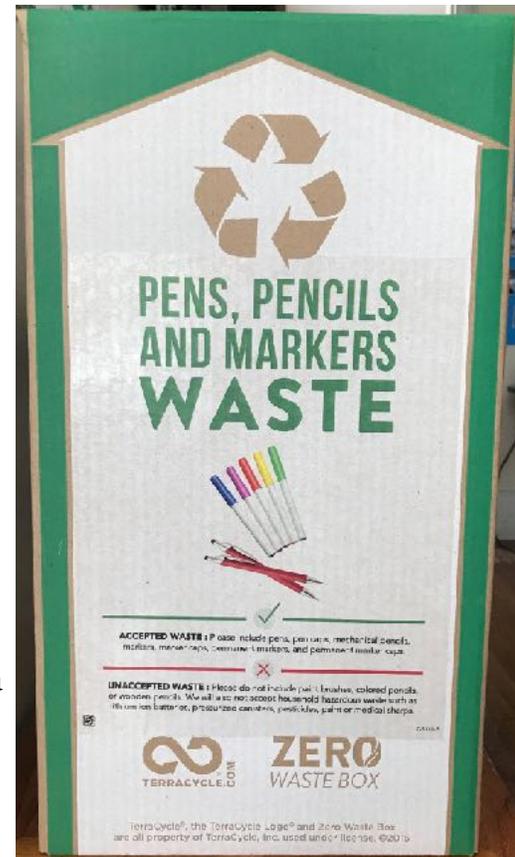


# Trash Talk

with The Mandala School

We'd like to thank East Aurora resident and trash expert, Sue Russell, for visiting Mandala to inform staff and students how to recycle and compost properly, refuse certain materials, and throw away as little as possible. We had a "garbage picnic!" Sue sorted through a bag of trash and we tried to sort it into recycling, rot (compost), or trash. Our goal was to have only a mason jar of trash at the very end, which is how much Sue produces **in a whole year!** Sue also offered reusable resources and materials to move toward a zero waste lifestyle! **Making just one change can help reduce the trash that your family produces.**



## Did you know?

-Only plastics # 1, 2, 4, & 5 can be recycled. The number can be found inside the recycling

symbol 

-Styrofoam is non-recyclable and takes over 10,000 years to break down! REFUSE FOAM!

-Clean, dry aluminum foil, like cream cheese wrapping, can be recycled!

-“Soft” plastics (cleaned and dried) such as Ziploc bags, bread bags, Saran wrap, and plastic bags can be recycled at grocery stores such as Tops and Wegmans.

-Amvets will collect old socks and rags to be recycled



Terracycle is one of the companies Sue educated us on, which recycles hundreds of different materials, some are free, other cost a few dollars. Sue donated this box (above) to Mandala so we can collect old markers, pens, and mechanical (plastic) pencils. Please feel free to send these items from home to be properly recycled.

For more information:  
[terracycle.com](http://terracycle.com)

### Compostable materials:

-fruit pits, seeds, and cores

-vegetable scraps

-coffee grounds

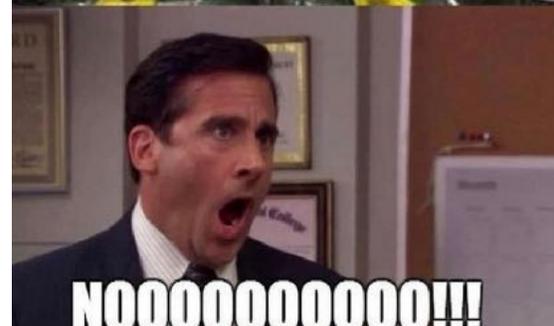
-hair

-wax paper

-paper towels & napkins

-tea bags: paper & silk (remove staples!)

We have an indoor compost bin at school & an outdoor pile.



# Replace these... with these... for about



Paper towels



Swedish Dishcloth

**\$5**

**Amazon or Flower's By Nature (East Aurora)**



Plastic/Saran wrap & aluminum foil



Beeswax Wrap

**\$18  
(3 pack)**

**Amazon or Buelah's General Store (right next to Mandala!)**



Plastic produce bags



Reusable mesh bag

**\$15  
(9 pack)**

**Amazon  
great to split with  
someone!**

Other resources:

-[earthhero.com](http://earthhero.com)

-Zero waste blogs: <https://www.treehugger.com/green-home/10-zero-waste-bloggers-you-should-know.html>

-A good book: "The Zero Waste Home" by Bea Johnson

-For \$135 per year, *Farmer Pirates* (Buffalo) will pick up compost right from your home!  
<http://www.farmerpirates.com/signup/>