

# A Guide to Managing Your Household Waste & Domestic Water Usage



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## Introduction

Welcome to the Cork County Council 'Guide to Managing Your Household Waste & Domestic Water Usage'. The aim of this guide is to offer assistance on what you need to know about your waste from sorting to ultimate disposal, including reuse and recycling options. Our objective is to challenge you to reduce your bin weight by 75%. Our case study in Coolagown Village (in north Cork) on page 42 proves this can be done.

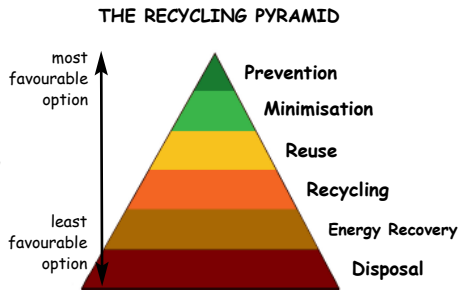
- The guide explains how to dispose of both routine and non-routine household waste and will steer you to your local Recycling Centre/Civic Amenity Site where staff can help you recycle and reuse.
- It outlines what items you can and cannot recycle and how you can improve the quality of what can be recycled.
- You will find useful information, such as contact details for the Recycling Centres/Civic Amenity Sites in your area, helpful web addresses and links to further information sources.
- The guide contains contact details for charities and organisations involved in reusing what 'could be waste' if it were not rescued or diverted from landfill.
- It contains a useful guide to composting your kitchen waste.
- With water charges on the way, you'll find tips on reducing water usage in the home and garden.

This guide is free and is available from Cork County Council. Contact us on 021-4532700/22 to receive further copies. It is also available electronically on the web at [www.corkcoco.ie](http://www.corkcoco.ie) (Select *Service A-Z > Environment > Environmental Awareness > Communities*). Keep this guide in a suitable location in your home for easy access.




## HELPING THE ENVIRONMENT AND SAVING MONEY!

We all produce household waste - food scraps, empty plastic containers, newspapers, empty bottles, old clothes, flat batteries, broken televisions - the list is endless. It's time to rethink how we handle this waste. Reducing it not only helps our environment but will **SAVE YOU MONEY!** Everyone is legally obliged to dispose of their waste in a proper manner, whether it is through kerbside collection, Recycling Centres/Civic Amenity Sites or pay-by-weight disposal to landfill.

By reducing, reusing or recycling the waste you produce and the water you use, you can make a significant reduction to your monthly bills **AND** do your bit for the environment. Recycling of household items is easy. Can you also go that extra mile and minimise your landfill waste and water usage?



**What you can do:**

Reduce	Reuse & Recycle	Compost	Conserve Water
<p>Reducing the amount of household waste you produce in the first place, is the easiest change you can make. If you shop smarter and buy goods with minimal packaging, you can greatly reduce your waste mountain. Buy what you need and not in excess.</p>  <p><small>Source: Cork Co. Co Staff</small></p>	<p>Before consigning items to the recycling bin, they may be used for another purpose. Items you no longer want may just be what someone else is looking for (see page 12). To find homes for items in good condition, check out the website <a href="http://wastematchers.com">wastematchers.com</a> (see page 26) or give them to a charity shop. If an item cannot be reused then recycling it is the next best option!</p>	<p>Composting green kitchen waste in your own garden will also greatly reduce waste that would otherwise end up in your residual waste* bin and ultimately in landfill (see page 30). By creating compost from this waste, you not only create free compost for your garden but also reduce your bill.</p>  <p><small>Source: Cork Co. Co Staff</small></p>	<p>We take clean drinking water for granted but changes are on the way in the form of water charges and climate change may bring water shortages. Start learning to conserve your water in the home and in the garden through the tips in the water section (see page 38).</p>  <p><small>Source: STMS</small></p>

\*residual waste = waste that cannot be reused or recycled and which will be sent to landfill.

# Part 1:

## DISPOSAL OF HOUSEHOLD WASTE MADE EASY

Check if there is a kerbside collection scheme in your area. If so, some or all of your recyclable waste materials may be collected from your doorstep every second week.

### Users of Kerbside Collections

A kerbside collection provides for the collecting of recyclables and residual waste. The waste containers are collected from the kerbside outside your house, often on a fortnightly basis. These separate collections are being provided so as to reduce the amount of waste sent to landfill and reduce your impact on the environment.



You are supplied with two different coloured bins. Note that bin colours may vary from area to area or between service providers.

### What if you don't use Kerbside Collection?

There may not be a kerbside collection in your area or you may choose to bring some of your recyclable material to a Bring Bank Site or Recycling Centre/Civic Amenity Site in your locality. (Landfill waste is accepted at a limited number of the centres - see page 44 for details.)

### Users of Recycling Centres/Civic Amenity Site and Bring Bank Sites

There are eleven Recycling Centres/Civic Amenity Sites in County Cork (see page 44). These sites provide opportunities for members of the public to bring recyclable material, particularly items not accepted in kerbside collection, to a central collection point. See page 46 for full details of items accepted.

Many towns and villages have bring bank sites. These are small scale sites that primarily accept glass bottles, tins and clothes.



**Clonakilty Waste & Recycling Centre**

**Helpful tips on storing recyclables until they are collected or until you have time to go to a Recycling Centre/Civic Amenity Site or bring bank site.**

For most of us it is not the idea of recycling that causes problems rather the logistics of it. Empty bottles, cans and packaging are bulky and take up space.

Whether you use kerbside collection or bring your waste material to a facility, you most likely will not want to keep a large, bulky container inside all week just for the convenience of having it close at hand.

**Some tips for storing your waste material at home:**

- It is helpful to get smaller bins or containers, which can fit neatly into one of your lower kitchen cupboards, for each type of waste product. Units with at least three compartments are widely available in supermarkets, DIY and hardware stores. These can hold sufficient quantities of cans, glass, foil or anything else that you want to recycle.
- Once full the containers can be emptied into your outside bins, or brought to Recycling Centres/Civic Amenity Sites or Bring Bank Sites.
- When using your local recycling facility, check what materials it will accept. Incorporate visits to the recycling facility with other activities, such as shopping and school runs.
- Assign tasks to each member of the family to get everyone involved. Who empties the kitchen waste into the compost bin? Who goes to the local bring centre?





## What can I put in the Kerbside Collection Recycling Bin?

Read the label on the top of your service provider's bin for the list of accepted items. The types of material collected by the various kerbside collection schemes is usually restricted to the following:

- Cardboard
- Paper
- Magazines
- Plastic Bottles
- Drink Cans, Tins & Metal lids
- Tetra Pak Containers

**Cardboard** - cardboard packaging such as cereal boxes, egg boxes, Christmas cards, Tetra Pak containers (please wash, squash and remove plastic tops and discard)

**Paper** - newspapers, magazines, glossy brochures, office paper, exercise and school books, telephone directories, paper envelopes and junk mail (please remove plastic windows and discard), catalogues, leaflets and pamphlets.

**Plastic Bottles** (wash and squash and remove lids) - plastic containers stamped with 1, 2, 3, 4 or 5 in a small triangle on the base of the containers such as beverage bottles, milk, shampoo / bleach (please rinse out contents). You can also put the lids in the recycling bin. Plastic bottles are voluminous and should be squashed before putting into the bin or storage area to save space.



The numbers represent different types of plastic.

**Cans, Tins & Metal Jar Lids** (rinsed clean) - soft drink and alcoholic beverage cans, all food tins such as baked beans, tinned vegetable and fruit cans, biscuit tins, metal lids from jars and pet food cans. Cans are also voluminous and should be squashed to save space.



## Some materials NOT\* normally accepted in the Kerbside Recycling Bin...

- Glass
- Polystyrene / Styrofoam
- Plastic Bags
- Garden Waste
- Textiles / Shoes
- Aerosol Cans / Tinfoil
- Oil
- Household Hazardous Waste
- Paint Cans
- Medicines
- Batteries
- Sanitary Waste
- Paper Tissues / Kitchen Paper
- Wet Waste
- Ashes / Soot
- Wallpaper
- Bread Wrappers
- Soiled plastics
- Food or other household rubbish



(\*Always check with your service provider.)

Source: Chemcar Co. Staff



## ...but which MAY be accepted at various facilities

Many of the materials listed above ARE accepted at your local Recycling Centre/Civic Amenity Site or at CHEMCAR™ and WEEE special collection days (see pages 17 and 24 for information about these types of collection). Food waste recycling suggestions are available on page 30.



