

SORT IT OUT

With some simple changes, you can make a big dent in the solid waste stream — especially by sorting out items that are recyclable or hazardous.

Kentucky’s solid waste landfills are designed to handle the small amounts of hazardous waste from homeowners. However, these wastes can be better managed in programs designed for their safe disposal or recycling.

Check It Out

For more information on all these topics, try:

“Ky. Division of Waste Management Fact Sheets” — <http://waste.ky.gov/RLA/Pages/Fact-Sheets.aspx>

Handling our solid waste responsibly will:

- Cut down on solid wastes that end up polluting our local water resources.
- Make our landscape look its best, which enhances the region’s economic development.
- Protect our sanitation workers.
- Slow demand for new landfills, which are difficult to site in Kentucky due to karst terrain, high rainfall, high groundwater, and steep terrain.
- Avoid creation of volatile landfill gas, which contribute to air pollution, and toxic leachate, which must be carefully contained.

PUT TRASH IN ITS PLACE

Before you toss it, consider your alternatives: Reduce, Reuse, Compost, Recycle, or Use Caution. Follow the arrows below and inside to put your trash in the appropriate place.

REDUCE/REUSE IT

The easiest way to reduce waste is by not creating it in the first place. Below are some simple steps to get you started:

- Buy used, when possible.
- Buy products in bulk or less packaging.
- Buy reusable over disposable items.
- Maintain and repair products.
- Borrow, rent or share items you rarely use (tools, party decorations, etc.).
- Donate or sell appliances, toys, clothes, books, electronics, furniture, etc.

Find more ideas — <http://www.epa.gov/recycle/reduce.html>.

Donate

COMPOST IT

Food scraps and yard waste currently make up 20% to 30% of what we throw away, according to the U.S. Environmental Protection Agency. In the landfill, they take up space and create harmful methane gas.

Sort food scraps and yard waste (such as the following) out of your trash and turn them into compost to nourish your soil: fruits, vegetables, eggshells, coffee grounds and filters, tea bags, nut shells, shredded newspaper, cardboard, paper, yard trimmings, grass clippings, leaves, dryer and vacuum cleaner lint, hair, fur, and fireplace ashes.

Learn how to compost at home — <http://epa.gov/recycle/composting.html>.

Eastern Kentucky PRIDE, Inc., promotes “Personal Responsibility In a Desirable Environment” in Southern and Eastern Kentucky by encouraging and assisting communities to:

- Improve the region’s water quality,
- Clean up solid waste problems, and
- Advance environmental education.

PRIDE is a nonprofit organization founded in 1997 by Congressman Hal Rogers (KY-5) and General James E. Bickford, who was the Kentucky Environmental Protection Secretary.

PRIDE serves the following 42 counties:

Adair	Jackson	Metcalf
Bath	Johnson	Monroe
Bell	Knott	Morgan
Boyd	Knox	Owsley
Breathitt	Laurel	Perry
Carter	Lawrence	Pike
Casey	Lee	Pulaski
Clay	Leslie	Rockcastle
Clinton	Letcher	Rowan
Cumberland	Lincoln	Russell
Elliott	Magoffin	Taylor
Floyd	Martin	Wayne
Green	McCreary	Whitley
Harlan	Menifee	Wolfe



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A Guide for Managing Your Solid Waste Stream



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RECYCLE IT

Divert these items from the waste stream so they can be used again in our economy — which requires less energy and natural resources than using raw materials — and to minimize their impact on human health and the environment. To start, call your county’s Solid Waste Coordinator or check the resources listed below for specific items.

- **Common household recyclables (aluminum, cardboard, glass, newspaper, paper, plastic, and steel)**
- **White goods (appliances)**
- **Electronics (televisions and accessories, computers and accessories, gaming equipment, cell phones, fax machines, etc.)** — Electronic products are made from valuable resources and materials, including metals, plastics, and glass, some of which can be dangerous if released into the environment. Donating or recycling electronics conserves natural resources and avoids air and water pollution.
- **Motor oil** — Never pour motor oil down the drain or onto the ground. Drain it into a clean plastic container with a tight lid (milk jug, etc.) and take to a local automotive facility that recycles oil (service station, quick lube, etc.).
- **Batteries** — All types of batteries (car, alkaline, etc.) contain heavy metals, such as mercury, lead, cadmium, and nickel, which should be kept out of landfills and the air. They recycle well, with the plastic and metal going into new batteries. Car-battery retailers usually accept them for recycling. Your nearest recycling facility likely will accept other batteries.
- **Mercury-containing items (thermostats, thermometers, fluorescent light bulbs, compact fluorescent light bulbs, etc.)** — Recycling is the safest disposal option for mercury, which is dangerous to humans, fish, and wildlife. Local retailers (hardware stores, etc.) may offer recycling programs, and there are mail-in recycling programs for some items (check <http://search.earth911.com>).

