



# Recycling For Everyday Items

Sierra Cheri

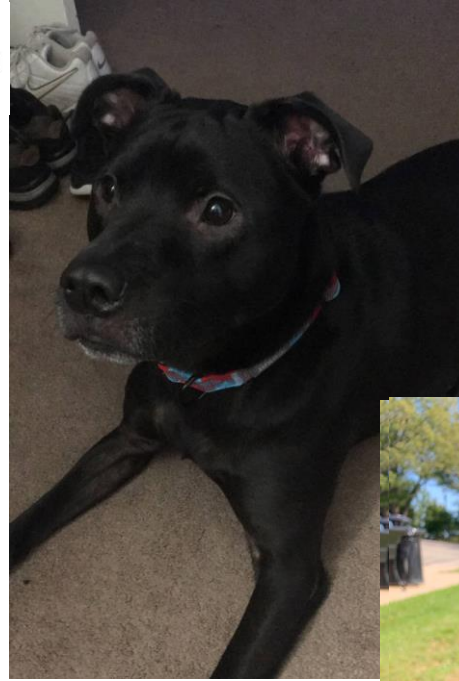
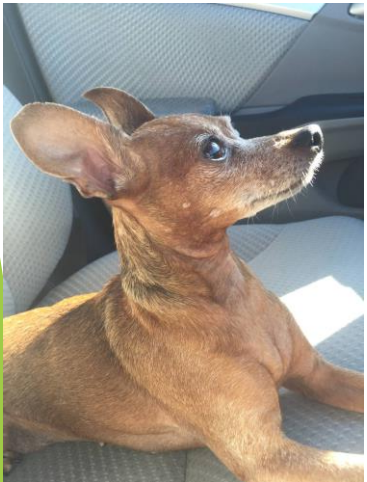
OD/ORF/DEP

# NIH Recycling Mission

- ▶ The NIH Recycling Program is committed to the delivery of effective, courteous, innovative, and responsive recycling services to the NIH. We serve to establish a supportive and informational role to coordinate recycling at all NIH installations in cooperation with local, state, and federal agencies. The program integrates the principles of recycling and waste reduction into all phases of daily activities and operations.
- ▶ Before throwing items in the trash, please stop to consider if it is recyclable.
- ▶ Zero Waste is a whole system approach which reduces consumption and ensures that products are made to be reused, repaired, or recycled back into nature or the marketplace.

# Meet WRRB's new Recycling Coordinator

- Bachelor's in Environmental Science
- Studied at Robert Morris University
- Pitbull, Greyhound and Whippet Owner
- Passions; Animals, Drawing and Environmental Topics







# Styrofoam Take Back Program UPDATE

- ▶ The Styrofoam Take Back Program was initiated in August 2021 to assist the research community with recycling of used Styrofoam coolers. Please note that while we continue to search for alternative eco-friendly solutions to Styrofoam coolers, we are announcing the extension of the Styrofoam take back program which will run until the end of June 2022.
- ▶ The Division of Environmental Protection, Waste Resource and Recovery Branch (DEP/WRRB) will continue to collect and recycle Styrofoam coolers on the NIH Bethesda campus. Please continue to place your Styrofoam coolers in the designated locations within your building for routine pickup.
- ▶ If you have any questions or concerns or need help participating in the Styrofoam Take Back Program. Or if you find that a storage bin does not exist in your building, please contact Sierra Cheri at [sierra.cheri@nih.gov](mailto:sierra.cheri@nih.gov) or 240-917-0576 or Mansi Metha at [mansi.metha@nih.gov](mailto:mansi.metha@nih.gov) or (240) 461-2246 for help or to request a storage bin.



# Restrictions

- ▶ Styrofoam Cooler Restrictions Include:
  - ▶ Styrofoam coolers which must be white pigment only, free from labels and packaging materials.
  - ▶ The cooler waste must not have any medical or residual materials, including ice packs.
  - ▶ To maximize space, please place smaller coolers into larger coolers.