## How to prepare your recyclable materials for presentation at the Recycling Centre/Civic Amenity Site:



Source: Cork Co. Co Staff

ITEM	PREPARATION
Paper, newspapers, magazines, junk mail	Remove any plastic items or staples.
Light cardboard	Flatten, remove any plastic.
Heavy duty cardboard	Flatten, and remove plastic/polystyrene.
Aluminium cans	Rinse out and crush.
Steel cans	Wash out, ensure there is no food remaining.
Plastic bottles	Remove all fluids, caps and rinse.
Beverage cartons, such as Tetra Pak	Remove plastic pieces. Rinse out and flatten.
Glass bottles and jars	Remove caps, rinse out. There is no need to remove paper. Use separate skips for sheet glass and other glassware.
Soft plastic packaging	Ensure packaging is not contaminated with food.
Textiles	Must be clean and dry.
Hazardous household waste	Ensure materials are still labelled.
Green Garden waste	Trim large branches and remove any soil, litter or foreign objects.
Timber	If possible, remove nails, or other foreign objects.
Electrical equipment	No preparation required.
Batteries (domestic and car)	No preparation required.
Computer equipment	No preparation required.
'Brown goods', such as televisions, radios and video players.	No preparation required.
'White' goods, such as fridges, freezers washing machines, cookers and tumble driers.	Remove residual waste e.g. empty food from fridge.
Cooking oil	Pour into original container and present to a staff member.
Waste Engine Oil & Filters.	Present to a staff member on site.
Plasterboard	Free of nails, paper and plastic.



# Avoid Contaminating your Recyclables

Contaminated material is material which cannot be accepted for a variety of reasons:

- it may be dirty, or wet.
- it may not be recyclable.
- processors may not be able to handle the material.
- it may be hazardous by nature.



**Unwashed containers are an example of contamination.**

Waste that is not properly prepared and presented, can be very difficult to recycle and may also contaminate your bin or the truck/recycling bin.

If the truck/recycling bin contents are contaminated, then that load must be sent to landfill, defeating the efforts of everyone trying to do the right thing.

*Please obey the instructions provided by the kerbside collection provider or at the Recycling Centre/Civic Amenity Site or Bring Bank Site.*

## **Typical examples of what NOT to put in your recycling bins:**

Unwashed Containers such as bottles, cans or tins.

Plastic materials that cannot be accepted for recycling, such as hard plastic toys.

Materials which should be brought to your nearest Bring Bank Site or Recycling Centre/Civic Amenity Site - e.g. textiles.

Food waste.

Perishable materials.

Paint Cans, Batteries and Oils - these should be brought to your nearest Recycling Centre/Civic Amenity Site or deposited with CHEMCAR™ (see page 17).

If you require any assistance please contact your service provider.

**If In Doubt, Keep It Out of Your Recycling Bin!!!**



## Recycling Glass

Fragments of broken glass can contaminate other materials, which then cannot be recycled. It can also create health and safety issues for people involved in collecting and processing your recyclable waste. For this reason glass is often collected separately.

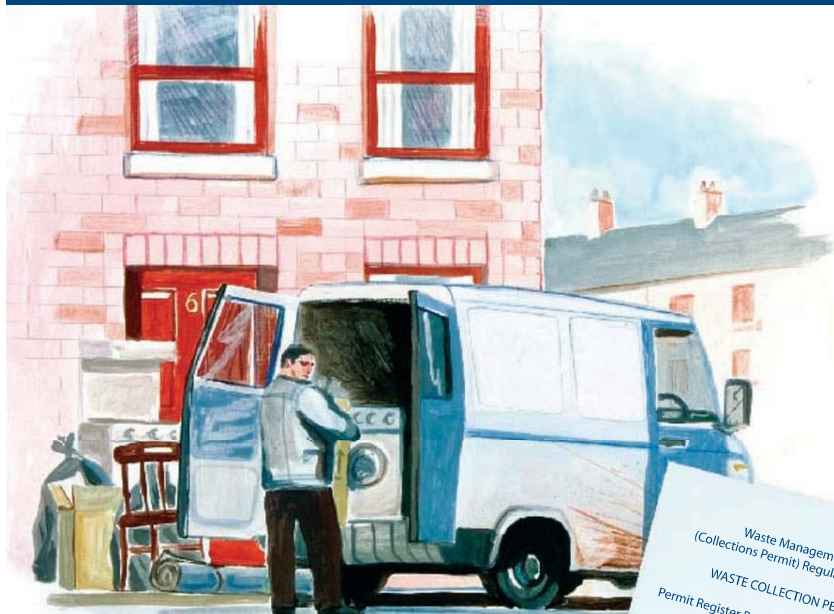
- Check if your service provider provides a separate container for your glass. If not, the glass can go to a bottle bank at the Bring Bank Site or Recycling Centre/Civic Amenity Site.
- Prior to visiting the Recycling Centre/Civic Amenity Site or bottle bank, remove corks, metal or plastic rings from glass items as these can interfere with the recycling process. There is no requirement to remove labels from glass items.
- At the Recycling Centre/Civic Amenity Site and bottle bank you must separate clear, brown and green glass. Blue glass can go in with green glass.
- If the glass bank is full please come back another day. Do not leave bottles and your carrying container on the ground by the bank as they will get smashed and may injure some other user.

Please do not put light bulbs, pyrex, plate glass, drinking glasses or mirrors into the containers. These items can be recycled separately at the Recycling Centre/Civic Amenity Site.

**Abandoning your empty container after recycling is LITTERING and carries a maximum fine of €3,000 under the Litter Pollution (Increased Notice Payment S.I. No. 558 of 2007) Order 2007.**

# NEED YOUR RUBBISH DUMPED?

REMEMBER YOUR RUBBISH IS YOUR RESPONSIBILITY!



**HOUSEHOLDERS DO  
THE RIGHT THING:  
INSIST ON SEEING A  
WASTE COLLECTION  
PERMIT ISSUED BY  
YOUR LOCAL AUTHORITY**



This message is brought to you by the  
**Environmental Protection Agency**  
and **Cork Co. Council**  
For further information please visit  
**[www.epa.ie](http://www.epa.ie)** **[www.corkcoco.ie-waste](http://www.corkcoco.ie-waste)**



## Tips for Reusing, Reducing & Recycling

In the previous pages we looked at the managing of waste material that most of us produce daily. The following pages give some tips on alternative ways of managing some of these items and other frequently used household waste items, many of which can be more challenging to dispose of.

This is not an exhaustive list. To discover where to dispose of items not mentioned in the following pages, explore other avenues mentioned in this booklet, such as the Recycling Centres/Civic Amenity Sites on page 44 and CHEMCAR™ on page 17.

If you require any assistance please contact your local Waste Operations Office (see back cover for details).

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## Aluminium Cans

Check out if the "Repak Cash for Cans" schools' campaign ([www.repak.ie/repak\\_cash\\_for\\_cans.html](http://www.repak.ie/repak_cash_for_cans.html)), or similar campaign, is operating in your area. If not, wash squash and recycle.



## Batteries

Batteries contain complex chemical compounds, some of which are toxic or corrosive. Batteries

that contain mercury are currently being phased out but can still arise in household waste. Recycling batteries is difficult due to the complexity of separating out the toxic components. You must separate your

batteries from the rest of your residual waste

so that they will be disposed of correctly. Drop-off points are at battery retail outlets (these outlets are obliged by law to collect waste batteries), Recycling Centres/Civic Amenity Sites and collection points at public buildings.

### REDUCING TIP:

#### Rechargeable Batteries:

While expensive to purchase initially, they will save you money in the longer term. Buy them as Christmas and other presents for people. People may not often buy them for themselves but do love to receive them as gifts.

## Books/Magazines/Newspapers

You may find you have books that you no longer need or want. Try to reuse them before you recycle. There are several outlets for books, sale of works etc. Recycling Centres/Civic Amenity Sites operate a collection service for charities. Charities shops accept books direct from you (see page 27).

*Magazines:* Before you put these out for collection from your kerbside, remember to offer them to people i.e work colleagues, doctor's surgeries, dentists, or hairdressers. Magazines can be more expensive than books and it's a shame not to try and reuse the newest of them.

*Books:* Soiled or poor quality books may be recycled.

*Newspapers:* Follow the guidelines given to you by your local authority or waste service provider. Mixing the wrong kind of paper can cause the collected & recyclable paper to be rejected or be downgraded in quality. 'Junk mail' and laminate paper can reduce the value of the finished recycled paper product.



## Cooking Oil

The disposal of used cooking oil can be problematic. Please do not pour waste oil down the kitchen sink, toilet or other drains. This irresponsible action causes blockages of the sewers and knock on problems with rats and odours. It's not pleasant if the blockage occurs outside your door!

