



# SAVE TREES

## RECYCLE YOUR MOVING BOXES

The life cycle of a moving box:

1. Trees are cut into logs.
2. Logs become wood chips.
3. Wood chips are boiled to a pulp and mixed with recycled material.
4. The pulp is dried.
5. Dried pulp gets rolled into paper.
6. Paper is glued together, made into cardboard, and formed into boxes.
7. Used or new boxes are packed up.
8. Packed boxes are moved to new home.
9. Boxes are recycled or thrown away.

**If recycled**  
The boxes along with other recycled material are boiled into a pulp AGAIN.

The pulp is turned into new boxes, tissue, printer paper and MORE!

**Can't recycle your boxes?**  
Use them around your home:

- Reuse cardboard boxes for shipping or storage.
- Shred cardboard in your compost pile.
- Line garden beds with cardboard and use it as mulch for weed control.

AN AVERAGE MOVE REQUIRES **60 BOXES** = MORE THAN 1/2 OF A ONE TON PINE TREE

**42 MILLION MOVES PER YEAR CONSUME:**

- 28,560,000 Trees
- 132,720,000 Gal. of oil
- 11,760,000,000 Gal. of water
- 70,560,000,000 KW of energy

**CREATE:**

- 1,680,060 Gal. of air pollution
- 5,040,000 Cu. yards of landfill

YOU ARE LIKELY TO MAKE **11** moves in your lifetime  
**IF YOU RECYCLE ALL 660 MOVING BOXES YOU CAN SAVE**

- 7 Trees
- 35 Gal. of oil
- 3,080 Gal. of water
- 18,480 KW of energy
- 26 Gal. of air pollution
- 1 Cu. yards of landfill

**RECYCLING CARDBOARD REQUIRES ONLY 75% of the energy used to make new cardboard.**

It also lessens the emission of sulfur dioxide produced when making pulp from trees.

### Recycling Tips & Tricks

- Find your local recycling center at: [earth911.com](http://earth911.com)
- Prepare cardboard for recycling by removing any other materials such as plastic wrap, polystyrene peanuts and other packing materials.
- Break down cardboard boxes to save storage space.
- Try to keep cardboard dry and free from food waste. Cardboard can get wet and still be recycled, but it's more difficult to carry due to the added water weight.
- Use moving box alternatives like: [zippgo.com/packages.html](http://zippgo.com/packages.html)

**Sources:**

- US Census Bureau
- [earth911.com](http://earth911.com)
- [greenliving.about.com/od/recyclingwaste/a/Recycle-Cardboard.html](http://greenliving.about.com/od/recyclingwaste/a/Recycle-Cardboard.html)
- [ourmytoforeser.org/edu\\_cardboard.html](http://ourmytoforeser.org/edu_cardboard.html)
- [keepmycenter.com/cycleclean.com/factsandtips.html](http://keepmycenter.com/cycleclean.com/factsandtips.html)
- [zippgo.com/wfny.html](http://zippgo.com/wfny.html)

Learn more at [mymove.com](http://mymove.com)

---

# REFUSE, RETHINK, REDUCE, REUSE, RECYCLE

## *This Month's Focus is on "Cardboard"*

- Corrugated cardboard is the highest value grade of paper, as its durability means long paper fibers. This also helps explain why it has the highest recycling rate of paper products: [92.9 percent in 2015](#).
- Over half of the cardboard collected is used to make new cardboard boxes, and additional cardboard can be downcycled into paperboard (used for cereal boxes) or chipboard (used for shoeboxes)
- Making 1 ton of virgin cardboard requires 3 tons of trees
- Recycling 1 ton of cardboard eliminates 9 cubic yards of landfill space
- In Massachusetts, all recyclable paper, cardboard, and paperboard products are banned from disposal by the **Massachusetts Waste Bans**.
- Eastham Transfer Station earns to recycle cardboard to offset the cost of trash removal! Please recycle your cardboard!!
- Also we want your **PIZZA BOX TOP**, *IF IT DOESN'T HAVE CHEESE CHUNKS!* Grease in the box is okay, but we can't recycle food waste left in the box.
- Want to know how cardboard is recycled? [Cardboard Recycling](#)
- [Cardboard Recycling](#)
- How to properly recycle your cardboard; (1) Remove all packaging from box, (2) Open the bottom of the box the same way you opened the top, (3) Flatten the box completely, (4) Place in recycling bin

Information from: <http://www.earth911.org>

The recycling committee is always looking for members. Check out these resources for more information; <http://www.greeneducationfoundation.org>. [www.recyclesmartma.org](http://www.recyclesmartma.org)  
<https://www.eastham-ma.gov/solid-waste-division/files/2020-2021-transfer-station-guide> Information from: <https://www.gpi.org/glass-recycling-facts>