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What does NASCAR and recycling have in common?

NASCAR has the largest sports recycling program (2012). They have a recycling rate of 60%, approximately 20% higher than all other sports.

Almost all their tracks collect and recycle drink containers, tires, motor oil, gasoline, antifreeze, brake fluids and metal.

NASCAR also invests in cleaner burning gas. To 'top it off' during the Daytona 500 they plant 10 trees in surrounding areas whenever the green flag is waved. Since 2008 they have planted over 1,000 trees.

Recycling Cardboard & Paper

Dunn County residents are required to separate cardboard from paper when recycling. Even though cardboard and paper go through similar recycling processes, length, additives and how often these items can get recycled are very different, necessitating the need for separation.

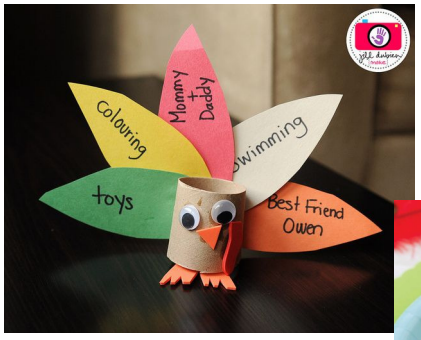
Cardboard fibers are long and strong. They require less processing with fewer added virgin fibers. Since cardboard stays brown, chemicals aren't needed to bleach or dye the material.

Paper has short fibers and therefore weaker and generally require more added virgin fibers. Paper is often processed with bleach and/or other chemicals to make it white. Certain papers are processed with additives such as cotton, silk, and dyes, thus increasing processing time.

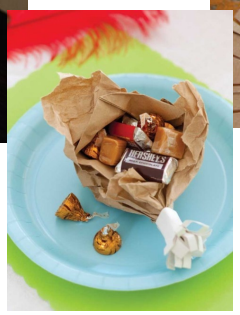
Each time paper and cardboard are recycled, the fibers become shorter or smaller. Therefore they cannot be recycled endlessly like glass or aluminum. With long fibers, cardboard can be re-recycled many times. Paper, on the other hand, can't be re-recycled as often, typically 5 - 7 times.

If fibers are too short to be used they get pushed out during the screening process. Since it is impossible to tell if fibers are too short by just looking at them, do not be deterred from recycling paper products.

Reduce by Reusing: Thanksgiving Crafts



The cute turkey above is made from a toilet paper roll and construction paper. Unwanted mail, cracker or cereal boxes can be substituted for the feathers.



Reuse cereal or cracker boxes to make the turkeys above.

The tasty drum stick to the left started out as a paper grocery bag.

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Cardboard & Paper Recycling Guide

Recyclable Cardboard

Cereal Boxes
Noodle Boxes
Cracker Boxes
Other Dry Food Boxes
Tissue Boxes
Paper Bags
Manila Folders/File Folders
Paper Towel Rolls
Toilet Paper Rolls
Egg Cartons

Non Recyclable Cardboard

Soda Boxes
Beer Boxes
Refrigerated Boxed Foods
Frozen Food Boxes
Soap Boxes
Toothpaste Boxes
Feminine Product Boxes
Greasy Pizza Boxes
Detergent Boxes
Produce Boxes

General Rule: If a box goes into the fridge or freezer it's not recyclable. If it goes into the pantry then it is recyclable.

Recyclable Paper

White/Pastel Office Paper
Sticky Notes
Magazines
Catalogs
Newspaper
Envelopes
Unwanted Mail
Spiral Notebooks
Paperback Books
Phone Books

Non Recyclable Paper

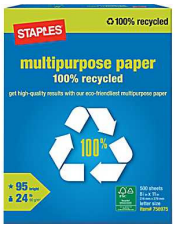
Paper Ream Wrappers
Tissue Paper
Laminated Paper
Carbon Paper
Greasy Paper
Hardcover Books
Food Wrappers
Paper Towels

Why Can't I Recycle...

Why Can't I Recycle Freezer, Refrigerated, or Bathroom Boxes?

If soda cans were packaged in normal, recyclable cardboard, guess what would happen when the cans sweat or the box got wet? Kerplunk! The cans would come crashing through the bottom of the box. How about if a shipment of bar soap got rained on? The pavement below would quickly become very clean. Regular cardboard breaks down when wet, which is how recyclers at paper mills create a slurry to break down and recycle cardboard. For this reason, cardboard boxes for frozen, refrigerated, or bathroom items are either coated or treated with a chemical that prevents it from breaking down when wet – precisely what recyclers need it to do. For this reason, frozen, refrigerated and bathroom boxes are contaminants to our paper buyers, and are not accepted for recycling.

Why Isn't the Wrapping Around a Ream of Paper Recyclable?



Just like soda, frozen and refrigerated food boxes, paper reams must be covered in a material that will keep the paper product dry. The waxy or chemical coating on the wrapper doesn't allow moisture to penetrate through, keeping the paper inside intact.

How Do I Recycle Hardcover Books?

