

Waste Not, Want Not:

A Handbook for Seabury

Prepared by EnAct

Introduction

Many of us grew up with parents and grandparents whose adage was “Waste not, want not”. Their experience of wars and the “great depression” caused them to pay attention to their use of resources in ways we have largely forgotten. In this handbook, we attempt to reactivate that adage!

As a community and an institution, Seabury is committed to environmental sustainability. Every individual has an opportunity to contribute to that commitment by the choices we make daily, just as Seabury itself makes such decisions for our corporate life.

This handbook is intended to help guide us in our choices. No one of us will follow all these guidelines, but if we all do our part, we can make a difference. It has been written with research into the most recent studies and recommendations we could find. That means it will be out of date fairly soon! The good news is new developments are constant in the world of sustainability. If you become aware of new approaches that should be included, please contact Davida Foy Crabtree at dfcdth@gmail.com or 860-306-7524 (or cubby 4224).

The Principles of Sustainability:

RETHINK your choices
REFUSE single use
REDUCE your consumption
REUSE everything
REFURBISH old stuff
REPAIR before replace
REPURPOSE with creativity
RECYCLE as a LAST OPTION!

Unwanted Items

We are fortunate at Seabury to have our own Encore Shop as an excellent means of recycling our unwanted items, especially women's clothing, household goods and small appliances, jewelry, home décor, greeting cards, frames, and specialty items for daily living. Tuesday mornings are the time to drop things off there.

When Encore isn't the right place, sometimes Seabury will accept furniture for a future sale. Another source for placement of furniture and household goods is Journey Home, a Hartford organization that furnishes apartments for those who are unhoused: www.JourneyHomeCT.org Two others are Goodwill in the Copaco Plaza on Cottage Grove Road and HabitatReStore at 500 Cottage Grove Road.

Woodworking tools can be offered to our Residents' Workshop. Art supplies can be given to our Artists. Yarn and craft supplies can be used by our neighbors in The Views. Books can go to the local library or save for a sale.

Recycling

Aluminum and glass containers are much more highly recycled than plastic. Of all plastic manufactured in the US, less than 9% is ever recycled. And most cannot be. Our history of recycling is filled with hopefulness, but now we know that when it comes to plastic, that hope is unrealistic. Newspaper, general office paper, clean cardboard, aluminum, tin and glass rank high on recyclability. Most everything else does not.

NOTE: when we put nonrecyclable items in the bin, the entire bin is considered contaminated and it will all go to trash! Do not "wishcycle!"

Here are specifics of items to go in the blue Recycling bins:

Aluminum: all forms, if clean. Small amounts should be accumulated into a ball no less than 2" in diameter (so it won't clog the sorting machines). No greasy or food contaminated items. TIP: cut open the top of an aluminum can, use it to collect aluminum caps etc, then crimp top shut and put in recycle bin

Caps and lids: if attached to their original recyclable container, but NOT loose. TIP: collect metal lids in a tin can then crease top shut so they can't get out; put in bin

Cardboard: dry, flat and not contaminated (if large, leave outside trash room bin)

Cardboard containers like orange juice and milk cartons: best to crush and replace cap after crushing (also called “tetrapaks”)

Glass bottles: unless redeemable

Paper: if not contaminated (this means no paper towels or tissues), not coated, and not glittery. NO shredded paper. No coated register receipts. Do recycle: office paper, cardboard egg cartons, paperback books, newspaper.

Plastic: All # 1-7, but especially #'s 1 & 2. Everything must be clean and dry.

Tin cans; metal jar lids can be collected inside them with top crimped to hold them.

Specialty Recycling:

Batteries: small batteries are to go in the small grey buckets provided in most trash rooms. Vehicle batteries must be taken to your car dealer for a fee.

Beauty and Cosmetics: Items such as compacts, mascara tubes and wands, foundation and cream containers and their caps and pumps can go in a special collection box in CAS one week/month. (No aerosol cans, glass, wood or metal).

Candy and snack wrappers and packaging, coffee “pods”, creamer “pods”, plastic straws, Styrofoam cups, and drink lids: place in special box in CAS one week/month. (Only these items, please!)

