

Preble County Solid Waste District

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Simply Green Newsletter



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Responsible Waste Handling & Recycling During a Pandemic:

Health & safety come first!

- * **Bag all trash** securely reducing exposure to pathogens and odors, and limiting insects.
- * Regularly **clean and sanitize** your inside/outside **waste containers** and enclosure areas.
- * **Close dumpster lids** to keep odors in and birds and rodents out. If lids are broken or need to be replaced, call your provider ASAP to replace.
- * **Keep enclosure areas free of clutter and well-lit** to avoid trip hazards and ensure the safety of those taking out the trash.
- * **Wear gloves** when taking out the trash and lifting lids to avoid direct contact and to protect from sharp objects.
- * **Properly dispose of medical sharps.** Medical sharps used to administer medication to individuals or pets should be placed in a rigid plastic container, clearly marked "Sharps", sealed shut and placed in the trash.
- * **Place recycling in your bin loose.** Only place approved items in your recycling container. Items like trash bags, grocery bags, tissues, napkins, and paper cups aren't accepted. Check Preble County Solid Waste District's website at www.preblecountyrecycles.org to see what items are accepted for recycling. Regular removal of waste is critical to the health of society. We need to continue to keep our communities safe! Right-size your trash service levels to appropriate levels during this difficult time. Don't reduce services where dumpsters overflow causing health hazards.
- * **Limit spring cleaning or conduct cleaning in stages** so as not to overwhelm the trash collection system at this time. Don't put in wet latex paint or flammable batteries in with recycling.
- * **Don't put used gloves, masks, cleaning rags or wipes, tissues or paper cups in recycling bins.**

Following these guidelines will help keep you and your trash collection service people safe!

DIY Disinfecting Wipes Recipe

- 2 cups Distilled water
- 1 cup Isopropyl alcohol at least 70-91% concentration
- 1 TBSP Dawn dish soap
- 3 drops Tea tree oil (optional)
- 1 Paper Towel Roll



Instructions: Cut your paper towel roll through the middle with a serrated knife. Flip them over and stick into a jar or previous Lysol/Clorox wipes box. Mix together the water, rubbing alcohol, and dawn dish soap. Pour around the edges of the paper towel roll. Let it soak in for 2 minutes. Pull the middle paper towel roll core out and throw away. Now you can pull from the middle. Store in a closed container with lid.

<https://myheavenlyrecipes.com/how-to-make-homemade-disinfecting-wipes/>

Food Storage Ideas During the Pandemic: Article Sources: TheSurvivalMom.com and MomWAPrep.com

Stay within your budget. Stockpile different kinds of canned food that are shelf-stable, but don't spend money you can't spare on supplies.

Learn how to preserve food. If you don't have the money for a freeze dryer, try [home canning to preserve fruits](#) like apples, berries, figs, grapes, or peaches. You can also home-can vegetables like beans, carrots, garlic, and greens so your family has access to nutritious food.

Always repackage food. In general, food that comes in a cardboard box or flimsy plastic bag like flour or cornmeal must be repackaged. (Related: [How to easily repackage your survival food for long term storage.](#))

Choose a food storage area that is free from pests. If you're looking for a non-toxic method of controlling pests, sprinkle diatomaceous earth around the floorboards of your pantry. Alternatively, you can set out small containers of cornmeal mixed with borax for a non-toxic way to kill any bugs. Rodents can chew through plastic five-gallon buckets, so keep an eye out for rodent droppings in your pantry.

Protect stored food from the "enemies of food storage." Things like heat, humidity, light, oxygen, pests, and time can make food deteriorate more quickly. Heat is the worst, so store your food in cool areas.

Don't buy food that no one in the family will eat. This only wastes your money and space in your pantry that should be used for items that everyone can enjoy, like pasta or home-canned fruits.

Make sure the bulk of the food in your pantry can be used in multiple recipes. Instant meals are convenient, especially for short-term emergencies, but fresh and healthy ingredients are more of a long-term solution.

Collect at least a dozen recipes that use only shelf-stable ingredients that your whole family can eat. This way, no one will suffer from food fatigue even if you have to keep eating the same thing for a long time.

Rotate the food in your survival stockpile. Rotating food means using the oldest food on the shelf and replacing it with new food to prevent spoilage. Be careful about [food storage](#) conditions, especially heat, so the items in your pantry will stay fresher for longer. However, if you have food that is more than five years old, start using and replacing it.

Stock up on comfort foods. The whole family's mood can be improved if you cook comforting food like macaroni and cheese or baked desserts. Stock up on the ingredients for their favorite meals so you can cheer them up during a particularly long power outage.

Always buy something for your survival stockpile when you're doing the groceries. You don't have to spend a fortune on extra cans of canned vegetables – a single can after each trip will add up after a week.

When things in the supply chain go sideways, you'll need more than food in your survival stockpile. **Use coupons to save money** on other essential items like cleaning supplies (e.g. baking soda and bleach) and toiletries. Set up a coupon exchange with your family and friends.

