EASTHAM RECYCLES

Mattresses, Furniture, Appliances

Transfer Station Hours

- Saturday through Wednesday
  - 7:30am to 3pm
- **Closed**
  - Nov 11 - Veterans Day

Swap Shop

- Saturday, Sunday, Wednesday
- 10am to 1pm
- Donations accepted10am to 12:30pm



Mattresses: From Bed to Better Use

Got an old mattress or box spring? **Don't put it in the trash!** As of November 1, 2022, Massachusetts has banned mattresses and box springs from being disposed of in landfills, transfer stations, or waste-to-energy facilities—or transported for disposal. That means they need to go through a designated recycling or reuse program instead. Luckily, most of a mattress can be recovered once it is disassembled.

So what happens to them? The different materials are separated and sent on to new uses. Metal springs can be recycled as scrap metal and used to make new products, including appliances and building materials. Foam padding can be turned into carpet underlayment and other types of padding. Fabric and other textiles can be reused for industrial filters, insulation, and other applications, while wood from box springs can also be recovered. In other



November Focus: Holiday Guide

Holiday Guide Pop Quiz:

After the holidays, what's the best way to dispose of your shiny or glittery wrapping paper in Eastham?
A. Put it in the recycling bin
B. Reuse it for crafts or gift tags
C. Toss it in the trash

What should you do with broken holiday lights?
A. Put them in household trash
B. Drop them at the Swap Shop
C. Bring them to the Transfer Station's special electronics recycling bin

Answer from last month's 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

words, that old mattress has plenty of useful material left in it—it just needs to go to the right place.

Eastham Transfer Station mattress & box spring collections:

- 2025: 1,129 units
- 2024: 1,298 units
- 2023: 1,044 units
- 2021: 1,118 units
- 2020: 593 units

Appliances: Recycle Them, Don't Toss Them

Getting rid of an old refrigerator, freezer, air conditioner, washer, dryer, or stove? In Massachusetts, these large appliances are subject to MassDEP waste disposal bans, which means they should not be thrown in the regular trash or placed in a standard dumpster. Instead, bring them to the Eastham Transfer Station, where they can be properly handled for a fee. Recycling these items keeps valuable metals and other materials in use and helps ensure that appliances are managed safely.

$75 rebate on fridges and freezers
Have an old refrigerator or freezer that still works but is an energy hog? You may be able to get money for recycling it. Mass Save offers no-cost pickup and removal plus a $75 rebate for eligible working, inefficient refrigerators and freezers. Before hauling that old appliance to the Transfer Station, it's worth checking to see if you qualify. Visit massave.com for details and eligibility requirements.

Furniture in Flux

The state of furniture at the Eastham Transfer Stations is in flux. The transfer station is bracing to re-organize much of the public space to accommodate the new Water Treatment Systems. For now, we would like everyone to be able to put furniture in a place that others can take. DPW requests that furniture with upholstery go over the wall with construction detritus due to bed bugs and other health issues. Please offer furniture to the Swap Shop if open; otherwise put it against the concrete blocks to the left of the construction debris.



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!

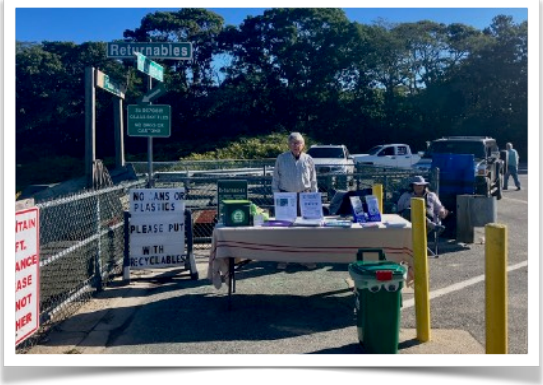
Helpful Links

Habitat for Humanity ReStore Locator https://www.habitat.org/restores

Initial Results from the Recycling Survey

You spoke, we listened! Over 200 residents and visitors weighed in on the Transfer Station and recycling survey, and the verdict is in: you love the staff, the clean layout, and the Swap Shop (70% found it useful). Interest in composting is strong, and about 83% of you feel confident about what goes where.

You also told us what to tackle next. Bringing back returnable bottles and cans was the top priority (64%), followed by cutting single-use plastics, better education, and clearer answers on tricky items like black plastic and wine bottles. The Waste Reduction and Recycling Committee is using these results to decide our future initiatives. Want to help shape them? Ask to join our email list or volunteer!



Recycling Committee News

In September, we took the Eastham Recycles message on the road! We staffed tables at Windmill Weekend and the Farmers Market, answering questions, sharing information, and introducing people to Scrappy, our traveling food waste bin.

We were also excited to welcome Peggy Traub to the committee. Peggy jumped right in, helping out at Windmill Weekend, the Farmers Market, and our pop-up table at the Transfer Station.

In October, Scrappy made another appearance at the Farmers Market and joined us for an "Ask Me" pop-up table at the Transfer Station, where residents could stop by with their recycling, composting, and waste-reduction questions. It's been great getting out into the community and talking with people about what we can all do to reduce waste in 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 8
- **Shrinking Northeast disposal capacity drives waste-by-rail investments**
  - Companies that have invested in waste-by-rail infrastructure gain access to landfill space in other regions, and may see fuel savings, but logistics and other costs are complicating factors.
  - https://www.wastedive.com/news/northeast-disposal-capacity-waste-rail-investments/829739/

Upcoming events

- 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)
- Nov 19 @ 3pm : Updates to the Board of Health Regulations, Public Comment Session
  - Town Hall, Earle Mountain Room
  - Proposed changes cover a range of topics, including septic and wastewater systems, drinking water and private wells, groundwater protection, rental properties, nuisances, **recycling and waste disposal**, tobacco regulations, and a new regulation regarding kratom.
- Dec 15 @ 5pm : Waste Reduction & Recycling Committee Meeting (Eastham Town Hall)