# Storage Bin Locations

- Current list of locations where the coolers are stored by building:

Buildings	Location	Pick-up Schedule
10	B2 Loading Dock	HK picks up every day except Holidays
37	Loading Dock	M and F
49	DEP room near Dock	Tuesday
50	Loading Dock	Tuesday
41	Loading Dock	Tuesday
8	North End of Exit Door	Tuesday

# Alternative Options

- ▶ As we move toward eco-friendly alternatives to Styrofoam coolers, please work with your vendor(s) directly to determine if there is currently a take back program that is established through your vendor and if the vendor has eco-friendly alternative coolers that are not made of Styrofoam.
- ▶ Examples of alternative Styrofoam Coolers that are offered:
  - ▶ Igloo Recool Coolers (made from a mix of paraffin wax and recycled tree pulp, biodegradable, reusable, can hold up to 75 lbs )
  - ▶ Vericool Ohana Coolers (made from recycled plant fiber, it is reusable, compostable, recyclable, and available in different sizes)
  - ▶ Pelican Elite Coolers (made from polyethylene plastic, features for extreme water tightness and ice retention, includes drain plug and hose attachment, guaranteed for life)
- ▶ Please be aware that DEP/WRRB are not endorsing the above vendors; however, we are providing them as examples of alternatives to Styrofoam coolers.



# Point of Contact

- Sierra Cheri
  - [sierra.cheri@nih.gov](mailto:sierra.cheri@nih.gov)
  - (240) 917-0576.
- Mansi Metha
  - [mansi.metha@nih.gov](mailto:mansi.metha@nih.gov)
  - (240) 461-2246
- ▶ If you have any questions or concerns or need help throughout the Styrofoam Take Back Programs run, please let myself or Mansi know!





# RECYCLING DO'S AND DON'TS AT NIH



## Recyclable

- ▶ Mixed Paper
- ▶ Commingled
- ▶ Cardboard and Paperboard Boxes
- ▶ Electronics
- ▶ Pipette Tip Racks
- ▶ Toner Cartridges
- ▶ Batteries
- ▶ Wooden Pallets
- ▶ Construction Debris
- ▶ Pre-Consumer Food Scarps
- ▶ Yard Waste



## Non-Recyclable

- ▶ Material contaminated with:
  - ▶ food products
  - ▶ infectious material
  - ▶ hazardous chemicals
  - ▶ radioactive material
- ▶ Empty containers previously containing:
  - ▶ infectious material
  - ▶ hazardous chemicals
  - ▶ radioactive materials
- ▶ Other materials which are not recyclable:
  - ▶ Pyrex glass labware
  - ▶ polystyrene
  - ▶ glass slides
  - ▶ window or sheet glass



# Recycling Containers

- ▶ All recycling containers will be identified by the blue and green NIH recycling logo and with information as to the specific material which can be recycled in the container. Call (301) 402-6349 to request additional containers.
- ▶ **Metal Containers:** Located near elevators, in hallways, and office suites. Labeled Mixed Paper, Commingled, Pipette Tip Racks, and Toner/Inkjet Cartridges.
- ▶ **Outside Containers:** Located near parking lots and parking structures.
- ▶ **Blue Desk-Side Bins:** Can be used in your office cubicle or next to your lab bench. They are the size of a small trash can and collect mixed paper or commingled materials. Contact your Green Team Leader to request a set.
- ▶ **Hampers:** Hampers are for collecting paper products from office clean-outs.



# Mixed Paper

- ▶ White paper (any color ink), colored paper, newspaper, shredded paper, magazines, scientific journals, catalogs, envelopes, manila folders, post-it-notes, books, telephone books, Kraft paper, binders, tissue and paper towel boxes only - (NO tissues or towels), frozen food boxes, paperboard, and all other clean-dry paper.
- ▶ Place in Mixed Paper containers.
- ▶ Large interior metal and cardboard containers, and exterior stone containers are emptied by the recycling contractor. Paper collected in small cardboard desktop containers or blue desk-side bins should be emptied into larger containers for collection.





# Commingled

- ▶ Aluminum and tin cans, glass (non-Pyrex) and plastic containers, plastic bags, plastic silverware, buffer and saline bottles, and aluminum foil. All plastic resin codes are accepted, including clear polystyrene products (#6), such as water cups.
- ▶ Interior metal containers and exterior stone containers are emptied by recycling contractor. Commingled materials collected in blue desk-side bins should be emptied into larger containers for collection.
- ▶ Please rinse food/beverage containers and related items before placing in recycling containers.

