

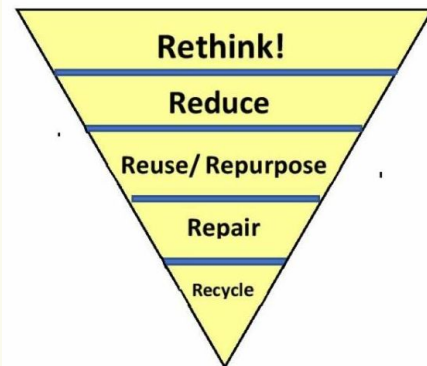
## Some Important Thoughts During the Time of COVID-19

### It's Time for the 5 Rs-- Moving Beyond Reduce, Reuse, Recycle

**First, Rethink** – Much of our consumerism has been brought to a screeching halt, so it's a good time to rethink what we buy, how we use it and how we dispose of it. **Becoming self-aware of our habits is the first step towards changing to a more sustainable and eco-friendly lifestyle.**

**Next, Reduce** – Use or buy less stuff. Let's ask ourselves before making a purchase: Do I need this? Will I use it regularly? Can I find the same thing with less packaging?

### The 5 Rs



**Reuse/Re-purpose** – Can we give things a second life? Can they be used again or in a different way? Here are a few ideas:

Don't throw out those produce bags!  
Upcycle them to  
**Easy, No Sew  
Kitchen Scrubbies**



- Mesh produce bags make great **kitchen scrubbies**. Tie a few knots and voila! [Click here for instructions.](#)
- Kale stems make delicious pesto. Don't throw them away! [Click here for recipe.](#)
- Two liter plastic bottles can be easily made into **protective face shields**! No special tools needed. [Here's a link complete with a video.](#))



**Repair** – Repairing is a great way to keep items out of the waste stream. Save your things that need repair for the next **SalemRecycles Repair Café**, which will hopefully be held in the fall. In the meantime, there are plenty of **great resources online including step by step videos of how to repair items.**

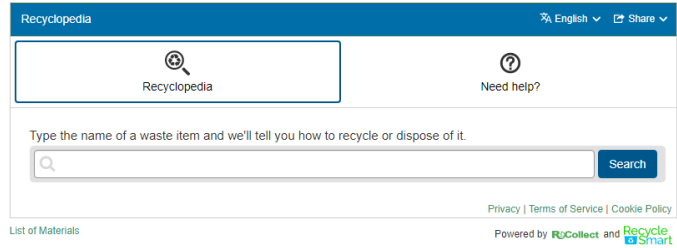
Check SalemRecycles' [Facebook page](#) as we share more ideas.

**Recycle** – Recycling markets are not as strong as they once were. **It's critical that we recycle right.**

If you have a **question about whether or not something can be recycled**, look it up in the MA online [Recyclopedia](#) which gives clear answers.

Now more than ever – **when in doubt throw it out.**

CAN I RECYCLE THIS?



## PPE --What Goes Where?

This just in from [Recycle Smart MA...](#)

Are you using more disinfecting wipes than usual or making your way through hand sanitizer at an unprecedented speed? Here's a quick guide on how to properly dispose of items you may be using to protect yourself and your family:

- [Face mask](#) – Put this item in your trash bin.
- [Hand sanitizer bottles](#) – Put empty and rinsed bottle in the recycling. If there is a cap, replace the cap before putting in the recycling. If there is a pump, put pump in the trash.
- [Sanitizing wipes](#) – Put this item in your trash bin. Remember: Never flush wipes. Even if they are labeled “flushable.” Wipes clog up sewer and septic systems.
- [Disinfectant Wipes Plastic Canister](#) Put this item in your recycling bin. Soft flexible wipe containers should go in the trash.
- [Rubber gloves](#) – Put these in your trash bin.
- [Plastic gloves](#) – Put these in your trash bin.

**Did You Know?** Tissues, paper towels and paper napkins, must **NOT** go in the recycling bin. The fibers in these paper items are too short to be used again. Please put these items in the trash.

Connect with Us



*SalemRecycles*

978-619-5672

[mguglielmi@salem.com](mailto:mguglielmi@salem.com)

[www.greensalem.com](http://www.greensalem.com)