

# EASTHAM RECYCLES

## Focus on Newspapers



### Transfer Station Hours

- Saturday through Wednesday
  - 7:30am to 3pm
- **Summer Hours**
  - Also open Fridays
  - Jul 3 - Sep 11
- **Closed**
  - Sep 7 (Labor Day)

### Swap Shop

- Saturday, Sunday, Wednesday
- 10am to 1pm

### Eastham Farmers Market

- June 19 - Oct 9
- 9am-12pm
- T-Time site, 4790 US-6, Eastham
- Food waste compost bin!



### *Today's News, Tomorrow's Newspapers*

When you recycle newspapers at the Eastham Transfer Station, they are baled and sent to a paper mill where they're turned into pulp, cleaned, and made into new products. In fact, paper fibers can be recycled 5-7 times before they become too short to make new paper products.

Your old newspaper can become:

- New newspapers, paper towels and tissues
- Cardboard and packaging and egg cartons
- Cellulose insulation

### Why Recycle Newspapers?

- Saves about 17 trees for every ton of paper recycled.
- Conserves approximately 7,000 gallons of water per ton.
- Uses less energy than making paper from new wood fibers.
- Reduces greenhouse gas emissions.
- Keeps valuable paper out of the waste-to-energy facility.



## September Focus: Second-Hand September

### Second-Hand September Pop Quiz:

Q: What happens when we choose second-hand instead of buying new?

- A. We keep usable items out of the trash
- B. We reduce demand for new products
- C. We save resources and energy
- D. All of the above!

### Answer from last month's quiz

Q: What is recycled newspaper often turned into?

- A. New newspapers
- B. Cardboard and paper products
- C. Egg cartons
- D. All of the above**

## Newspaper Recycling 101

Newspapers are one of the easiest items to recycle—but a few simple tips can help ensure they become new paper products instead of waste.

### Recycle:

- Newspapers
- Comics
- Coupons
- Advertising inserts and flyers (even glossy ones)
- Staples are removed during the paper recycling process, so there's no need to take them out.

### Do not recycle:

- Wet, moldy, or food-soiled newspapers (such as those used to absorb grease)
- Magazines and phone books
- Newspapers in brown bags or plastic bags



## What Happens to Newspapers in Eastham

When newspaper is thrown in the trash, Eastham pays to transport and incinerate it at SEMASS. The cost to the town for recycling is significantly less! The newspaper is de-inked and repulped

Amounts recycled in Eastham:

- 2023: 32.54 tons of newspapers recycled
- 2024: 23.93 tons of newspapers recycled
- 2025: 20.32 tons of newspapers recycled

## COMPOST AT THE EASTHAM FARMERS MARKET!

Drop off your food scraps each week - it's easy and impactful!

### Did You Know?

Food waste makes up an estimated 30% of all trash at Eastham's Transfer Station.

Instead of composting, much of it gets incinerated, releasing carbon dioxide and air pollutants – and wasting valuable nutrients.

By reducing food waste into healthy soil –

- ✓ Cut pollution
- ✓ Recycle nutrients back into the soil
- ✓ Reduce the need for synthetic fertilizers.

Let's turn food waste into healthy soil – together.

### Food Waste Composting with Black Earth



Eastham partners with Black Earth Compost to offer food waste collection for residents.

### WHAT TO BRING

- ✓ Fruit & vegetable scraps
- ✓ Bread, grains, & cereals
- ✓ Coffee grounds & filters
- ✓ Eggshells
- ✓ Meat, fish, dairy, bones, & shells
- ✓ Non-synthetic tea bags (no staples!)

### WHAT NOT TO BRING

- ✗ Plastic bags
- ✗ Produce stickers
- ✗ Pet waste

### TIPS FOR EASY COMPOSTING

- Freeze your scraps to avoid odors and fruit flies.
- Some items that can't be composted at home can go into industrial compost.

Visit "Scrappy" the food waste compost bin at the Eastham Farmers Market

Fridays from June 19 to October 9, 9am – 12pm

At the T-Time site, 4790 US-6, Eastham



## Volunteers Wanted

We are looking for new members as well as community volunteer to help strengthen our waste reduction efforts.

Lend a hand at local events, assist with a workshop, help plan future initiatives.

Whether you have an hour to spare or want to take on a small project, we'd love your help.

Reach out to [recyclingcommittee@eastham-ma.gov](mailto:recyclingcommittee@eastham-ma.gov) and get involved!

## Helpful Links

How to Recycle Newspaper  
<https://earth911.com/recycling-guide/how-to-recycle-newspaper/>

## Food Composting at the Eastham Farmers Market

The Eastham traveling compost bin "Scrappy" will be available at the Eastham Farmers Market all summer!

Come on by, and bring your compost and questions!

Fridays from June 19 – October 9, 9:00 AM – 12:00 PM

At the T-Time site, 4790 US-6, Eastham



## 2026 Recycling Survey

**Help guide Eastham's waste reduction, recycling, and reuse efforts.**

The Eastham Waste Reduction & Recycling Committee is gathering community input to improve programs and set priorities for the year ahead.

Whether you use the Transfer Station often or not, your feedback matters. This quick survey takes just a few minutes and will help make Eastham's programs more effective for everyone.

Thank you for sharing your thoughts!

**Link to survey <https://s.surveypal.com/5byu8qlu>.**





## Contact Us

The Waste Reduction & 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>

## For More Information

Check out these resources for more information.

- **RecycleSmartMA**  
[recyclesmartma.org](https://recyclesmartma.org)
- **Eastham Transfer Station**  
<https://www.eastham-ma.gov/384/Solid-Waste->
- **Eastham Recycles**  
[eastham-recycles.org](https://eastham-recycles.org)

## In the News

- Read the ECAC's [Catch the Wave 7](#)

## Upcoming events

- **2026-2027 Beach & Transfer Station Stickers**
  - Mail in Applications will start being processed April 1st
  - Online Sticker sales will begin on May 1st
  - Sticker Office Windows for in-person sales will open June 4th
- June 26 - Oct 9 @ 9am-12pm : Eastham Farmer's Market
  - Food waste composting with Scrappy!
  - Friday mornings
  - T-Time site, 4790 US-6, Eastham
- Aug 18 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)
  - The agenda is available on the town website.
- Sep 12-13: Windmill Weekend
- Sep 14 @ 5pm : Energy and Climate Action Committee Meeting (Eastham Town Hall)
- Sep 19 : Household Hazardous Waste Collection in Orleans
  - Orleans Transfer Station
  - [www.loveyourlocalwater.org](https://www.loveyourlocalwater.org)
- Sep 15 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)
  - The agenda is available on the town website.
- Oct 20 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)
  - The agenda is available on the town website.