# Recycle

**Containers, Cans, Bottles**  
(No Paper. No Medical or Laboratory Supplies)

The items below are okay



ORF - Division of Environmental Protection - [NEMS.NIH.GOV](https://nems.nih.gov)

Pick-up 301.402.6349 \* Assistance 301.496.7990

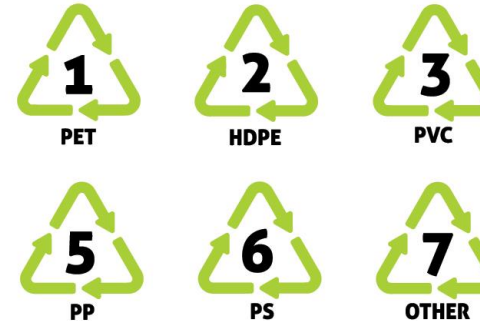




# Plastic Resin Codes

- ▶ Plastic #1: Polyethylene Terephthalate (PET)
  - ▶ Common items: soda bottles, cooking oil bottles, peanut butter jars, microwavable food trays
- ▶ Plastic #2: High Density Polyethylene (HDPE)
  - ▶ Common items: milk jugs, juice, shampoo, grocery and retail plastic bags, detergent bottles, cereal box liners
- ▶ Plastic #3: Polyvinyl Chloride (PVC)
  - ▶ Common items: blister packs, clamshells, clear packaging and shrink wrap for commercial products
- ▶ Plastic #4: Low Density Polyethylene (LDPE)
  - ▶ Common items: produce/newspaper/bread/frozen food bags, trash can liners, food storage containers, lids, plastic utensils, shrink wrap, squeezable food bottles, and toys
- ▶ Plastic #5: Polypropylene (PP)
  - ▶ Common items: pipette tip racks, aerosol caps, drinking straws, medicine bottles, ketchup bottles, and containers for yogurt, margarine, take-out meals, and deli foods
- ▶ Plastic #6: Polystyrene (PS)
  - ▶ Common uses: packaging pellets or "Styrofoam peanuts," cups, plastic tableware, meat trays
- ▶ Plastic #7: Other or Mixed Grade Plastics
  - ▶ Common items: certain kinds of food containers, bottles, and Tupperware

## PLASTIC RECYCLING SYMBOLS



National Institutes of Health  
Office of Management





# Cardboard and Paperboard Boxes



- ▶ Flatten cardboard and place them next to general recycling bins or on loading docks in cardboard recycling racks. This also includes large paperboard boxes (frozen meal boxes) free of trash and packing materials.
- ▶ Collected by Custodial Staff and placed in storage racks or cardboard compactors on loading dock.
- ▶ Cardboards are transported to Georgetown Paper Stock where it is baled and shipped to a paper mill to make new fiberboard boxes for variety of uses.



# Electronics

- ▶ Computers, monitors, laptop computers, keyboards, hard drives, memory cards, power cords.
- ▶ These items are considered government property and must be transferred to the Division of Personal Property Services (DPPS). Please call 301-496-4247 for collection. DPPS processes items for recycling, donation, or reuse.





# Toner Cartridges

- ▶ Laser jet, ink jet, and copier cartridges. NIH Charities receive \$1 for each recycled cartridge.
- ▶ Place in interior metal containers labeled toner cartridges. If at a leased facility, please check with facility manager to see if your building participates in the toner collection program. If so, place in large green bin located on loading dock.



# Batteries

- ▶ All types of batteries: Lead-acid, alkaline, lithium batteries, and rechargeable are collected.
- ▶ Uninterruptible Power Source (UPS) batteries must be removed from the UPS casing prior to pick-up.
- ▶ For battery removal service call Division of Scientific Equipment and Instrumentation Services (DSEIS) at 301-496-4131.
- ▶ Call 301-496-4710 for collection.
  - ▶ Collected by chemical waste contractor.





# Pipette

- ▶ What is standard recycling bin that collects them?
  - ▶ Tall metal burgundy bin labeled: PIPETTE TIP RACKS
  - ▶ Typically located in hallways or near elevators
- ▶ They should be decontaminated, clean and empty.
  - ▶ The pipette tip racks are shredded and then shipped out to a processor to be melted into black pellets. The pellets are then shipped to a processor to make flowerpots.
- ▶ Call 301-402-6349 to request additional containers.







# Wooden Pallets

- ▶ Discarded wooden pallets, regardless of condition.
- ▶ Transported to Valleywood where pallets in good condition are resold, while damaged pallets are repaired for resale.
- ▶ Collected by recycling contractor from loading docks daily.
- ▶ Call (301) 496-7990 for collection from the loading docks.