Try to use only the correct amount you need. Mop up excess oil/fat with a piece of bread, leftover food or kitchen paper. A limited amount of the fat ball can be put out for birds. If you have a green cone or food digester (see page 32) put the fat ball in there for digesting. If you do not have a digester, allow the fat to solidify and then check with your service provider before putting it in with your general refuse for collection.



## Cleaning Products

Dispose of empty, rinsed containers into the recycling bin.

Some disinfectants are corrosive and irritate the skin. Other are flammable as they contain volatile organic compounds - for example, acetone (nail varnish remover) or dichloromethane (used for removing paint). Oven cleaners are usually caustic soda based and these are corrosive and skin irritants.

Please take care to follow the manufacturers instructions when using these products. Use gloves where advised and take precautions when disposing of them.



### CAUTION:

Please do not pour large volumes of undiluted chemicals down the drain.

The chemical impact of these corrosive chemicals are damaging to the sewers and persons undertaking maintenance on the sewers. Disposing of these chemicals directly to surface water drains will be toxic to aquatic life as this discharge is untreated. *It is an offence under the Water Pollution Act 1977-1990 to cause water pollution.*



- Use these products for their intended purpose only.
- Use small quantities and do not carelessly discharge any left overs.
- Check with the supplier / shop owner if there are less hazardous alternative products available for purchase.



## Cartons - Milk and Drinks

Most milk and juice cartons are not made from cardboard but a blend of cardboard and plastic. These can now be recycled. Check the label on the bin supplied by your service provider.



## Cartridges (Water)

Some water cartridges are currently recyclable. Cartridges may be returned to producer such as 'Brita' via Freepost. The spent cartridges are sent to a recycling plant in Germany. Do not put these into your kerbside bin.

## Cardboard (large items)

Flatten cardboard boxes first to save space when storing. Bring to your Recycling Centre/Civic Amenity Site.



## Egg Boxes

Torn up cardboard egg boxes are perfect for composting. They also act as biodegradable seed pots that you can bury straight into your garden with seeds inserted.

## Fluorescent Tubes & Light Bulbs

Energy-saving light bulbs and fluorescent are far more efficient than ordinary bulbs because they use less electricity to produce light. They usually last up to 10 times longer and consume 75-80% less energy.

Light bulbs and fluorescent tubes contain hazardous material. By law, all light bulbs (ordinary and energy-saving) and fluorescent tubes must be disposed of in a safe manner. They can be deposited at the CHEMCAR™ FREE HAZARDOUS HOUSEHOLD WASTE SERVICE and at your local Recycling Centre/Civic Amenity Site.





## Food (reducing wastage)

A huge reduction in the food and packaging waste we produce can be achieved by smarter shopping. We can:

- buy loose fruit and vegetables
- buy items that contain less packaging
- Don't buy more food than we need.
- Did you know that approximately 25% of all food bought by householder's ends up being discarded?



Source: SIMS

For more tips, visit the Stop Food Waste website at [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie)



Source: SIMS

## Furniture

There are many second hand furniture stores operating in Cork County that collect unwanted furniture (in good condition). Also check out the 'free advertiser newspapers' and the website [www.wastematchers.com](http://www.wastematchers.com) or [www.freecycle.org](http://www.freecycle.org).

## Glass Panes

Panes of glass should not be put in the glass recycling containers at bottle banks as it has a different composition from bottle glass and should be brought to your local Recycling Centre/Civic Amenity Site.



Source: SIMS



Source: SIMS

## Green waste and other food waste from the kitchen

There are lots of guides and websites to give you assistance on how to compost, how to use digesters for cooked foods and how to take care of wormeries. For some general information see *Part 2: Kitchen Waste & Making Your Garden More Environmentally Friendly* (page 30).

## Household Hazardous Waste & CHEMCAR™

The Council operated the CHEMCAR™ over a 10-year period, county-wide from 2000-2010. The CHEMCAR™ is a free household hazardous waste collection service. It is an opportunity to dispose of items, such as bleaches, oven cleaners and paints, that could be harmful if they got into the natural environment.

Hazardous materials are accepted, packed and segregated for transfer to facilities that can properly treat these substances. A trained and experienced chemical operator mans the CHEMCAR™.

The CHEMCAR™ service is strictly for householders only!



**From 2011, the CHEMCAR™ will operate at the following locations only: Skibbereen, Bantry & Fermoy. Eleven Recycling Centres/Civic Amenity Sites are now distributed around the county and will accept your hazardous household waste on an ongoing basis.**



**A free CHEMCAR™ household hazardous waste collection.**

## Mail (Unwanted Direct Mail)

We all receive unwanted direct mail also termed 'junk mail'. This is where companies inform you of products or services they think you may want. To stop junk mail:



1. Ensure that whenever you sign any type of agreement that you tick the boxes provided that will stop related direct mail being sent to you.
2. Inform the post office that you no longer wish to receive this type of mail.
3. Write to the Irish Direct Marketing Association, Mailing Preference Service, IDMA, 8 Upper Fitzwilliam St, Dublin 2 or visit <http://www.directbrand.ie/idma/news.aspx>
- 4 Request a 'No Junk Mail Sticker' from the Environmental Awareness & Research Unit for Cork County Council (see back cover for details). This can be stuck on your door, above or below your mail box. Even if this is a temporary arrangement, it is effective.



## Medicines

Medicines can accumulate in the home for a variety of reasons e.g. unfinished courses of antibiotics or a condition/illness that is no longer a problem. Unwanted medicines are often dumped with other household waste, flushed down the toilet or poured down the sink. These methods of disposal can seriously harm the environment with products ending up in landfill, permeating the soil and entering our food chain and water supply.

A free disposal service for old medicines is run each year from January to March, actively encouraging people to return unwanted or out of date medicine to them so that it can be disposed of safely and properly. Enquire at your local pharmacy (see page 19 for previous campaign details).

Medicines can also be deposited at the CHEMCAR™ FREE HAZARDOUS HOUSEHOLD WASTE SERVICE.

## Metal

Steel and aluminium are the world's most recyclable and recycled materials. If you have scrap copper (e.g. you have replaced your immersion tank) why not take it to your scrap metal dealer (for licenced dealers see [www.corkcoco.ie](http://www.corkcoco.ie)) and get money for it.



# Dispose of Unused Medicines Properly (DUMP)

## Free Disposal Service

DUMP, a free service for the safe disposal of unused or out of date medicines, is available in pharmacies throughout Cork and Kerry between .....

*(Details of current campaigns will be advertised)*

You are invited to return these medicines (prescription or over the counter) to your local participating pharmacy.

Unused or out of date medicines in the family home can pose a risk of:

- Accidental poisoning (particularly in children)
- Overdose
- Inappropriate sharing of medicines
- Damage to our environment

Please take this opportunity to **DUMP** them now!

Organised by the Health Service Executive with the community pharmacists in Cork and Kerry.

*Supported by Cork City Council, Cork County Council and Kerry County Council*



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



COMHAIRLE  
CATHRACH CHORCAI  
CORK CITY COUNCIL



CORK COUNTY COUNCIL  
COMHAIRLE CONTAE CHORCAI



COMHAIRLE CONTAE CHIARRAÍ  
KERRY COUNTY COUNCIL



An example of a previously run community campaign. Details of current campaigns will be published in the press and on the Cork County Council website.

# CORK COUNTY COUNCIL Christmas Campaign

IN AID OF LOCAL CHARITIES

## Reuse your old Bikes

Have you a bike gathering  
dust in the shed?

Have your kids out grown  
their tricycles and scooters?

Donate your old or not now  
used bikes to charity  
this Christmas at no cost to you.

**Give something back  
for Christmas**

### Bikes • Trikes • Scooters

In good working order for reuse  
at charity shops

## We also want your unwanted soft toys!

Contact your local  
Civic Amenity Site for details



CORK COUNTY COUNCIL  
COMHAIRLE CONTAE CHORCAI



Visit the green family at [www.refuseton.ie](http://www.refuseton.ie)  
Environmental Awareness & Research Unit

An example of a previously run community campaign. Check press  
and Cork County Council website for current campaign details.



## Ornaments and Bric-a-Brac

Local charity shops are happy to accept unwanted ornaments or other bric a brac but not junk. If you have a local scout or guide group they may want items for a jumble sale or bring and buy event.

If you have unwanted items of good quality you may wish to sell them at a car boot sale near you or give them to a friend/ neighbour who attends these events.



