high-quality surplus [food] that's wasted that just needs to find the people who need it the most."

Reducing food waste is one of the



easiest ways to go green. It takes a lot of resources — water, labor, oil, and land — to grow food, package it, keep it cold, and transport it. When you reduce food waste,

you save money, too. Plus, no one likes wasting food.

To watch the video, go to <https://youtu.be/6RlxySFrkIM>.

BUNCOMBE COUNTY RECYCLING GUIDE

RECYCLE ALL TOGETHER

LANDFILL

NOT ACCEPTED IN MIXED RECYCLABLES

PLASTIC

ALL BOTTLES, CONTAINERS & JUGS



PAPER

ALL PAPER, FLATTENED CARDBOARD, CARTONS & NEWSPAPER



GLASS

ALL JARS & BOTTLES



METAL

ALUMINUM, STEEL & TIN CANS



EVERY DAY



MOTOR OIL & OIL FILTERS

SCRAP TIRES

WHITE GOODS (STOVES, REFRIGERATORS, AIR CONDITIONERS)



ANTIFREEZE

LEAD ACID BATTERIES

USED COOKING OIL



SCRAP METAL

WOOD WASTE/ PALLETS

SELECT FRIDAYS ONLY

9 AM - 3 PM
CHECK SCHEDULE ONLINE



PAINT & PAINT RELATED WASTE

HOUSEHOLD CLEANERS

FLUORESCENT BULBS & TUBES

GASOLINE

ELECTRONICS

TRANSFER STATION



WHITE GOODS

RESIDENTIAL SHARPS

LEAD ACID BATTERIES



PLASTIC BAGS



HOSES, CORDS, & LARGE PLASTIC TOYS



STYROFOAM



TOILETS & MATTRESSES



LOOSE SHREDDED PAPER

- EMPTY all bottles, cans, and containers (*lids and labels may remain on*).
- BREAK DOWN and FLATTEN corrugated cardboard.
- SECURE the lid on the recycling container to prevent paper from blowing out.
- SET your recyclables out at the curb by 7 a.m. on your recycling day if you have curbside pickup.

Buncombe County Landfill Convenience Center

Directions to the Buncombe County Landfill:

From I-240 East or West, take Exit 4A to 19/23 North. Travel 1 mile and then take UNC-A exit. At the end of the exit, turn left. Go to traffic light and turn right onto 251 North. Continue on 251 North for 13½ miles to Panther Branch Road. Turn right onto Panther Branch Road and travel 1/10 of a mile to the Buncombe County Landfill, which is located on the right. The new landfill is 6 miles north of the old landfill.



81 Panther Branch Road, Alexander • 828-250-5462
Hours: Monday-Friday, 8 a.m.-4:30 p.m.; Saturday, 8 a.m.-12:30 p.m.

Buncombe County Transfer Station Convenience Center

Directions to the Transfer Station:

From I-240, take exit 1B (Brevard Road/Hwy. 191). At the traffic light, take Highway 191 North. Turn left onto Shelburne Road. Turn left onto Hominy Creek Road. The Transfer Station will be on the left. From I-40, take exit 47 (Brevard Road/Hwy. 191). At the traffic light, take Highway 191 North. After crossing I-240, turn left onto Shelburne Road. Turn left onto Hominy Creek Road. The Transfer Station will be on the left.



190 Hominy Creek Road, Asheville • 828-250-6205
Hours: Monday-Friday, 8 a.m.-4:30 p.m.; Saturday, 8 a.m.-1 p.m.

Important Phone Numbers for County Residents

Junk Yards/Junk Cars – Haylee Madfis.....	828-250-4865
Bioreactor Manager – Kristy Smith	828-250-5473
Buncombe County Landfill	828-250-5462
Buncombe County Transfer Station	828-250-6205
Waste Pro – Residential Trash Pickup	828-684-7790
Mobile Home Removal – Cynthia Fox-Clark.....	828-250-4836
Environmental Control – Roger Presley	828-250-5470

Important Phone Numbers for City of Asheville Residents

Asheville City Sanitation – Trash Pickup	828-259-5857
Curbside Management – Recycling	828-252-2532



Curbie recycling drop-off bins available 24/7

Drop off recyclables at any date or time in the Curbside Management Materials “Curbie” bins, located at 116 North Woodfin Avenue in Asheville. Visit www.curbie.com or call 828-252-2532 for details.



We want your suggestions, questions and comments!
Buncombe County Solid Waste Department
81 Panther Branch Road, Alexander, NC 28701
828-250-5460 • www.buncombecounty.org
www.facebook.com/buncombeGov

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CLIP & SAVE