Dental and Oral Care and Shaving items: bring toothbrushes, floss containers, razors, plastic-embedded blades and packaging for all that to CAS to the special box one week/month. (No floss itself, electronic toothbrushes, metal razors)

Electronics: devices can be recycled on special days through E-Waste collections in Bloomfield and nearby towns. Other spots: Staples and Green Monster E-cycling in West Hartford, and Windsor Landfill (open to Bloomfield residents) at 500 Huckleberry Road, Windsor. Hours vary: 860-285-1833. Proof of residency required. Go to this site for municipal dates: <https://portal.ct.gov/DEEP/Reduce-Reuse-Recycle/Electronics/Collection-Locations-for-Residential-Electronics>

Eyeglasses: Lions Club maintains a box at the Hartford Health Care Clinic on campus

Garden pots: may be recycled at Lowes

Hazardous Waste: Oil-based paint, household chemicals, CFL lightbulbs (with the spiral), and cleaning supplies, etc are best handled through one of these collections. Do NOT pour such things down your drain – it gets into drinking water!

<https://portal.ct.gov/DEEP/Waste-Management-and-Disposal/Household-Hazardous-Waste/HHW-Collection-Schedule>

Hearing Aids: may be left in same Lions box in clinic as eyeglasses

Mailer envelopes: Envelopes with the Amazon swish logo can be recycled at Whole Foods stores. Those from other sources are often wanted by residents. Otherwise, both the plain plastic and bubblewrap envelopes can go to your supermarket with your single use plastic bags for recycling. Those with paper covers over plastic bubblewrap go in trash.

Medications: Both OTC and Rx, keep in original container. If Rx, black out your name and prescription number, and take them to the Police Station at 785 Park Avenue. There is a bin to the right as you enter the front door. About once a year, usually related to Earth Day, Seabury will collect your expired and unused meds but the same instructions apply – no loose meds! Do NOT flush medications down a toilet or drain – it flows into water supplies.

Paper: We know that newspaper, office paper and cardboard are all recycled. However, certain junk mail (glossy, or with plastic cards) and the like should not be put in the recycle bin. When it mixes in with “good” paper, it can result in the entire binful being rejected at the sorter. Magazines go in recycling.

For **junk mail**, we strongly encourage each resident to make an effort to reduce their receipt. One resident accumulates it for a month, then spends an hour emailing or calling each mailer. 90% of the time, it stops within two months. Alternatively, residents can use the following resources:

Catalogs: at this site you can opt out of various catalogs:

<https://www.catalogchoice.org/>

Credit card and insurance offers: 1-888-5-OPT-OUT or

www.optoutprescreen.com

Direct Mail Offers: DMAChoice allows you to register for \$4 and you'll be opted out for 10 years: https://ims-dm.com/mvc/page/dmchoice/?gclid=Cj0KCQiA1NebBhDDARIsAANiDD1TFSIUMMHnZnRUfLw8EmOc9glJ8nJ1TnoHO9n5d0za8Su1SBYaegaAst2EALw_wcB

Plastics: from time to time, Seabury offers opportunities to recycle plastics not acceptable in the blue bins and not accepted in the special box in CAS. You may wish to accumulate yours for the next opportunity. Consider crushing items to save space as you do so, and filling empty items with smaller ones. A special collection point for particular items is a box in CAS with a label each week for what is being collected (noted in this list as to particular items).

Plastic bags and film: Your clean and dry single-use plastic bags, food storage bags, bubble wrap, plastic mailers and the plastic film used in packaging may be recycled at supermarkets, Lowes and Target. Heavier plastic bags and packaging and thin crinkly plastic may not be recycled at these locations. TIP: If you can't stretch or tear it, it doesn't qualify. Color doesn't matter.

Printer and toner cartridges: are collected by Seabury Charitable Foundation and can be dropped off at their office

Shaving Waste: All brands of shaving waste, including plastic packaging, razors and blades are collected at the time of our special periodic plastics collections.

Socks: Used clean socks (NOT leggings or nylons) are collected for recycling in the special box in CAS one week/month.

Textiles/clothing and Shoes: Bloomfield has two bins in town to accept these items. In both locations, items must be placed in bags before leaving them: a) In the back of the eastern parking lot at the Community/Senior Center at 330 Park Avenue; b) In Town Hall parking lot off Park Avenue, in rear next to Walgreens.