Source: SIMS

Houseplants can outgrow your home. Large plants are expensive to buy and it is a waste to throw them away if in good condition. Check out local retirement homes or community centres, citizen advice centres. All plants are often welcome at fund raising events for local hospitals / hospices etc. If all else fails chop up and compost.

## Paint

By calculating the correct amount of paint needed for a specific task area, you can reduce the amount of leftover paint. Your retailer should be able to assist you with this. While leftover paint is still fresh, use it to freshen up another area. Consider using leftover paint as an undercoat (not as a primer) when painting over a strong colour.



Source: SIMS

Extend the life of paint by sealing tins properly. Store in a safe location out of reach of children. Reuse paint brushes and roller by cleaning them in a bucket straight away.

Consider donating leftover paint to a local charity, church or 'swap shop' at the Recycling Centre/Civic Amenity Site. Leave the original label on the paint tin to identify the type of paint. The label will also identify the correct method of disposal.

## Pets and Pet Care Products

Many of us own pets and possibly have an array of chemical treatments, bedding, bowls and baskets that inevitably accompany our pets.

*Disposal of pet medicines:* If used properly there should be no wastage. Stopping a course of medicines just because your pet is looking better is not correct. Empty bottles / containers can be washed out and put in the general refuse bin.

*Unused medicines:* If you haven't used all of the medicine this should go back to your Vet. Please do not flush medicines down the toilet or throw them in your general refuse bin (this is illegal). Improper disposal will have long term consequences for local wildlife and drinking water supplies. If your Vet cannot accept back unused medicines watch out for the Local Authorities CHEMCAR™ FREE HAZARDOUS HOUSEHOLD WASTE SERVICE.



Flea treatment contain substances that are toxic to aquatic life. If you need to dispose of the flea treatment do so via the CHEMCAR™ FREE HAZARDOUS HOUSEHOLD WASTE SERVICE. Your local dog rescue centre may be able to use some of these products.

Pet Bedding and Baskets old or unwanted bedding can be offered to your local animal care sanctuaries/ kennels or at textiles banks at Recycling Centres/ Civic Amenity Sites. These should be thoroughly washed as bedding may end up as industrial cleaning cloths.

### Plastic bags



Plastic bags are not yet a relic of the past. Still many people pay the plastic bag levy\* and find they have drawers full of plastic bags. While the government levy dramatically reduced the quantities of plastic bags going to landfill (where they can take > 100's years to degrade) there are still too many plastic bags in use. The reduction

in litter associated with plastic bags is good news for all of the wildlife and us too. Abandoned plastic bags threaten wildlife.

#### REUSE TIPS:

Don't throw out plastic bags with the general refuse but put them to use. They can be reused as bin liners and large bags can be use for storing clothes and other items in the loft etc.

\*(<http://www.environ.ie/en/Environment/Waste/PlasticBags>)



## Smoke Alarms

Smoke alarms are accepted at Recycling Centres/Civic Amenity Site. Some models contain small amounts of radioactive material.



Never try to repair or dismantle a smoke alarm.

## Telephones & mobiles

For electrical telephone units the WEEE Directive applies. Please see white goods section on page 24).

Mobile phones are accepted by various charities to help raise money for those in need.



## Textiles

All clothes can be recycled. In addition torn or damaged clothing can be recycled as they can be used as industrial cleaning cloths. Check the rules posted on your local clothes bank, charity shop or Recycling Centre/Civic Amenity Site.

*Bedding and Sleeping Bags:* Any unwanted bedding could be donated to your local night shelter operated by Charitable organisation. Some animal sanctuaries will accept clean bed linen too.

*Clothes:* Clothes banks are in operations through out the county and a number of organisations arrange special clothes collection days. These are advertised locally.

*Shoes:* Do tie the pair of shoes together when recycling to avoid their separation and subsequent loss.

*Please be aware that some door-to-door callers claiming to be collecting clothes on behalf of charities, may not be bona fide.*



## Trees at Christmas

Your old Christmas tree can be taken to your local Recycling Centre/Civic Amenity Site or area nominated by local authority for the green waste collection / shredding etc. See press details at Christmas.



## White Goods / Waste Electrical Goods

Legislation, known as the WEEE Directive\*, covers the collection and disposal of electrical goods. These goods extend to everything that uses main electricity or has the capacity to do so, including battery powered items like lamps, radios, hairdryers, cookers, electric toothbrushes, electric lawnmowers, TV's, fridges, irons and microwaves are all included. The aim of this legislation is to regulate the disposal of these items.



Source: SDMS

All electrical and electronic equipment, whether battery or mains operated, contain substances that are dangerous to the environment such as heavy metals of lead, copper, mercury, and cadmium.

Most people are aware that larger items such as cookers and televisions must be taken to the recycling site, however, only few think about the fact that it is equally important to deliver smaller products such as electric toothbrushes, mobile phones, and transistor radios. These often end in the dustbin, and this is actually illegal.

It is important that all electric and electronic scrap are removed from the normal waste stream. This prevents dangerous substances from impacting negatively on our environment and enables the recovery of the previous resources.

Source: Cork Co. Staff



Sonya O'Sullivan helping out at the WEEE Collection in Cobh, Co. Cork.

**WEEE Ireland** the Irish compliance scheme for electrical and battery recycling, organises the treatment and recycling of batteries and waste electrical and electronic equipment (WEEE) in Ireland. Check out [www.weeeireland.ie](http://www.weeeireland.ie) to see what can be recycled, where it can be recycled and why it should be recycled.

All Recycling Centres/Civic Amenity Sites will accept household WEEE goods for free (see page 46 for details).



\*(<http://www.environ.ie/en/Environment/Waste/WEEE>)

## INTERESTING FACTS & STATISTICS

- The energy saved from recycling a glass bottle will light a 100 watt bulb for 1 hour.
- The energy saved from each recycled aluminium beverage can would operate a TV for 3 hours.
- Making aluminium from recycled aluminium uses 90 to 95% less energy than aluminium from bauxite ore.
- Recycling just one plastic bottle saves enough energy to power a 60 watt bulb for 6 hours.
- It takes just 25 two-litre plastic beverage bottles to make one adult size fleece jacket.
- Every steel can is 100% recyclable and can be recycled many times into other metal products and even new cans.
- Each Irish household produces approximately 1 tonne of rubbish annually, amounting to approximately 1.6 million tonnes each year.
- Every year, the average dustbin contains enough unrealised energy for 500 baths, 3500 showers or 5000 hours of television.
- One bottle bank can hold up to 3000 bottles before it needs to be emptied.
- One tonne of plastic bottles comprises approximately 20000 bottles.

### **What happens to the recyclable materials I put into my recycling bin?**

All the recyclable materials collected are taken to a Materials Recovery Facility (MRF). Once the materials have been sorted, they are baled and sold to manufacturers for reuse in new products.

Go to page 8 to see how you can help improve the quality of recycled material.



# Moving in?

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



## ONE MAN'S RUBBISH IS ANOTHER MAN'S TREASURE!

Many items go to landfill that could, in fact, be re-used by someone else.

A number of online re-use websites help you publicise your unwanted goods or locate ones offered free of charge by others.

[www.WasteMatchers.com](http://www.WasteMatchers.com) is one such website. Used by householders, the general public and businesses in Cork City and County (and further afield), users can:

- Get good quality items for free
- Assist the environment by reusing materials rather than dumping waste
- Save waste disposal costs by giving unwanted items to others



The website is jointly funded by Cork County Council, Cork City Council and South Cork Enterprise Board, with Macroom E operating the project on a day to day basis.

A similar online site for exchanging schoolbooks is:

[www.schoolbookexchange.ie](http://www.schoolbookexchange.ie)

Check out other sources:

- Goods can be publicised in free advertising publications, such as the pink pages in the Evening Echo and the West Cork Advertiser.
- Car boot sale
- Reputable clothes collection schemes
- Charity Shops

### SOME CHARITY SHOPS IN THE CORK AREA

St. Vincent de Paul [www.svp.ie](http://www.svp.ie)

Enable Ireland [www.enableireland.ie](http://www.enableireland.ie)

Gorta [www.gorta.org](http://www.gorta.org)

Irish Cancer Society [www.cancer.ie](http://www.cancer.ie)

Oxfam Ireland [www.oxfamireland.org](http://www.oxfamireland.org)

Barnardos [www.barnardos.ie](http://www.barnardos.ie)

Mrs Quinn Charity Shops [www.ncbi.ie/support-us/mrs-quins-charity-shops](http://www.ncbi.ie/support-us/mrs-quins-charity-shops)



Source: SMS

# Burning YOUR Waste is Polluting YOUR Environment



It's time to change  
your habits and  
start disposing of  
your waste in a  
safe manner.