# Construction Debris

- ▶ The DEP Construction Dumpster Program provides construction dumpsters for all construction and renovation projects on the Bethesda Campus at no cost. The dumpster rental, transportation, signage, and disposal costs of all collected materials are covered by DEP. The intent of this service is to facilitate recycling of construction debris to the maximum extent possible.
- ▶ This includes; wood, metal, plastic, cardboard, drywall, dirt, ceiling tile, carpet, and concrete. Project Officers must submit a Site Selection Request Form for a dumpster.
- ▶ For additional information on construction debris, call (301) 496-7990 with questions or click on the link provided on the resources slide at the end of this presentation.





# Pre-Consumer Food Scraps



- ▶ For more information on setting up a food scraps recycling program at your kitchen or cafeteria, please contact DEP at (301) 496-7990.
- ▶ Key goals of the NIH waste management programs are to: maximize the amount of waste that gets recycled, recovered, or beneficially reused; reduce the amount of toxic chemicals purchased and used at NIH; provide prompt and effective service in support of the NIH research mission; comply with all applicable waste regulations; and avoid unnecessary chemical wastes through smaller quantity orders.



# Yard Waste

- ▶ Grass clippings, leaves, and tree and bush limbs.
- ▶ Collected and recycled by NIH Grounds Maintenance Department.





**Place Surgical Masks, N95, Non-Serviceable Face Coverings and Gloves into this Container**



Call DEP: 301-496-7990 or ESI: 301-402-6349 For Service

# Disposable Face Coverings

- ▶ Disposable face coverings that are worn in the laboratory should be disposed of as Medical Pathological Waste (MPW). As an alternative, laboratory staff may choose to dispose of face coverings in the general trash.
- ▶ If disposable face coverings are worn in lieu of cloth masks by the NIH public to comply with NIH Safety Guidance for return to the physical workplace, these coverings should be discarded into trash cans or properly identified step cans. Step cans will be placed at the exit doors of heavily occupied buildings, parking garages and parking lots. Please discard face coverings and other protective items responsibly in trash receptacles and not on the ground.





# Disposable Face Coverings Additional Information

- ▶ Please note that the guidance provided is to assist with the collection of disposable face coverings and to reduce contamination to our recycling stream. In addition to disposable face coverings, please only place non-serviceable cloth masks and gloves into these step cans.
- ▶ Please visit the following link to view step can locations on the NIH Bethesda campus: <https://go.usa.gov/xwgDB>. To reduce the risk to staff and waste handlers, do not fill the containers more than  $\frac{3}{4}$  full.
- ▶ For further questions, please contact Mansi Mehta at [mansi.mehtata@nih.gov](mailto:mansi.mehtata@nih.gov) or 240-461-2246.






## The 4 R's

- ▶ Reduce, general waste and toxic chemicals
- ▶ Reuse, check out FreeStuff
- ▶ Rebuy, ensure you take Green Procurement into account
- ▶ Recycle, return material back to the marketplace





# General Waste Minimization and Pollution Prevention Guidance



# General

- ▶ Recycle!
- ▶ Donate and purchase used furniture and electronics through the Property Utilization Branch External Site
- ▶ Participate in Transhare - Carpool, walk, bike, or use mass transit to commute
- ▶ Telework - Share offices with someone who teleworks opposite days as you
- ▶ Use stairs instead of the elevator
- ▶ Set up work center where office supplies can be stored and used so every person does not need their own office supplies
- ▶ Buy recycled office supplies
- ▶ Participate in meetings via telephone or video conference
- ▶ Extend life of computers to at least 4 years
- ▶ Use rechargeable batteries
- ▶ Remove trash cans from office areas to encourage more recycling



# Paper

- ▶ Copy and print all materials double-sided
- ▶ Print with more than one page on a sheet
- ▶ Use draft form when printing to use less ink
- ▶ Set fax machine to print confirmation sheet only when there is a problem
- ▶ Minimize the number of hard copies and paper drafts
- ▶ Reuse envelopes
- ▶ Save documents on disks, CDs, etc. instead of making hard copies
- ▶ Use laptop to take notes during meetings instead of notepad
- ▶ Do not print emails
- ▶ Shrink margins on documents to reduce the number of pages
- ▶ Create virtual filing systems (eg. SharePoint, Shared Drive) for document distribution
- ▶ Save training certificates to your computer as .pdf or .jpg files instead of printing
- ▶ Use reusable/washable towels instead of paper towels



# Packaging

- ▶ Order merchandise with minimal packaging
- ▶ Request deliveries be shipped in reusable returnable containers
- ▶ Reuse foam “peanuts,” “bubble wrap,” and cardboard boxes



