

Co-op America explains how we can get serious about the three R's – reducing, reusing, and recycling.

Even the most waste-conscious among us can feel overwhelmed by the amount of household refuse that goes beyond what municipal recyclers and compost bins can handle. Below is a list of recycling strategies you may not yet know about:

Appliances: Goodwill accepts working appliances, www.goodwill.org, or you can contact the Steel Recycling Institute to recycle them. 800/YES-1-CAN, www.recycle-steel.org.

Batteries: Rechargeable and single-use: Battery Solutions, 734/467-9110, www.batteryrecycling.com.

Clothes: Wearable clothes can go to your local Goodwill and other charity bins at the Plymouth transfer stations. Donate wearable women's business clothing to Dress for Success, which gives them to low-income women as they search for jobs, 212/532-1922, www.dressforsuccess.org. Big Brother Big Sister Foundation will come and take your used clothing. To arrange a pickup visit <http://www.bbbsfoundation.org/> or call (800) 483-5503.

Cloth: New bins at the transfer stations will accept cloth. Offer unwearable clothes and towels to local animal boarding and shelter facilities, which often use them as pet bedding.

Compact fluorescent bulbs: Take them to your local IKEA store for recycling: www.ikea.com.

Computers and electronics: Find the most responsible recyclers, local and national, at www.ban.org/pledge/Locations.html. Computer monitors and TVs can be recycled at Plymouth transfer stations for the cost of \$10 each.

Eyeglasses: Your local Lion's Club collects these at the Plymouth Main Library. Lenses are reground and given to people in need.

Foam Packing peanuts: Your local pack-and-ship store will likely accept these for reuse. Or, call the Plastic Loose Fill Producers Council to find a drop-off site: 800/828-2214. For places to drop off foam blocks for recycling, contact the Alliance of Foam Packaging Recyclers, 410/451-8340, www.epspackaging.org/info.html.

Ink/toner cartridges: Recycleplace.com pays \$1/each. Staples offers \$3 for each cartridge when you buy new ones.

Oil: Find Used Motor Oil Hotlines for each state: 202/682-8000, www.recycleoil.org.

Phones: *Donate cell phones:* Collective Good will refurbish your phone and sell it to someone in a developing country: 770/856-9021, www.collectivegood.com. Call to

Protect reprograms cell phones to dial 911 and gives them to domestic violence victims: www.donateaphone.com. *Recycle single-line phones*: Reclamere, 814/386-2927, www.reclamere.com.

Sports equipment: Resell or trade it at your local Play It Again Sports outlet, 800/476-9249, www.playitagainsports.com. M&M Sporting Goods, 2 Main St, Plymouth, will buy back used ice skates.

“Technotrash”: Easily recycle all of your CDs, jewel cases, DVDs, audio and video tapes, cell phones, pagers, rechargeable and single-use batteries, PDAs, and ink/toner cartridges with GreenDisk's Technotrash program. For \$30, GreenDisk will send you a cardboard box in which you can ship them up to 70 pounds of any of the above. Your fee covers the box as well as shipping and recycling fees. 800/305-GREENDISK, www.greendisk.com.

Tennis shoes: Nike's Reuse-a-Shoe program turns old shoes into playground and athletic flooring, www.nikereuseashoe.com. One World Running will send still-wearable shoes to athletes in need in Africa, Latin America, and Haiti. www.oneworldrunning.com.

Toothbrushes and razors: Buy a recycled plastic toothbrush or razor from Recycline, and the company will take it back to be recycled again into plastic lumber. Recycline products are made from used Stonyfield Farms' yogurt cups. 888/354-7296, www.recycline.com.

Tyvek envelopes: *Quantities less than 25:* Send to Shirley Cimburke, Tyvek Recycling Specialist, 5401 Jefferson Davis Hwy., Spot 197, Room 231, Richmond, VA 23234. *Quantities larger than 25,* call 866/33-TYVEK.

Miscellaneous: Get your unwanted items into the hands of people who can use them. Offer them up on your local Freecycle.org or Craigslist.org listserv, or try giving them away at Throwplace.com or giving or selling them at iReuse.com. iReuse.com will also help you find a recycler, if possible, when your items have reached the end of their useful lifecycle.

Stuff you just can't recycle: When practical, send such items back to the manufacturer and tell them they need to manufacture products that close the waste loop responsibly.

The Reusable News is a monthly column by the Selectmen's Recycling Advisory Committee. This article was compiled by committee member, Janice Capofreddi based on an article from Co-op America's Co-op Quarterly. Learn more about Co-op America at <http://www.coopamerica.org/>.