Make the change  
yourself before a  
fine *makes* you  
change your mind.

STATUTORY INSTRUMENTS: S.I. No. 286 of 2009

WASTE MANAGEMENT (PROHIBITION OF WASTE DISPOSAL BY BURNING)  
REGULATIONS 2009

*"... these Regulations include the prohibition of the disposal of waste by  
burning and the prevention of environmental pollution by such disposal."*

**Cork County Council, Environmental Awareness & Research Unit. Tel: 021 4532700**

## BACKYARD BURNING

Many people still rely on burning as a tradition form of waste management. This is no longer acceptable as it poses a threat to our environment.

The following practices are examples of backyard burning:

- Burning waste in a barrel or exposed heap (bonfire) in a yard or garden
- Burning in a purchased ready made "home incinerator" \*
- Burning commercial waste on a business premises or farmyard
- Burning waste on a building site

All of these are illegal under the *Waste Management (Prohibition of Waste Disposal by Burning) Regulations 2009*.

The above burning activities are also legislated for by the Waste Management Acts 1996 to 2003 and the Air Pollution Act 1987. The Waste Management legislation makes it an offence to:

*Dispose of waste in a manner that is likely to cause Environmental Pollution.*

The Air Pollution Legislation makes it an offence to:

*Cause or permit emissions (including smoke and odours) from your premises in a manner that will cause a nuisance.*

People are also advised that the causing of a nuisance may give rise to a civil action against the person causing the nuisance.

Cork County Council has brought successful prosecutions for these activities under the Air Pollution and Waste Management legislation and will continue to do so in the future.

\* DIY stores and other suppliers have been informed by Cork County Council that the use of such units may give rise to air pollution.



## Part 2:

### KITCHEN WASTE & MAKING YOUR GARDEN MORE ENVIRONMENTALLY FRIENDLY



Do you know that at least 1/3 of the average bin is organic "green" waste? This biodegradable waste has no place in your bin.

It is a valuable resource for your garden.  
Stop throwing money in the bin!

THE first thing that you can do is to find ways of reducing your organic waste, from both the home and the garden. One of the easiest wastes to recycle in your home is your organic green waste. Get a compost bin and start composting today.

**Composting** is an essential process to closing the food-waste loop. All around the country, landfills are beginning to reach maximum capacity and other waste disposal options are becoming ever harder to find. We all produce organic waste, from households, food outlets, hotels, restaurants and schools.

**Composting** provides a way of both reducing the amount of disposable waste and converting it into a product that is useful for your gardening needs and houseplants.

**Composting** is a natural and normal process where organic material is broken down by bacteria and microorganisms.

#### What can I compost?

Anything organic, that is, anything that has ever lived, can in theory be composted. However, which materials you can compost at home will depend on the composting unit your choose.

#### Reasons to Compost

1. Homemade compost saves money.
2. Compost can be used as mulch around plants.
3. Homemade compost is very good for the soil and for your plants, as it is rich in nutrients and organic matter. Grow your own vegetables using your own compost and notice the difference in taste!
4. Shop-bought compost is nearly always made from peat moss that is extracted from bogs, which is very damaging to the environment.

*If your first attempt at composting is not successful, try try again.*

For advice on what you can add to your compost bin and how to maintain it visit the environment website on [www.corkcoco.ie](http://www.corkcoco.ie) (Select *Service A-Z > Environment > Environmental Awareness > Communities*) or for troubleshooting tips visit [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie).

### Where can I get a compost bin?

Compost bins can be purchased from your garden centres, DIY stores and some Cork County Council Recycling Centres/Civic Amenity Sites.



### Where do I put it?

Place the compost bin within easy reach of the house so there are no excuses not to fill it. This maybe "out of sight" but certainly not out of reach. The best position is a sunny location on well-drained loose soil (but if you need to you can also place a compost bin on concrete or tarmac). This allows for bacteria and worms to access the waste. The sunlight will help the compost pile heat up and with this heat decomposition is faster. However, it is also important that the contents of your bin do not dry out during warm weather. If this happens, turn your compost and moisten it well throughout. In six months to a year, a compost pile in the shade will have begun to produce finished compost for your garden.



### Tips for composting

- Make it easy on your self and acquire a small container for the kitchen to hold your food waste between visits to the compost bin.
- Activators kick-start or speed up the composting process. Apply one if you have only one bin and you need the contents to compost quickly. They can be purchased in garden shops but well-aged horse manure or a little finished compost will also help speed things up. Patience is the best activator! You can also add a little garden soil as this contains the microorganisms which start the decomposition process. This is especially important if you don't have garden waste and are composting only food waste (mixed with 'browns' like newspaper and cardboard, of course!)
- If your bin is not positioned on a pallet or bricks, stick the garden fork in and give it a mix once a week to aerate it. This will help the process enormously. Keeping the pile on a pallet or raised area of bricks will bring air in like a draught. However, chicken wire on the base is advised to keep out animals.
- If there are odours from the compost bin then the composition mixture is not quite right. It may be too wet so add 'browns' i.e. scraps of paper and kitchen or toilet roll cardboards. Each time you add food waste to your bin, make a hole in the materials in the bin and place the food scraps there. Cover them over again and add a layer of newspaper on top. This will minimise nuisance from odour and flies.

## What is the difference between aerobic and anaerobic composting?

Your kitchen waste can be composted in one of two environments - aerobic or anaerobic.

The term 'aerobic' means 'requires air', therefore in **aerobic composting** oxygen is needed to allow microorganisms decompose materials. Almost all home composting systems are aerobic.

The term 'anaerobic' means 'excludes air'. In **anaerobic composting**, organisms that do not like air, thrive by breaking down materials into compost.

### Examples of different aerobic compost bins

#### A. Wood pallets

(Suitable for kitchen waste but best for large quantities of garden waste.)



Source: Cork Co. Co. Staff

#### B. Traditional compost bin and tumbler bins

(The traditional compost bin is most widely used. The tumbler compost bin is better for aerating the compost but some designs can be very heavy to turn.)



Source: Cork Co. Co. Staff

### Examples of different food waste digesters:

#### A. Wormery

(Most popular for households and schools, using worms to break down organic waste. *See page 33.* Buy commercially or make from old tyres and carpet. The compost produced by worms is called castings, and is a very rich and valuable fertiliser. A liquid run-off, called leachate, can be used like tomato feed.) The contents of a wormery do not need to be turned.



Source: Cork Co. Co. Staff

#### B. Green Cone

(Looks like a traditional bin but has a second half in a cone shape buried deep into the soil. No compost is made - all material, including liquid leachate, disperses into the underlying soil. Now widely used.) The contents of a Green Cone do not need to be turned.



Source: Cork Co. Co. Staff

#### C. The Pig

(Insulated drum designed to be rotated regularly. Decomposition of food waste is rapid, provided food is fed in small pieces and mixed with woodchips or another 'brown'.



Source: Cork Co. Co. Staff

material. Low odour but set up cost is high. Produces compost for the garden. Comes in two sizes - "Big Pig" and "Little Pig").

#### D. The BOKASHI anaerobic digester

(Small plastic bucket vessel, supplied with enzymes to break down food waste. Enzymes, called EM (effective microorganisms) work on the food waste so that it ferments rather than putrefying. The fermented food waste must be buried in soil afterwards, or else fed to a compost heap or wormery. Can be odorous when opened. Useful for a small house.)



Source: Cork Co. Co Staff

Useful web addresses are listed on page 45.

#### Wormeries

Wormeries are one of the most cost-effective ways of managing cooked food waste.

Vermicomposting is a form of composting which uses worms to break down food waste, including cooked kitchen scraps, in a container called a wormery. The waste is excreted by the worms as worm castings or vermicompost.



Source: Cork Co. Co Staff

You can build your own wormery or invest in a commercial one (approximately €150). For more information about wormeries visit [www.corkcoco.ie](http://www.corkcoco.ie) (Select *Service A-Z > Environment > Environmental Awareness > Communities*) or visit [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie).

#### Leaf Mould

Leaf mould is a compost made from leaves. If you have lots of leaves in your garden, it is best not to overload your domestic compost with them, although they make an excellent 'brown' addition to your compost. You could either make a separate leaf mould heap or put them in sacks.



To make leaf mould in a sack, fill it with leaves, tie it and pierce it a few times with the garden fork. This creates ventilation, which encourages the tiny organisms that decompose the leaves. Put the sack in a corner of the garden and forget about it. The leaves will break down in 2 -3 years and you'll be left with beautiful, rich compost, which can to be used to greatly improves the structure of soil and its water-holding capability. Visit the Irish Peatland Conservation Council website [www.ipcc.ie](http://www.ipcc.ie) or [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie) for useful information on leaf mould composting.