# Purchasing

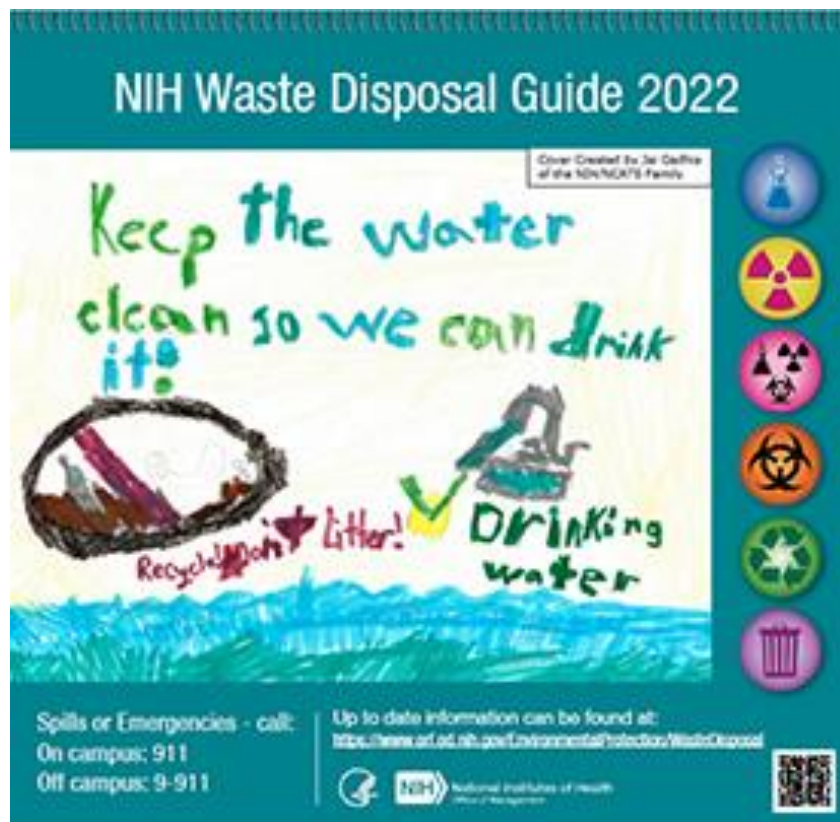
- ▶ Purchase office supplies and furniture that contain recycled and non-toxic content at GSA Advantage External Site
- ▶ Order supplies by voice or electronic mail
- ▶ Buy products that can be recycled in Montgomery County
- ▶ Avoid ordering excess supplies that will never be used - establish an inventory
- ▶ Buy in bulk to reduce excess packaging



# Lunch Breaks

- ▶ Use reusable plates, cups, and utensils
- ▶ Bring lunch in a reusable lunch bag
- ▶ Order food products in bulk and/or with minimal packaging
- ▶ Take home extra food
- ▶ Use unbleached coffee filters
- ▶ Take home food scraps to compost at home
- ▶ Use reusable personal coffee cups in the office





## Additional Resources

- ▶ NEMS:  
<https://nems.nih.gov/Pages/default.aspx>
- ▶ ORF:  
<https://orf.od.nih.gov/EnvironmentalProtection/WasteDisposal/Pages/default.aspx>
- ▶ New NIH Waste Disposal Guide:  
<https://orf.od.nih.gov/EnvironmentalProtection/WasteDisposal/Documents/NIH-Waste-Disposal-Guide-2022-508Ready.pdf>
- ▶ Construction Debris:  
[https://orf.od.nih.gov/EnvironmentalProtection/WasteDisposal/Documents/Construction%20and%20Demolition%20Waste%20Contract%20Requirements\\_508.pdf](https://orf.od.nih.gov/EnvironmentalProtection/WasteDisposal/Documents/Construction%20and%20Demolition%20Waste%20Contract%20Requirements_508.pdf)
- ▶ NIH Chemical Waste Service Recycling Program:  
[https://nems.nih.gov/programs/WM/Documents/NIH\\_Chemical\\_Waste\\_Recycling\\_Poster.pdf](https://nems.nih.gov/programs/WM/Documents/NIH_Chemical_Waste_Recycling_Poster.pdf)





## Contact Information



- ▶ Recycling Waste Pickup:  
301-402-6349
- ▶ General Waste Pickup:  
301-496-7990
- ▶ General Waste  
Management and/or  
Recycling Questions:  
301-496-7990
- ▶ Chemical Waste Pickup:  
301-496-4710



rawpixel

Thank You!