



HOUSEHOLDERS' GUIDE TO Reduce Reuse Recycle

CHARGES

Items accepted Free of Charge: Textiles, Cardboard, Beverage Cartons, Tetra Pak, Newspapers, Magazines, Junk Mail & Plastic Film, Plastic Bottles (All Colours), Steel Cans and Aluminium Cans, Unbroken Fluorescent Tubes, Electrical Goods

Ballinacree Community Centre - €80 per tonne or 8 cent per kg.
Clondra beside Dukes Shop - €80 per tonne or 8 cent per kg.
Ballymahon Library - €60 per tonne or 6 cent per kg.
Ballymahon Trillicken Garage - €80 per tonne or 8 cent per kg.
Ballinacree in car park next to village hall - €80 per tonne or 8 cent per kg.
Ardagh Community Centre - €80 per tonne or 8 cent per kg.
Abbeysluile across from Rustic Inn - €80 per tonne or 8 cent per kg.
Abbeysluile Handball Court - €80 per tonne or 8 cent per kg.
Gardagh Shell Filling Station Edgeworthstown Road - €80 per tonne or 8 cent per kg.
Gardagh Car Park at Costcutters Supermarket - €80 per tonne or 8 cent per kg.
Granard Super Valu car park - €2.50 each.
Kenagh Church Car Park - €5 per kg.
Lanesboro Car Park Area - €20 cent each.
Legan School Carpark - €100 per tonne or 10 cent per kg.
Longford Tesco Car Park - €80 per Tonne or 8 cent per kg.
Longford Fallon's Shop, Park Road - €6 per bag
Longford Annaly car park - General Waste Bagged - or 8 cent per kg.
Newtowncashel beside Flynn's Public House - Clean Rubble - €80 per Tonne or 8 cent per kg.
Newtownforbes At Clonguish GAA Grounds - Clean Timber - €100 per tonne or 10 cent per kg.
Mullinalaghta beside Community Centre - Light Bulbs - €20 cent each.
Moyné Carpark at Community Centre - Household Batteries - €5 per kg.
Longford Car Batteries - €2.50 each.

BOTTLE BANK LOCATIONS IN CO. LONGFORD
(glass and cans accepted at all locations)

Abbeysluile	Handball Court
Abbeysluile	across from Rustic Inn
Ardagh	Community Centre
Ardagh	Community Centre
Aughnacree	Community Centre
Ballinacree	Opposite Stags Head
Ballinacree	in car park next to village hall
Ballymahon	Library
Ballymahon	Trillicken Garage
Clondra	beside Dukes Shop
Clondra	beside National School
Edgeworthstown	Car Park at Costcutters Supermarket
Edgeworthstown	Shell Filling Station Edgeworthstown Road
Granard	Super Valu car park
Kenagh	Church Car Park
Lanesboro	Car Park Area
Legan	School Carpark
Lisryan	Adjacent to GAA Pitch
Longford	Tesco Car Park
Longford	Fallon's Shop, Park Road
Longford	Side of Market Square
Longford	Annaly car park
Moyné	Carpark at Community Centre
Mullinalaghta	beside Community Centre
Newtowncashel	beside Flynn's Public House
Newtownforbes	At Clonguish GAA Grounds

THE MIDLANDS REGION WORKING TOGETHER TO MANAGE OUR WASTE

RECYCLING CENTRES in Longford

SHOPPING for a Better Environment

Over one third of what we put into our bin is made up of packaging, some of which we can reuse or recycle and some which we have to send to landfill. There are a few good reasons why we should start to think about our shopping habits and try and reduce our packaging:

1. Save Time, Money & Petrol

If you don't buy the packaging in the first place, then you don't have to reuse, recycle or dispose of it.

2. Save Resources

The more we waste, the more resources (such as oil, wood, aluminium) that we use up. The less we buy, the longer our resources will last for our children and the less environmental damage will be caused.

3. Use our Consumer Power

We all have influence as consumers and should use it. Make the most environmentally friendly choice when buying packaged products. If it's not available, ask for it!