# MAKE YOUR GARDEN EVEN GREENER THIS SUMMER

Gardening can benefit our environment. Trees help absorb carbon dioxide, provide food and habitats for wildlife, and growing our own vegetables reduces our carbon footprint. However, some actions we take when engaging in our passion or chore (depending on your frame of mind), may not always be complementary to nature. Our actions may even be damaging our environment.

Consider the choices below and make your garden greener this summer.

Source: SIMS



## Attracting (Welcoming) Wildlife

Encourage animals and insects into the garden by creating a variety of places for them to live and providing sources of food when you plan your garden. Plant, flowering plants species that offer nectar and pollen attracting bees, butterflies, ladybirds, and trees and shrubs that produce berries to help feed your birds (e.g. buddleia for butterflies).

Source: SIMS



## Start Growing Your Own

If you don't have space to garden and grow your own, check out rural development schemes for local initiatives. A number of 'allotment' projects have started in the Cork County area.

## Use pesticides responsibly and only as a last resort

Pesticides have a long history of harming wildlife. The first generation of pesticides were very potent and persisted in the soil long after the initial action took effect.

Today's pesticides have a much lower toxicity but, if you can, please AVOID them for the benefit of the environment.

Pesticides and insecticides contain chemicals that can harm people, wildlife and the environment - hence the WARNING labels on the packets.





## Some tips when using pesticides:

- Don't make the pesticide solutions stronger than recommended by the manufacturer. Read and do as it says on the tin!
- Consider alternatives to pesticide as these should only be used as a last resort. Ask yourself if you really need that weed-killer. What harm are daisies doing to your lawn?
- In the flower beds and borders, mulch heavily to control your weeds. Gardens don't have to be immaculate and weed free to be enjoyed. (Check out *A Beginner's Guide to Ireland's Wild Flowers* by Sherkin Island Marine Station to get a new perspective on "weeds".) Go one further and produce your own mulch by shredding your branch prunings.
- Always wear gloves and wash your hands after using pesticides.
- Store any unused pesticides safely away from pets and children, making sure that the container is properly sealed, labeled and securely stored.
- Don't under any circumstances dispose of these chemicals down a SURFACE WATER sewer. Surface water sewers have no end of pipe treatment and your illegal disposal of pesticide will certainly kill fish and shellfish and other sea shorelife.
- Read the WARNING labels on the packet.

## Disposal of old or unwanted pesticides

Cork County Council will assist you to safely dispose of pesticides and insecticides by taking them to your local Recycling Centre/Civic Amenity Site or use the CHEMCAR™ FREE HAZARDOUS HOUSEHOLD WASTE SERVICE.

## Alternatives ways to control pests:

- Use beer traps to catch slugs and cover fresh plantings at night to protect them from pests. Grit, hair and salt may deter slugs and garlic is particularly good for protecting hostas.
- Planting marigolds near vegetables is an old favourite, as they deter greenfly and blackfly. Lavender near roses can help ward off aphids.
- Encourage natural pest eaters. Predators such as ladybirds are great in your garden. They enjoy hibernating in nettles patches, so leave a few nettles spots in the garden. Using insecticide sprays in your garden will not encourage ladybirds!



## Barbecues

Eating and drinking outdoors is hugely popular and sales of barbecues and patio heaters have soared. Protect the environment while you enjoy outdoor cooking and entertaining.

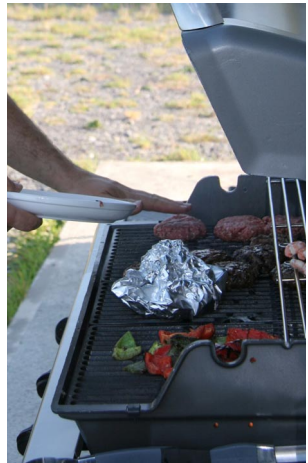
When you choose charcoal for your barbecue, look for charcoal with a label proving it is made from sustainable wood, for example, the Forest Stewardship Council (FSC). Charcoal may be imported from as far away as 12,000 miles, and transporting it results in considerable carbon emissions. Buying sustainably produced charcoal helps prevent deforestation and illegal logging.

### Tips when barbecuing:

- Don't use disposable, once-off barbecues.
- Avoid disposable plates, knives and forks. If disposable ware and cutlery are necessary, biodegradable products made from vegetable starch such as corn or potato, are now available (see page 45).
- Recycle all the bottles, cans and packaging.
- Ash from charcoal is good for neutralising acid soil.



Biodegradable picnic ware.



## Outdoor heaters

Avoid outdoor heaters. They produced unnecessary  $\text{CO}_2$  emissions. When out on the deck, put on your favourite hoodie or jumper, wrap up warm and enjoy the sunset. Outdoor heaters, gas or electric, are environmentally unfriendly. In four hours the average gas patio heater emits the same amount of carbon dioxide as the average car emits in a day. Switching to a heater run by electricity is not an alternative. This type of energy use is even less efficient and even more wasteful.



## Chimineas

Use small scraps of very dry wood from your garden. Do not burn household waste in your chiminea as it is an offence under the Waste Acts to dispose of waste in an unauthorised manner. Chimineas give out lots of heat but are not recommended for use on your wooden deck.





## Reclaim and recycle

Use your imagination and turn rusty old bikes and containers of all kinds into unusual pots stand and pots (*see examples below*). Consider buying old secondhand timber and metal parts for decking and repainting household furniture for outdoor use.



## Peat use in the garden

Despite Ireland's small size, we possess 51% of the raised bogs and 50% of the blanket bogs of conservation importance in Europe. We have an international obligation to protect these peatlands. While peatland habitats are well represented, their decline is now a matter of grave concern as 82% of their former extent has already been lost.

The EU has introduced a range of legislation that protects what remains of Europe's peatland heritage via a number of directives e.g. Birds Directive, Habitats Directive and Agri-Environmental Schemes.

Peatlands have been a top priority for nature conservation in Ireland since the nineteen eighties. The Irish Peatland Conservation Council has worked extremely hard with numerous campaigns and educational awareness programmes.

You can help protect precious peat bogs by choosing peat-free mulches, soil improvers and fertilisers and by making your own compost and leaf mould. Look and ask for these in the garden centres.

For more information on peatland protection visit the Irish Peatland Conservation Council website at [www.ipcc.ie](http://www.ipcc.ie).



# Chapter 3:

## MANAGING YOUR WATER USAGE

Source: Cork Co. Staff



We are blessed with an abundant supply of water in Ireland, but that is no reason to waste it.

Even nature has a way of getting our attention. The floods and snow storms in Ireland in recent times not only brought an abundance of water but also a shortage of clean drinking water.

We have experienced low water levels in Ireland in the past and we have been slow to find ways of conserving this valuable resource. This has to change:

**Reducing water use** in your home and garden will save money when water metering comes into force.

**Reducing water use** in the garden can help lessen the water restrictions in dry periods.

**Reducing water use** saves on the energy needed to produce clean water and pump it to your tap. This lessens the impact on the environment.

### Water Metering - Reduce your use and reduce your cost

Source: Cork Co. Staff



Water metering is well-established for businesses. Since 2009, all schools are metered and they now pay a commercial rate for their water. Domestic homes will soon be metered or pay a set annual fee for their water use.

Now is a good time to do a home audit on all your taps and ball-cocks in your toilet systems.

Do you know that leaking taps and pipes also waste energy as water has to be pumped from the reservoir to your home? Help reduce the cost of producing and distributing water in your locality.



Source: Cork Co. Staff

## Everyday water-saving tips for the Garden

In dry weather, water used outdoors can amount to 50% of our daily usage:



- If you do use a hose, use a trigger to control the flow.
- Watering early in the morning or late at night means water does not evaporate in the heat of the day before it can reach the roots .
- Watering too often can keep roots shallow and weaken plants.
- Weeding regularly makes sure that watering helps plants and not weeds.
- Prioritise young plants and seedlings; more established plants will survive longer periods without water.
- Healthy composted soil will retain moisture and nutrients and loose mulches (such as wood bark or coarse home compost) around established plants stop water evaporating.

Can you reuse any of your grey water, such as the rinse water in your kitchen basin?

## Buy a water butt

100,000 litres of rainwater can fall on your roof in a year. Save on mains water by collecting rainwater and reuse it on your garden. A water butt connects to your downpipe, filling automatically when it rains.