Exceptions to Recycling:

Shredded paper cannot be recycled. It jams the machines. Accumulate in a paper bag and then seal and place in trash. (Note: try to reduce your shredding by cutting out the info that needs to be protected and just shredding that.)

Broken glass should be wrapped in paper to protect handlers and put in trash.

Cardboard contaminated with grease or oils etc should go in trash

Metal pots and pans/utensils other metals, if not acceptable for donation, can go to Windsor Landfill (open to Bloomfield residents) at 500 Huckleberry Road, Windsor. Hours vary: 860-285-1833. Proof of residency required.

Redeemables

A small group of residents works to receive redeemable cans and bottles and cash them in to support the Bloomfield Community Dinner Program at Bloomfield Congregational Church, co-sponsored by the town and FoodShare. Currently the redeemables are gathered in the small kiosk in the 100 Cottages circle. A system is set up so residents can sort their donations into established bins and boxes. For those unable to carry theirs to the kiosk, a door-to-door collection occurs on the last weekday of each month. Set them outside your door in a bag that morning by 10 a.m.

Please note: only redeemable bottles and cans may be recycled this way. That means: beer, soda, juice, hard cider, coffee, kombucha, sports drinks, energy drinks, plant-infused drinks tea and water in glass, aluminum and plastic. Each item must have on it the CT letters either etched in the top of aluminum or printed on the label of plastic or glass. All must be clean and dry. Leave the caps on them if of same material as container. Do not remove labels as naked containers cannot be redeemed.

At more than \$50 per month, we together contribute \$600 – 800 to neighbors in their times of need!

Food Waste

OZZI: In 2021, Seabury's Culinary Department converted to the *OZZI* system for to-go containers, eliminating a large amount of our plastic waste. For this system to work, however, every resident must promptly return all *OZZI* green containers. Using them to store food is NOT helpful. Just transfer your food to your own container and return the *OZZI*!

In that same spirit, we recommend that if you eat off campus, you turn down take out containers that are plastic or Styrofoam.

Food Waste:

Garbage Disposals consume large amounts of water (at least one gallon for every use), so please use care. There are limits to what a disposal can handle: please put chicken carcasses and large bones in your trash! Avoid putting banana peels, onion skins and artichoke leaves, citrus rinds, avocado rinds, mangoes, pineapple (and similar foodstuffs) down your disposal – even the industry says they can’t handle those! Please put these items in your trash or composting.

Meat: When it comes to the environment, a major step we can all take is to reduce our consumption of meat. Beef and pork especially create a high percentage of the methane driving climate change. Some scraps can be composted.

Composting: As of January 2024, Seabury has its own commercial composter. Both Culinary and individual households on campus are encouraged to contribute their food scraps to assist us in reducing our carbon footprint and creating our own compost to enhance our gardens on campus. The specifics of acceptable food scraps may be updated from time to time. The **appendix** contains a list of acceptable food waste for our Seabury system.

We recommend you either freeze your food waste until ready to take to compost bin or carry it in the bucket in which you accumulate it and simply dump it in bin. We have learned from experience that the “compostable” green bags aren’t very sturdy and cause trouble in the machine. If you use them, please carry their bottoms supported by your hand or a container, dump the contents, toss the bag. If you spill or discover a spill, contact Seabury’s Safety Office for a quick clean up.

Collection: yellow bins for Composting may be found in the following locations:

Cottages: Trash kiosk nearest C320

East Wing: Trash Room on 4th floor across from 4180

West Wing: Trash Room #3130 near Elevator 1

South Wing: Opposite parking space #20 in garage (near door to chapel hallway)

Trash

If you have a question about how to dispose of a particular item, this site is very helpful: <https://portal.ct.gov/DEEP/Waste-Management-and-Disposal/What-Do-I-Do-With> Many items can go to Windsor Landfill that can't go in bin.

Following are examples of things to go in your trash bin:

Aerosol Cans

Contaminated paper and cardboard, shredded paper (in a paper bag, sealed)

Used tissues and paper towels

LED lightbulbs and broken glass wrapped in paper

Chicken carcasses, large steak and pork bones

Pet waste (in tied bags), fur, toys

Styrofoam (except Styrofoam cups which go in special collection in CAS monthly)

Nonrecyclable plastics (everything not numbered 1-7) (unless saved for special collections)

Take out containers labeled compostable

Some residents separate their “wet” trash from dry trash, reusing plastic bags of various origins for the wet trash. This reduces your trips to the trash room with large bags as you can carry just your wet trash, sealed, and drop it in the barrel more frequently.