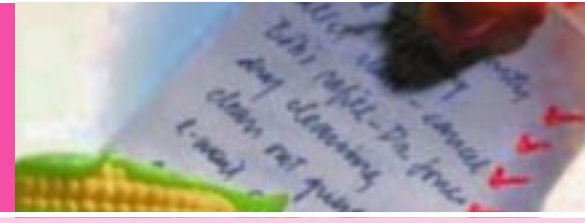
10 EASY TIPS

1. Buy in Bulk, use concentrates and refills, buy the biggest container available. Save yourself money too!
2. Think BEFORE you Shop! Is the packaging made from recycled materials? Can you reuse or recycle the packaging?
3. Buy Locally
4. Avoid individually wrapped items
5. Buy Loose! (fruit, veg, meat, cheese etc)
6. Buy durable, long lasting products, not disposable
7. Choose glass over plastic where possible
8. Buy a battery charger and rechargeable batteries
9. Buy Fairtrade products/ Environmentally Friendly Brands where possible
10. Buy Reusable nappies or environmentally friendly disposables

SHOPPING LIST

SHOPPING LISTBUY

- Vegetables/FruitBuy loose, avoid trays, plastic bags etc.
- CerealsBulk/Cardboard
- DrinksGlass/Bulk/Cans
- Water (plastic bottles)Install water filter/buy in biggest container possible
- Fizzy drinksBuy aluminium cans and recycle/buy one large bottle
- EggsBuy cardboard packaging/Free-range
- Chicken Breasts/Sausages (in trays) ..Choose a local butcher, avoid trays
- Dog Food (Tins)Dry Dog Meal
- Cat FoodBuy in bulk/dry cat food
- Bread (Plastic wrap)Fresh Bread from Baker, avoid over packaging
- BiscuitsPackaged in Cardboard, avoid individually wrapped
- Sweets/Chocolate/CrispsBuy biggest size possible and use as required
- PastaBuy in cardboard packaging
- Pasta saucesGlass jars
- Ketchup/condimentsGlass bottles
- YoghurtBig pots/in cardboard packaging
- Microwave dinnersCook large meals and freeze leftovers in take-away containers
- Rice (boil in bag)Buy in cardboard packaging
- ChipsBuy in bulk
- Fish (Frozen)Buy in cardboard packaging
- Butter/MargarineBuy in Bulk (use containers for freezer storage)
- Vegetables (Frozen)Buy in Bulk/Buy Cardboard
- CheeseBuy in Bulk/resealable, avoid excess packaging



HOME COMPOSTING

There are lots of reasons why we should compost:

REDUCE WASTE

Kitchen and garden waste (organic) amounts to one third of our household waste. Instead of dumping this material and sending it to landfill, why not make use of it and cut down your waste at the same time!

SAVE MONEY

No need to buy bags of compost if you make your own. Save money, reduce packaging and your waste bill.

GOOD FOR YOUR GARDEN

Your home made compost will help bind sandy soils, improve drainage, improve soil structure and act as a soil nutrient.

Make a compost bin yourself, purchase one from your local hardware store or from your Local Authority

WHAT CAN I COMPOST?

YES	NO
✓ Vegetable/fruit peelings	✗ Disposable nappies
✓ Tea leaves/bags, coffee grounds	✗ Dog/cat waste
✓ Paper towels/tissue etc	✗ Glossy/coloured paper
✓ Crushed egg shells	✗ Meat/bones/fats/grease
✓ Grass cuttings	✗ Cooked food
✓ Weeds/old plants/flowers (not diseased)	✗ Fish/shellfish
✓ Hair (family/pet)	✗ Dairy Products
✓ Shredded Newspaper/ Cardboard (small amounts)	✗ Coal ash
✓ Animal manure (vegetarian only)	✗ Large plants/roots
✓ Leaves/prunings/ hedge cuttings	✗ Plants sprayed with non-degradable pesticides
✓ Straw/hay/wood chip	
✓ Peat/wood ash	

NAPPIES.... WHAT A WASTE!