## Tips for the lawn:

Lawns are usually the thirstiest part of a garden, but there are easy steps you can take to reduce the amount of water your lawn needs:

- Letting the grass grow longer in dry spells helps keep moisture in the soil.
- Consider a rain-water harvesting system.
- Infrequent soaks will be more effective than frequent sprinkling as they will encourage roots to search for water deeper in the ground.
- Remember your lawn will recover when the rain returns. Check out [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie) for information on "Grasscycling", a way of mulching cut grass back into the lawn to return nutrients and retain moisture.



## Household Water-saving Tips

These tips will assist in cutting down your water usage, especially when water charges are introduced:

- Want cool water to drink? Don't let the tap run, fill a jug of water and keep it in the fridge.
- Use a sink basin to rinse/clean your fruit and vegetables. Use the leftover water to give your pot plants a drink, especially in summer when water supplies are under pressure.
- When cleaning your windows or washing your car, try using a bucket and sponge before a final hose down.
- Fix leaking taps and old ballcocks.
- Use your washing machine and dishwasher only when full.
- Tea for two? Fill the kettle with enough for your needs (this also saves energy).
- Don't leave the tap running while brushing your teeth.
- Gentlemen don't leave the tap running while shaving.
- Is a power shower necessary, if so restrict the shower time?

### Reducing the toilet flush

Reduce the water used to flush your toilet by 1 litre through one of the following actions:

1. Fill and seal 2 x 500ml plastic bottles with either water or sand. Place carefully into the toilet cistern.
2. Commercial water-saving devices can be put into the cistern, such as 'hippo bag' and 'save-a-flush'. These cost approximately €3 and are available from various outlets or on the internet.

**If you have a dual flush cistern, don't do anything!**

*Water from a rain butt can be used to flush the toilet during emergency water shortages. Remember the water shortage in the winter of 2009/2010, when thousands of homes were left without water due to flooding? The simple tips above and the water from a rain butt would have eased the water crisis in most homes.*



# Household Water Use

*Examples of usage (in litres)*

## Household Water Use

*Examples of usage in litres*

Bath	80L
5 Minute Shower	35L
Power Shower	125L
Brushing Teeth Tap running	6L
WC Flush standard	9L
WC Flush modern	6L
Washing machine	45-60L
Dishwasher	20L
Washing car with Bucket	10L
Hosepipe (per minute)	9L

**Insert your family's tap tip here...**



## Part 4

### COOLAGOWN VILLAGE - A CASE STUDY -



**Residents of Coolagown village receiving compost bins, with facilitator Michael Holden.**

Coolagown village near Fermoy in Co Cork, recently took part in a pilot project aimed at reducing household waste. Twenty-two householders in the village set out to reduce the amount of waste they were sending to landfill, as well as conserve water and energy in their normal day.

At the beginning of the 12-month project the average household disposed of 7 kg of waste to landfill each week. By month 11, these residents had reduced their waste by an amazing 74%. The annual residual waste reduced from 362 to 94 kg / household. This is very impressive when compared to the 440 kg Cork County average (pay by weight) and 740 kg national average. All households signed up for home composting systems which include both the standard compost bin and a green cone per household.

At the beginning of the project, the waste bins in each household were examined by Council experts, who gave advice on how to find alternative ways of disposing of some items. Each household weighed their waste weekly and recorded their reducing weights. Various types of compost bins and food digesters were used, including greencone digesters which can be used to dispose of green kitchen waste and food scraps together (see page 32). Each participant was taught the necessary skills and knowledge to divert food and other perishable waste away from the residual waste stream and into composting systems.

The residents attended environmental awareness sessions organised by the Council and sessions focused on behavioural changes that were adopted, such as:

#### **Shopping habits:**

- Making choices when shopping that will reduce packaging.
- Buying loose fruit and vegetables, buy what you need.
- Benefits to the environment on shopping locally, buying local produce to reduce air miles on their purchases.
- Check use-by dates to avoid buying food that might get thrown out if not eaten immediately.



## Reuse of household goods:

- Use of the Cork County Council's website 'wastematchers.com' and similar web sites e.g. freecycle.org.
- Use of charity shops, free advertiser papers e.g. Tuesday's Evening Echo supplement.
- Currently investigating setting up a local reuse centre in the village, with a public information notice board advertising the reuse of local quality household goods.

## Recycling practices:

- Highlighting good recycling practices such as washing and crushing items and identification of what can and cannot be recycled.

## Safe disposal practices:

- Promoting use of Recycling Centres/Civic Amenity Sites.
- Promote use of ChemCar service to ensure proper disposal of hazardous waste.
- Promote use of the DUMP campaign for disposal of medicines.
- Takeback schemes on spent batteries and electronic equipment.

## Water conservation training:

This provided the participants with the necessary skills and knowledge to install water saving devices within their homes. They were also encouraged to make behaviour changes that will reduce their total amount of water use.

This led to a 100% take up on the installation of the 'save a flush' device in toilet cisterns. This device reduces the water per flush by 1 litre. The average household flushes 15 times a day. A saving of approximately 5,500 litres per household per year will be achieved. Many participants also fitted home made devices into their second toilets and undertook other water-saving actions both in their homes and outdoor spaces.

## Some comments from participants

*"I was already an enthusiastic composter but I got loads of tips and ideas from the course. Fantastic!"*

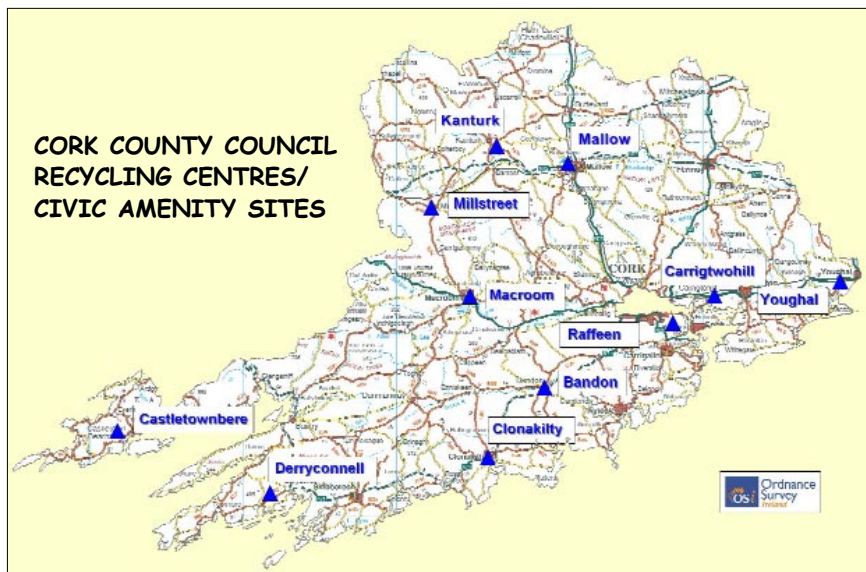
*"I was a disgrace before the programme but now I have reduced my waste from 20Kg a week down to nothing. My bill has gone from €40 down to €17 a month. I should have done it years ago."*

*"I have reduced my rubbish to zero! The little that I do put out does not even register on the scales when the Council lorry weighs my waste bin."*



## Part 5

### USEFUL CONTACT DETAILS



- 1. Millstreet Recycling Centre** (Tel:029-30971 Fax: 029-30966)  
Station Road, Millstreet, Co Cork.  
Tues, Wed & Thurs: 9.00am - 4.30pm; Fri: 9.00am - 3.30pm;  
Sat: 9.00am - 2.30pm (Closed Mon)
- 2. Macroom Civic Amenity Site** (Tel: 026-43721)  
Codrum, Macroom, Co Cork.  
Mon - Sat: 9.00am - 4.30pm
- 3. Youghal Civic Amenity Site & Landfill** (Tel: 024-91084 / 024-93834)  
Mudlands, Youghal, Co. Cork.  
Mon, Tues, Wed, Thurs, Fri and Sat: 9.00am - 4.30pm
- 4. East Cork Civic Amenity Site & Landfill**  
(Tel: 021-4533934 / 021-4883936 Fax: 021 4533880)  
Rossmore, Carrigtwohill, Co. Cork.  
Mon - Fri: 8.30am - 5.00pm and Sat: 8.30am - 1.00pm
- 5. Rafeen-Carrigaline Recycling Centre & Landfill** (Tel: 021-4842082 / 021-4859350)  
Kerry Currihy, Monkstown, Co. Cork.  
Mon - Sat: 9.00am - 4.30pm

