

# EASTHAM RECYCLES

## Focus on Mixed Paper



### Newspaper

Recycled newspaper is often turned into:

- Newsprint (more newspapers)
- Paperboard (cereal boxes, packaging)
- Tissue products (toilet paper, paper towels)
- Insulation or animal bedding in some cases

### Upcoming dates

- Sep 5-7: Windmill Weekend
- Sep 20, 9am - 12pm: Household Hazardous Waste Collection (Orleans DPW)
- Oct 21 @ 5pm: Recycling Committee Meeting (Eastham Town Hall)



### Mixed Paper Recycling Facts

From the EPA:

- Paper and paperboard municipal solid waste was 67.4 million tons in 2018, which was 23.1 percent of total solid waste.
- Approximately 46 million tons of paper and paperboard were recycled in 2018 for a recycling rate of 68.2 percent
- Nondurable goods made of paper, excluding newspapers, had a recycling rate of 43.1 percent.
- Newspapers had a recycling rate of 64.8 percent.
- Paper containers and packaging, excluding corrugated boxes, had a recycling rate of 20.8 percent.
- Corrugated boxes had a recycling rate of 96.5 percent in 2018.



## October focus: Swap Shop

**Pop quiz:** What can you do at the Swap Shop?

- A. Drop off items when the shop is closed
- B. Take home gently used items for free
- C. Park longer than 30 minutes

**Answer from last month's quiz**

Milk cartons are coated with plastic or wax, so they belong in Eastham's trash, not mixed paper recycling.

## For more information

Check out these resources for more information.

- **RecycleSmartMA**  
<https://recyclesmartma.org/>
- **Eastham Transfer Station**  
<https://www.eastham-ma.gov/384/Solid-Waste->

## Contact us

The Recycling Committee is always looking for volunteers as well as members. Contact us via the Eastham Town webpage at: <https://www.eastham-ma.gov/611/Recycling-Committee>

## What Happens to Mixed Paper in Eastham?

- Paper is baled and repurposed—e.g. into new paper products.
- Recycling one ton of paper saves about 17 trees and 7,000 gallons of water.
- Paper fibers can be reused 5–7 times before they wear out, so each cycle extends the life of a resource we've already harvested.
- Making recycled paper uses up to 64% less energy than making paper from virgin pulp.
  - That translates into fewer greenhouse gas emissions.

## How Much Mixed Paper Does Eastham Recycle?

**In Massachusetts, all recyclable paper, cardboard, and paperboard products are banned from disposal by the Massachusetts Waste Bans**

Locally, Eastham residents are doing their part:

- 2024: 127.60 tons of mixed paper recycled
  - 32.54 tons newspaper recycled

By recycling mixed paper, Eastham:

- Saves money; we pay less per ton for mixed paper than for solid waste
- Reduces pollution and greenhouse gases.
- Conserves natural resources.
- Keeps valuable material in circulation rather than turning it into smoke and ash.

## Mixed Paper Recycling 101: Junk Mail OK!

- Catalogs & magazines, phone books, glossy flyers
- Envelopes - even with plastic windows
- Home & office paper, file folders, staples are ok
- Shredded paper is ok in our mixed paper!
- Cereal boxes, paper egg cartons
- **No** tissue paper due to low fiber quality
- **No** thermal paper such as receipts from most supermarkets
- **No** coated cartons such as milk, soup, and broth cartons.