Simply remove the hardcover from the pages. Landfill the hard cover and recycle the rest. To be even 'greener' tear the pages out of the book to further reduce the amount of glue residual on page edges.

Why Can't I Recycle Greasy Items?

When paper products are recycled, they're mixed with water and turned into a slurry. Grease from pizza boxes causes oil to form at the top of the slurry, and paper fibers cannot separate from oils during the pulping process. Essentially, this contaminant causes the entire batch to be ruined. This is the reason that food related items are non-recyclable (pizza boxes, used paper plates, used napkins, used paper towels, etc).

The easiest remedy for this problem is to cut or tear out the soiled portions. For example, you can tear the top of a pizza box off, recycle that and throw away the bottom part containing the grease. If the entire box is grease-free, the whole box can be recycled with a guilt-free conscience.

Waste Less this Thanksgiving

There are many ways to make your Thanksgiving greener. Incorporate all or some of the suggestions below for a more environmentally friendly day.

Choose Local

Many staples such as sweet potatoes, onions, pumpkins, cheese and apples are found at a local farmers market or orchard. Many times these items are cheaper when bought this way.

Avoid Wasted Costs

When planning your meal look in your fridge, freezer, and pantry before visiting the farmers market or grocery store. Plan part of the meal around items already in your home.

Use Leftovers Wisely

Use inner meats, bones, fat, and scrap vegetables to make stocks, sauces and gravies. Create new dishes out of leftovers. Compost uneaten food wastes.

Vegetable and Meat Stocks

If you're making vegetable stock, throw vegetable scraps into a pot with some boiling water, salt and pepper. Let simmer for at least one hour and strain. The longer it simmers, the more intense the flavors will be. Taste as you go to get the best result for you.

For meat stock, put bones and vegetable scraps into a roasting pan and add some salt and pepper. Roast in the oven at 400 degrees until bones are well browned. Drain off fat. Transfer bones and veggies into a pot, fill with water and bring to a boil. Simmer for at least three hours, strain and enjoy.

Reduce Energy

Put dishes in the oven that require the same temperature at the same time. Use room temperature ingredients if possible, like butter, to reduce stove top cooking times.

Make your Own Decorations

Use items from outside such as logs, pumpkins, gourds, acorns and pinecones to create centerpieces and name settings. Reuse glass bottles, toilet paper tubes, or cereal boxes to create turkey, pilgrim or Native American decorations.

Use Reusables

Choose real dishes and utensils over paper and plastic. With all the extra family members over someone is bound to help wash or stack extra dishes. Add cloth napkins for extra pizzazz.

Green Your Turkey

Earth 911 & Your Guide to a Green Thanksgiving

Emily Vaughn, associate program manager for Slow Food USA – a Brooklyn-based nonprofit on a mission to change the way America thinks about food – gives information on how to "green" your turkey.

Turkey is the main component for many Thanksgiving meals. But have you thought about the impact your main course has on the planet? This year, 99.99 percent of Thanksgiving turkeys will be the same breed, the broad-breasted white, and most will be produced from industrialized farming, says Vaughn.

Farming practices for most industrially-bred turkeys can be harmful to the birds and surrounding environments, she explains. And drawing turkeys from a narrow gene pool can also pose a threat to American turkey production in the future, as close breeding increases the risk of pervasive diseases and pests on large-scale farms.

So, do you have to skip the turkey this year? No way. Just pick out a turkey with a conscience!

Vaughn suggests heritage turkeys as an alternative to mass-produced grocery store picks. Heritage turkeys, or breeds that have been kept consistent since the mid-20th Century, are typically cultivated by small farmers for generations. Rather than pumping turkeys full of artificial additives to increase hardiness and growth, heritage farmers carefully choose different breeds with the best traits and mate them together.

Over time, heritage farming practices produce turkeys that are naturally strong, self-sufficient and resistant to disease. These breeds are typically much tastier, too.

"The people who are taking time to do this work are doing so because they're passionate about it and they believe that it's the right thing," Vaughn says. "But farmers can't do this as a community service, they need our support. They need for people to be contentious about the way that they're purchasing."

Keep in mind that heritage breeds are a little pricier than your standard Thanksgiving turkey. Most grocery store turkeys sell for about $1 per pound, while heritage turkeys can cost upwards of $5 per pound.

For a planet-friendly turkey that won't break the bank, try other alternatives like organic, free-range or pastured turkeys instead, and buy from a local farmer whenever possible, suggests Vaughn. Not sure how to decode all those labels? Consult Slow Food USA's quick guide below.

Certified Organic/Certified Naturally-Grown: A turkey that has been fed organic feed for its whole life and has never been treated with antibiotics.

Pastured: Turkeys that have been raised outdoors with ample space to move around.

Free-Range: A turkey that was free of confinement for its whole life but may have been kept in a barn.

To find a heritage, certified organic, pastured or free-range breeder near you visit: http://www.eatwild.com/products/wisconsin.html

OR

http://www.localharvest.org