

EASTHAM RECYCLES

Second-hand September



Transfer Station Hours

- Saturday through Wednesday
 - 7:30am to 3pm
- **Closed for**
 - Oct 12 - Indigenous Peoples' Day

Swap Shop

- Saturday, Sunday, Wednesday
- 10am to 1pm
- Donations accepted 10am to 12:30pm

Eastham Farmers Market

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



Second-Hand ≠ Second-Best

Just because something is second-hand doesn't mean it's second-best! In fact, many used items still have plenty of life left in them. From clothing and books to furniture, dishes, tools, and sporting equipment, buying or finding something second-hand can be a great way to get what you need without using the resources required to make something new.

Choosing second-hand also helps keep usable items out of the trash and in circulation longer. It reduces the demand for new products, saves valuable resources, and can even save you money. And sometimes, the best finds are the ones you weren't expecting!

This Second-Hand September, before buying something new, take a second look at what already exists. Check the Swap Shop, shop at a thrift store, borrow from a friend, or see if you can find it used. One person's "I don't need this anymore" can be another person's great find!



October Focus: Mattresses, furniture, and appliances, Oh My

October Pop Quiz:

Q: Why are mattresses and box springs worth recycling instead of simply throwing them away?

- A. They contain materials that can be recovered and used again
- B. They take up a lot of space in the waste stream
- C. It's illegal in Massachusetts to dispose of them in the trash
- D. All of the above

Answer from last month's 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!

Swap Shop Facts

(There is no actual data source for these anecdotes)

- Everyone loves the Swap Shop ... also know as the Eastham Stock Exchange!
- There are somewhere around 100 "Swap Sheds" in Massachusetts alone!
- Many love bringing their out-of-town guests to the Eastham Swap Shop ... no, not to leave them there as donations!
- The Swap Shop is tied into Eastham's larger recycling and reuse efforts by diverting usable goods from going to the incinerator, serving environmental, economic, and community goals.

Second-Hand September Challenge

This September, challenge yourself to buy less new stuff—and give second-hand a try! Pick one category, such as clothing, books, home décor, toys, or sporting goods, and **see if you can go the whole month without buying it new.** Instead, check out a thrift shop, swap with a friend, visit the Swap Shop, or look for a used item online.

Why give it a try? Every time we reuse something, we keep a perfectly good item in circulation and reduce the need for something new to be made. That means fewer resources used, less packaging, and less waste. Plus, second-hand shopping can be a great way to save money and find something unique.

Your challenge: Pick one thing you normally buy new and make September your second-hand month. You might be surprised by how easy—and fun—it is to give something a second life!

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 and get involved!

Helpful Links

Second-Hand September
<https://www.oxfamamerica.org/take-action/secondhand-september/>

Halloween party this October? Save these spook-tacular planning tips to reduce waste.

- 💡 Ask yourself what you really need to buy new. Can you use things you already have, borrow, or shop secondhand?
- 👤 Refuse single-use party supplies and choose reusables, from dishes to decor.
- 🥨 Get snacks in bulk instead of individual packages.
- 👤 Hold onto costumes and decor to use next year or swap with friends.
- ♻️ Check RecycleSmartMA.org to see what you can recycle. Don't forget to put out a recycling bin!
- 🎃 Compost jack-o-lanterns after the party.



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



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

In the News

- Read the ECAC's [Catch the Wave 7](#)
- **Travel to Cape Cod with MassRecycle's latest podcast, "When the Funding Dries Up."**
 - Mike Cicale, foreman of the Wellfleet transfer station, joins Gretchen and Waneta to share how the town responded to losing a major grant to manage marine debris.
 - <https://massrecycle.org/podcast/episode-60-when-the-funding-dries-up/>
- Can recycling advancements get black rigid plastics off packaging's blacklist?
 - MRFs are adding new technologies capable of sorting the material, which has long been a recycling black sheep. But end market challenges continue to complicate the equation.
 - <https://www.wastedive.com/news/recycling-technology-advancements-black-rigid-plastic-packaging/759738/>
- Mass. bottle deposit system continues nosedive, hitting new low last year
 - <https://commonwealthbeacon.org/environment/mass-bottle-deposit-system-continues-nosedive-hitting-new-low-last-year/>

Upcoming events

- June 26 - Oct 9 @ 9am-12pm : Eastham Farmer's Market
 - Food waste composting with Scrappy!
 - T-Time site, 4790 US-6, Eastham
- Sep 15 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)
 - The agenda is available on the town website.
- Oct 19 @ 5pm : Energy and Climate Action Committee Meeting (Eastham Town Hall)
- Oct 20 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)
 - The agenda is available on the town website.
- Nov 17 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)