Water

Seabury receives its potable water through the Metropolitan District Commission. MDC water is the same as bottled water. (Much of Bloomfield's water via MDC is bottled by a commercial company!) We encourage you to drink tap water rather than bottled. MDC rates continue to rise and thus so do our expenses. Every time you conserve or find a second use for your water, you help not only the environment but our own financial sustainability. Examples of residents' actions to conserve:

- Collect the “warm up” water before a shower or dishwashing and use it to water plants and gardens or when you use the garbage disposal

- Never wash dishes using running water without a basin to catch it in
- Save water used in cooking and use it on outdoor plants
- Take shorter showers
- Toilet: “If it’s yellow, let it mellow; if it’s brown, flush it down”
- Turn off water while brushing teeth
- Eliminate use of garbage disposal
- When handwashing dishes, run just two inches of hot water into basin, wash cleanest and smallest dishes first, rinse into basin and work up to greasiest and largest.
- Run dishwasher when full; don’t “nest” bowls – you’ll have to rewash
- Clean the dishwasher filter in the floor of the machine monthly
- Run full loads in clothes washer. Switch to detergents that use no plastic
- Stop buying bottled water – MDC water is just as good and costs you next to nothing. Add a little lemon juice or fruit juice if you like.

Our lawn and garden irrigation comes from old wells tapped into deep aquifers. That water is NOT potable. Some believe that our aquifer is so good that we can use all the irrigation we want. We caution, however, that aquifers depend on one another, and our overuse may soon affect others’ water availability. Please conserve!

Water System Maintenance is an ongoing challenge. Here are ways you can help:

- Only flush toilet paper, not supposedly flushable wipes, which can clog
- Don’t put grease down any drain. Put it in a container with a lid, refrigerate so it gels, and then put in the trash.
- Cat litter and pet waste should never be put down the toilet. Feces can contain toxoplasmosis; wastewater treatment does not address pet waste.
- Limit use of garbage disposal to minimum

Heat, Air Conditioning and Electricity

Seabury utilizes both geothermal wells and solar panels to generate heat, air conditioning and power for us all year long. Since the installation of the geothermal wells in 2017, we have not had to turn on the boilers at all in the South Wing! Each apartment also has a heat pump to help us conserve as well.

Our solar panels only provide a portion of our electrical use, and with prices increasing, our conservation is important to all of us financially.

As good citizens concerned for the environment, we want to utilize as little as possible. So here are a few tips:

1. “Phantom Power” is the energy draw from devices that stay on or in standby mode when not in use. Here is what one website encourages: *“Phantom loads,” are a major source of energy waste. In fact, it is estimated that 75% of the energy used to power household electronics is consumed when they are switched off, which can cost a household up to \$200 per year. Smart power strips, also known as advanced power strips, eliminate the problem of phantom loads by shutting off the power to electronics when they are not in use. Smart power strips can be set to turn off at an assigned time, during a period of inactivity, through remote switches, or based on the status of a “master” device.* Those of us without smart power strips simply remember to turn the power strip off when not in use.
2. Remember that in winter one can be quite comfortable at a lower temperature by adding a layer of clothes.
3. Don’t charge devices overnight so you can unplug when it’s full. This is better for the device anyway!
4. Consider lighting your residence only where needed instead of turning on lights in every room all day.
5. When away from your unit, please remember to unplug or turn off various appliances and reset (do NOT turn off) your heat or air conditioning so we can conserve energy together.
6. Put a dry towel in dryer with wet clothes and cut drying time.

Shopping

We have many choices in our lives, and how we acquire things is one of those. We encourage you to shop at Encore and other sites that carry previously owned clothing and goods. When purchasing items for daily living, please consider those with the least packaging and least environmental impact. The Hub and our

Marketplace carry items such as shampoo and conditioner bars (no more bottles!), rechargeable batteries, Swedish dishcloths, nonliquid laundry detergent, and numerous other items that are eco-friendly. Residents have found that green companies like Grove Collaborative, Blueland and Who Gives a Crap offer good pricing and helpful green products. Eliminating plastic bottles and jugs also dramatically reduces the environmental impact of shipping all that liquid all over the country.