6. **Bandon Recycling Centre** (Tel: 023-8843371)  
Knockaveale, Bandon, Co. Cork.  
Mon, Tues, Thurs, Fri and Sat : 9.00am – 4.30pm. (Closed Wed)
7. **Clonakilty Waste and Recycling Centre** (Tel: 023-8850982)  
Clogheen Industrial Estate, Clonakilty, Co. Cork.  
Mon – Sat: 9.00am – 4.30pm.
8. **Derryconnell Landfill & Civic Amenity Site** (Tel: 028-37048)  
Schull, Co. Cork.  
Mon – Fri: 9.00am – 5.00pm; Sat: 9.00am – 1.00pm.
9. **Castletownbere Waste Transfer Station** (Tel: 027-70126)  
Foildarrig, Castletownbere, Co. Cork.  
Mon – Fri: 9.00am – 4.30pm; Sat: 9.00am – 12.30pm
10. **Mallow Recycling Centre** (Tel: 022-50830)  
Quarterstown Industrial Estate, Mallow, Co. Cork.  
Tues, Wed, Thurs: 9.00am – 4.30pm. Fri: 9.00am – 3.30pm;  
Sat: 9.00am – 1.00pm. (Closed Mon)
11. **Kanturk Recycling Centre** (Tel: 029-20616)  
Bluepool, Kanturk, Co. Cork.  
Tues, Wed, Thurs: 9.00am – 4.30pm; Fri: 9.00am – 3.30p;  
Sat: 9.00am – 1.00pm. (Closed Mon)

*(All Recycling Centres/Civic Amenity Sites are closed on Sundays & Bank Holidays.)*

### Some Useful Web Addresses

Cork County Council	<a href="http://www.corkcoco.ie">www.corkcoco.ie</a>
Wastematchers	<a href="http://www.wastematchers.com">www.wastematchers.com</a>
Freecycle	<a href="http://www.freecycle.org">www.freecycle.org</a>
Recyclemore	<a href="http://www.recyclemore.ie">www.recyclemore.ie</a>
Stop Food Waste	<a href="http://www.stopfoodwaste.ie">www.stopfoodwaste.ie</a>
Allotments & Gardening	<a href="http://www.allotments.ie">www.allotments.ie</a>
School Book Exchange	<a href="http://www.schoolbookexchange.ie">www.schoolbookexchange.ie</a>
WEEE Ireland	<a href="http://www.weeeireland.ie">www.weeeireland.ie</a>
Irish Peatland Conservation Council	<a href="http://www.ipcc.ie">www.ipcc.ie</a>
Forest Stewardship Council	<a href="http://www.fsc.org">www.fsc.org</a>
Greencone & Wormery Suppliers	<a href="http://www.dyg.ie">www.dyg.ie</a> <a href="http://www.wormery.ie">www.wormery.ie</a>
Big Pig Supplier	<a href="http://www.growgreensolutions.com">www.growgreensolutions.com</a>
Bokashi Supplier	<a href="http://www.wormery.ie">www.wormery.ie</a>
Water Butts & other products	<a href="http://www.ecostore.ie">www.ecostore.ie</a>
Biodegradable catering products	<a href="http://www.down2earthmaterials.ie">www.down2earthmaterials.ie</a>

Cork County Council Recycling Centres / Civic Amenity Sites																
	Aerosols Cans	Batteries (Household)	Batteries (Lead Acid)	Books & Music	Bottles (Glass)	Bottles (Plastic)	Cans (Beverage)	Cardboard	CD's	DIY Waste (Household)	Electrical Items (WEEE)	Fertilizer Bags	Flat Glass	Fluorescent Tubes	Gas Cylinders (Empty)	Green Waste
North Cork Division																
Millstreet Recycling Centre	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•
Mallow Recycling Centre	•	•	•	•	•	•	•	•		•	•		•	•	•	•
Kanturk Recycling Centre	•	•	•	•	•	•	•	•		•	•		•	•	•	•
South Cork Division																
Macroom Civic Amenity Site	•	•	•	•	•	•	•	•		•	•		•	•	•	•
Raffeen Recycling Centre	•	•	•	•	•	•	•	•		•	•		•	•	•	•
Youghal Civic Amenity Site and Landfill	•	•	•		•	•	•	•		•	•		•	•	•	•
East Cork Civic Amenity Site and Landfill	•	•	•		•	•	•	•		•	•		•	•	•	•
Bandon Recycling Centre	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
West Cork Division																
Clonakilty Waste and Recycling Centre	•	•	•	•	•	•	•	•	•		•			•	•	•
Derryconnell Landfill and Civic Amenity Site	•	•	•	•	•	•	•	•			•			•	•	
Castletownbere Waste Transfer Station	•	•	•		•	•	•	•			•			•		•

**Please note that the wastes accepted vary from centre to centre. Please contact your local centre for more information and confirmation of the materials accepted at each site.**

When bringing items to a Recycling Centre/Civic Amenity Site, please separate all your materials prior to visiting the site.

It is essential that all materials brought to the site are clean. Dirty material contaminates the recycling bins and may result in loads of recyclables being rejected. This defeats the purpose of recycling. Please ask a member of staff on site if you are unsure if your item is acceptable.

There is a small entrance fee for all customers except for Domestic Customers who bring WEEE **only** to the Recycling Centres/Civic Amenity Sites.

#### **Additional Charges:**

*Residual Waste:* There is an additional charge for all residual domestic waste.

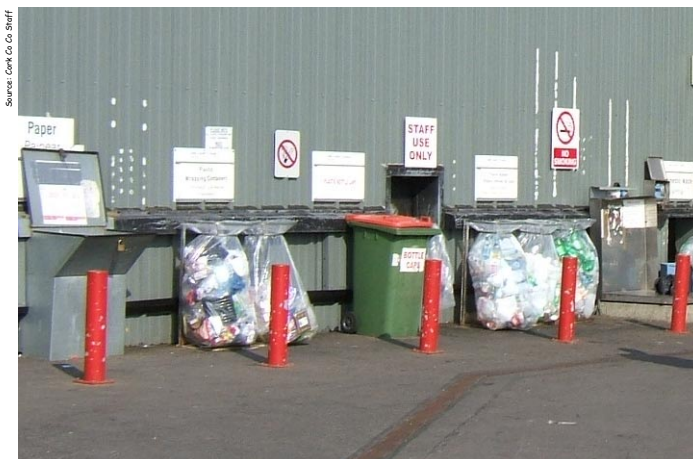
*Domestic Customers:* Some additional charges apply for green waste and also for trailer loads of timber, plasterboard, DIY and windows.

*Commercial Customers:* Additional charges apply for most recycling materials.

Materials accepted for Recycling															Disposal	
Hard Plastics																
Light Bulbs																
Medicine (Waste Prescriptions)																
Mobile Phones																
Newspaper/Magazines																
Oil (Cooking)																
Oil (Engine)																
Oil Filters																
Paint & Paint Cans/Tins																
Paper																
Plasterboard																
Plastic Packaging																
Plastic Plant pots																
Polystyrene																
Postage Stamps																
Printer Cartridges & Toner																
Scrap Metal																
Spectacles																
Tetrapaks																
Textiles																
Timber																
Tin Foil (Clean)																
Tins (Food)																
Carpets & Lino																
Mattresses																
Soft Furnishing																
Domestic Residual Waste																

Last updated January 2011

From time to time changes are made to the list of items accepted at Recycling Centres/Civic Amenity Sites. This list will be updated online.



The Clonakilty Waste and Recycling Centre.



Clonakilty schoolchildren deliver a message to the public on how to avoid illegal dumping.

The aim of *A Guide to Managing Your Household Waste & Domestic Water Usage* is to offer assistance with the sorting and disposal of household waste and to encourage reuse and recycling options. It also offers the various options for composting your green kitchen waste and food waste.

With water usage becoming an important factor for all domestic houses, the booklet also prepares you for reducing water usage in your home and garden.

**For general queries relating to waste issues and enforcement contact one of the numbers below:**

**North Cork Division Office**  
Annabella, Mallow, Co Cork.  
Tel: 022 30456/30459

**Western Division Office**  
Hume House, Wolfe Tone Street, Clonakilty, Co Cork.  
Tel: 023 8858812

**South Cork Waste Operations Section**  
Cork County Council, Floor 4, County Hall, Cork.  
Web: [www.corkcoco.ie](http://www.corkcoco.ie) Email: [pbw@corkcoco.ie](mailto:pbw@corkcoco.ie)  
Tel: 021 4285518 Fax: 021 4285118

(For any issues relating to your kerbside collection, please contact your service provider.)

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This free booklet is produced by:

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