An estimated 600,000 disposable nappies are used every day in Ireland, each one containing plastics and chemical additives that impact on your baby's skin as well as taking up to 500 years to decompose in a landfill site.

The good news is that the days of terry nappies, soaking and scrubbing are gone and that there are modern versions of reusable nappies now available in various shapes and styles to suit any baby. They can be totally machine washable or are available with a biodegradable liner which can be flushed safely down the toilet. Some are adjustable so can be used from birth right through to toddler stage. For further information on how to cut down on nappy waste and to save money in the long run, contact your Local Authority Environmental Awareness Officer or visit their website.

NOT SO ENVIRONMENTALLY FRIENDLY WAYS TO REDUCE YOUR WASTE

FOOD

MACERATORS/GRINDERS

Despite what you may have heard, inserting one of these waste disposal units under your sink or anywhere else in your home, is not a good way to reduce your waste, despite the fact that they are available to buy. All of this organic material pollutes our water treatment system, puts a lot of pressure on it and means that more chemicals and money is needed to treat it. Please avoid using these units if at all possible.

BACK YARD BURNING

Burning household waste either in an open fire or in a back yard 'incinerator' is not the solution to reducing your waste. This is because you are burning at low temperatures, which is damaging your health, our environment and causes nuisance to you neighbours. Almost three quarters of the dioxins emitted to the air in Ireland come from the uncontrolled, low temperature burning of waste so please, not in Your back yard!

POTENTIAL POLLUTANTS CAUSED BY BACKYARD BURNING

POTENTIAL POLLUTANTS CAUSED BY BACKYARD BURNING	POTENTIAL HEALTH EFFECT
Carcinogenic Dioxins	cancer causing
Volatile Organic Compounds (VOC's).	respiratory/heart illnesses, kidney/liver damage
Carbon monoxide (CO)	nausea & headaches if inhaled
Hexachlorobenzene (HCB)	cancer, kidney & liver damage
Nitrogen Oxides (Nox)	respiratory problems
Microscopic particles	bronchitis, asthma & heart attacks
Ash (it contains mercury/lead/arsenic)	heart problems, kidney & brain damage

BEWARE OF BOGUS WASTE COLLECTORS

The onus is on each of us to take responsibility for our waste and where it ends up when it leaves our front gate. Under the Waste Collection Permit Regulations 2001, all waste collectors must have a valid Waste Collection Permit.

Before you pay somebody to accept waste from you, please ask to see their waste collection permit. All valid waste collectors are required to carry their permit in their vehicle and will present it if requested.

If your waste is found in an illegal waste site you may be prosecuted and you will be required to clean up the waste.

If in any doubt about a waste collector's authenticity, simply contact your Local Authority Environment Section. That way, you can be assured that your waste is being disposed of in the proper manner with no risk to our local environment.

TIPS FOR RECYCLING

Please remember that everything you recycle is a resource and will be used as a raw material to make another product. Wet or dirty material can contaminate other dry recyclables, resulting in a whole load having to go to landfill. Here are some points to remember:

- | DO | DON'T |
|--|---|
| ✓ Wash & squash containers/cans | ✗ No delph or ceramics to be placed in bottle banks |
| ✓ Remove caps and lids | ✗ No recyclables to be left beside the banks even if they are full |
| ✓ Separate glass according to colour | ✗ No packaging (bags/boxes) to be left beside the bank as this is a littering offence |
| ✓ Ring the number on the recycling bank or your Local Authority if the bank needs emptying | ✗ Think of your neighbours! Recycle at a reasonable hour to avoid causing noise and nuisance. |
| ✓ Flatten cardboard boxes | |

FOR A LIST OF BRING BANK LOCATIONS IN YOUR LOCAL AREA, CONTACT YOUR LOCAL AUTHORITY ENVIRONMENT SECTION OR VISIT THEIR WEBSITE