There are many websites offering guidance in purchasing, and they change all the time so just use your search engine or ask The Hub for assistance.

Conclusion

We all benefit from each other's efforts. That's part of what it means to live in community. As we try to live the old mantra "Waste Not, Want Not", we are also aware that the Earth needs our every attempt. As climate change builds toward a difficult future, our collaboration in eliminating waste means not just that we might not want in the future, but that others with fewer resources will be spared yet more difficult challenges. That's why it's called sustainability – not just so that our futures are sustainable but so that everyone's and the earth's is too.

Thank you for using this Handbook, for helping us identify new ways to conserve and live sustainably, and for doing all that you do to contribute to our life together.

Environmental Action Community

The Environmental Action Community is a network of Seabury residents with a passion for the stewardship of earth. Our interests range from Seabury's environmental commitment to global climate change issues, and include concerns like composting, recycling, use of water, chemicals, and many other issues. We include gardeners, engineers, hobbyists, advocates, hikers – everyone who loves the earth and wants to see it sustained. Members are given opportunities to focus and take action on particular concerns from time to time. In general, we are here to support each other and Seabury in our environmental commitment.

If you'd like to join us or just stay informed, here is the link where you can sign up and receive our occasional emails and notices of gatherings and events:

<http://www.seaburylife.net/mailman/listinfo/enact>

This handbook was written by Rev. Dr. Davida Foy Crabtree for use at Seabury Active Life Community in Bloomfield CT and updated in September 2024. Its solutions are locally based and you are encouraged to research best solutions in your area. If any of your research produces findings that would help us improve our work, please contact Davida as noted on page 1. And if you use this as the basis for a local handbook, we'd appreciate credit to Seabury Active Life Community, Bloomfield CT.

Index and Appendix follow below

INDEX

Aerosol cans	8	Junk Mail	4,5
Air Conditioning	9	Lightbulbs CFL	4
Aluminum	2,6	Lightbulbs LED	8
Batteries	3	Mailer Envelopes	4
Beauty containers	3	Meat	7
Bottles and Cans	7	Medications	4
Caps and Lids	2,3,6	Metal	6
Cardboard	2,3,6,7	OZZI	6
Candy/Snack Wrappers	3	Paper	3,4,5,7
Clothing	2, 5	Pets	8,9
Coffee pods	3	Plastics	3,5,6
Composting	7,8,14	Plastic Bags/Film	5
Dental/Oral Care	3	Printer Cartridges	5
Electricity	9	Sharps	5
Electronics	3	Shaving Waste	5
Eyeglasses	3	Shoes	5
Food Waste	6	Shopping	11
Garbage Disposals	7,8	Shredded Paper	6,7
Garden pots	3	Socks	5
Glass	3,5,7	Styrofoam	3,8
Hazardous Waste	4	Textiles	5
Hearing Aids	4	Tin Cans	3
Heat	10	Trash	8
Household goods	2	Water	8

For Your Composting Pleasure

YES

Baking supplies (flour etc.)
Bread
Cereal and grains
Coffee grounds, tea (not bags)
Condiments, spices, herbs
Dairy products (small amts of liquid)
Eggs and eggshells
Fish (no bones)
Fruit – fleshy parts, no
 pineapple rind or tops
Meat including fat
Nuts
Pasta
Pet Food
Plate scrapings
Soup – drain liquids first
Vegetables (peel off labels)

General Rules: Chopping helps;
No large quantities of liquid;
Peel little labels from fruit and
veggies if you can.

NO

Bones
Boxes or food containers
Cloth
Containers, even “compostable”
Corks
Corn cobs and husks
Cotton balls
Glass
Grease and oils
Gum
Metal of any kind
Mop: disposable sheets
Paper/cardboard
Pet items (no pet fur, waste)
Pits, other hard parts
Plants and bouquets
Plastic
Clam and oyster shells
Soil
Styrofoam
Tissues
Toothpicks

Please do NOT deviate from this
list for any reason!