USE CAUTION

Handle these items with caution because they pose risks to humans and the environment.

- **Liquids** — Chemicals combine with other items at the landfill to create hazards for humans and the environment. Pour out nonharmful liquids before you trash their containers. However, some liquids are hazardous (oil, paint, etc.) and should never be poured down the drain, on the ground or into storm sewers.
- **Paint** — Paint can be put in the trash if it is no longer a liquid. Use up small quantities by pouring it onto cardboard. Solidify latex or water-based paint in the can by adding a thickener (cat litter, sand, etc.) and letting it dry (out of reach of pets and children). When the paint is no longer pourable, throw away the open can.
- **Household hazardous wastes (pool chemicals, pesticides, herbicides, solvents, etc.)** — Many leftover household products contain corrosive, toxic, ignitable or reactive ingredients. Your local recycling facility may take them year-round or on special collection days. For farm pesticide disposal programs, call 1-800-205-6543.
- **Smoke detectors** — All contain electronic circuit boards and some contain radioactive material. For safe disposal, see your Solid Waste Coordinator, or the supplier may accept them (check owner’s manual).
- **Whole tires** — Kentucky requires tires to be processed (shredded, cut in quarters, etc.) to prevent entrapment of air or water before disposal in a landfill. When replacing tires, leave the old ones at the store. Use tire amnesty events (<http://waste.ky.gov/RLA/Waste%20Tires/Pages/TireAmnesty.aspx>).
- **Household medical waste** — Needles, syringes and lancets pose a hazard to waste haulers, so please dispose of them in a “sharps container” (available at local pharmacy). Milk jugs and other household containers are not sufficient.
- **Household pharmaceutical waste** — Do not flush pills. Wastewater treatment plants are not designed to remove pharmaceutical contaminants, so they pass through to water resources and may impact human health and the environment. All Kentucky State Police Posts offer prescription drug take-back events periodically (1-800-882-9539). In the Fifth Congressional District, pills may be taken to Med Drop Boxes (<http://operationunite.org/investigations/med-drop-box-sites>).

TRASH IT

Properly dispose of the trash that’s left.

- **Sign up for curbside collection**
- **Drop off at your local transfer station**
- **No dumping** — Dumps are illegal, lower property values, contaminate water, feed forest fires, and draw rats, flies, fleas, mosquitoes, and birds that carry and transmit pathogens. The Ky. Division of Compliance Assistance reports that 22 human diseases have been traced to improper solid waste management.
- **No burning** — In Kentucky, it is never legal to burn household trash other than uncoated paper products. Many materials create toxic fumes and ash that are hazardous to the environment and humans — especially children, the elderly, and people with existing health problems. Call 1-888-BURN-LAW.

Be a PRIDEful Recycler

Print labels (see below) to turn any container into a recycling bin and link to more resources — <http://kypride.org/?p=985>



Find Your Recycling and Disposal Options

- County Solid Waste Coordinators — <http://waste.ky.gov/RLA/Documents/Solid%20Waste%20Coordinators%208-25-10.pdf>
- Recycling facilities by county — <http://waste.ky.gov/rla/recycling/documents/rptfacilbycounty2510.pdf>
- Recycling sites near your zip code and mail-in recycling programs — <http://search.earth911.com> or 1-800-CLEANUP
- PRIDE Coordinators — <http://kypride.org/service-area>



Check It Out

To explore why and how to recycle, try:

- “How Do I Recycle ... Common Recyclables” — http://epa.gov/recycle/how_recycle.html
- Calculate energy saved when you recycle — <http://kypride.org>

