



# April 2017

*Produced by the North Country Council.*

*This material is based upon work supported under a grant by the Utilities programs, United States Department of agriculture.*

## Combating Food Waste for Earth Day

*Learning about food waste, and ways to reduce it*



Food waste does not belong in a landfill. Currently, it makes up about 20% of the trash in landfills. That's more space than either plastic or paper. According to the Environmental Protection Agency (EPA), food waste has increased 50% since 1970. A staggering 40% of the food produced in the US is wasted. That is like having four shopping bags of food and leaving

one at the store! While food waste occurs at every level of food production, we need to be more proactive at reducing the amount created in the home. When food is left to rot in the landfill, it causes bad odors and creates pest problems. It also is a huge expense to the public. In 2014 \$218 billion was spent growing, manufacturing, processing, distributing and disposing of food that never even made it to the dinner table. The good news is all of this waste can be easily converted into compost; a valuable soil additive which helps to enrich soil and promote healthy plant growth.

Composting requires very little initial investment and provides a valuable resource for you soil. The EPA provides a great resource on those getting started with composting at: <https://www.epa.gov/recycle/composting-home>. Additionally, if you have to pay for trash removal you will likely see a cost reduction as you will be hauling off less waste!



## News & Events

- ◆ Earth Day Celebration  
Remich Park, Littleton  
April 22, 9am—2pm
- ◆ Earth Day 'Funergy' Festival  
North Conway Community  
Center Playground, North Con-  
way.  
April 22 10am—1pm
- ◆ Earth Day 2017 Celebration  
Lancaster  
April 22, 2pm—5pm
- ◆ National Prescription Drug  
Take-Back Day  
Several locations  
April 29th, 10am—2pm
- ◆ Compost Workshop  
Tractor Supply, Littleton  
April 28, 12:00pm—3pm

Seeing lots of roadside trash? Check with your town to see if they are having a town clean-up day. Many towns are participating in the **Litter Free NH 'Blue Bag'** road cleanup program sponsored by New Hampshire the Beautiful.

Find us on FaceBook:  
<http://fb.me/northcountrycouncil>



**North Country Council**

*Mt. Eustis Commons*

262 Cottage Street, Suite 246, Littleton, NH 03561

[www.nccouncil.org](http://www.nccouncil.org)





How on Earth  
Do I Get Rid of  
This?!?

*A monthly column dedicated to helping  
you get rid of some of your peskiest  
items.*



**Cell phones** are the new must have device, and they are creating a lot of waste. According to consumer reports almost 91% of adults own a cell phone. Only 11% of all electronic recycling is composed of cell phones. That means that **almost 90% of old cell**

**phones either end up in a landfill, or are just sitting around.** Cell phones fall under electronic waste and are banned from landfills in New Hampshire. Cell phones do contain



materials which can be recycled. The EPA reports that for every million cell phones recycled 35,000 pounds of copper, 774 pounds of gold, and 33 pounds of palladium are saved.

Almost every carrier recycles old cell phones. Stores like Walmart, Staples, and Best Buy collect them for recycling.

There are also a number of organizations in our region that accept cell phones for reuse. Response to Sexual Violence in Berlin, Turning Points Network in Claremont, and Voices against Violence in Plymouth donate cell phones for victims of domestic abuse. There is a recycling option for every phone, don't let those precious metals go to waste!



## Regional Notes

### What's Cookin' in Lancaster

Lancaster Floral Design and Garden Center is a business on Route 3 that has grown considerably over the years. Owned by John Brown, and operated with help from Preston Colby and a handful of employees, the business grows and sells flowers, vegetables, ornamental plants, accessories, and animal feed. In addition to all this, the company produces high-grade compost from a combination of yard waste, food waste, wood chips, and farm waste (manure and bedding). They produce about 400 cubic yards per



year in two long "windrows." The finished product is classified as "approved for organic use" in New Hampshire, which means that organic vegetable growers can use it without affecting their "Certified Organic" designation. Most of it is sold throughout the local area.

Lancaster Floral has been making compost since John bought the business in 2004. The two large windrows pictured sit on a concrete pad to control runoff. John and Preston are always on the lookout for feed stock material for the compost operation including vegetable scraps and leaf & yard waste. If you pass through the Lancaster area, stop in and check out their impressive operation.

### DIY Non-Toxic Bug Repellant



- Essential oils
- Natural Witch Hazel
- Distilled or boiled Water
- Vegetable glycerin (optional)

Fill spray bottle 1/2 full with distilled or boiled water

Add witch hazel to fill almost to the top

Add 1/2 tsp vegetable glycerin if using

Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be.

### CONTRIBUTE!

Got a story of local interest?  
email it to us at  
solidwaste@nccouncil.org for a  
chance to have your story published  
in the next publication of  
Trash Times.