

A Recycling Refresh

be peace • speak peace • create peace

The Benedictine Sisters of Erie and Oblates commit to being a healing presence and a prophetic witness for peace and justice and to climate conscious living. We will decrease harmful patterns of consumerism and work with others to create systemic change needed to meaningfully address the climate crisis.

What difference does it make?

PERSONAL CHOICES TO REDUCE YOUR CONTRIBUTION TO CLIMATE CHANGE

Average values for developed countries based on current emissions.



This graph was developed by GreenFaith and is adapted from Wynes and Nicholas, 2017, Environmental Research Letters.

More than half of greenhouse gas emissions from landfills come from wasted food.



Composting food scraps reduces emissions, and using compost helps build healthy soils.

Decreases Greenhouse Gas Emissions

Composting reduces methane emissions by keeping wasted food out of landfills. Applying compost to the soil reduces the need for chemical fertilizers, avoiding emissions from their manufacture and use.

Builds Flood & Drought Resilience

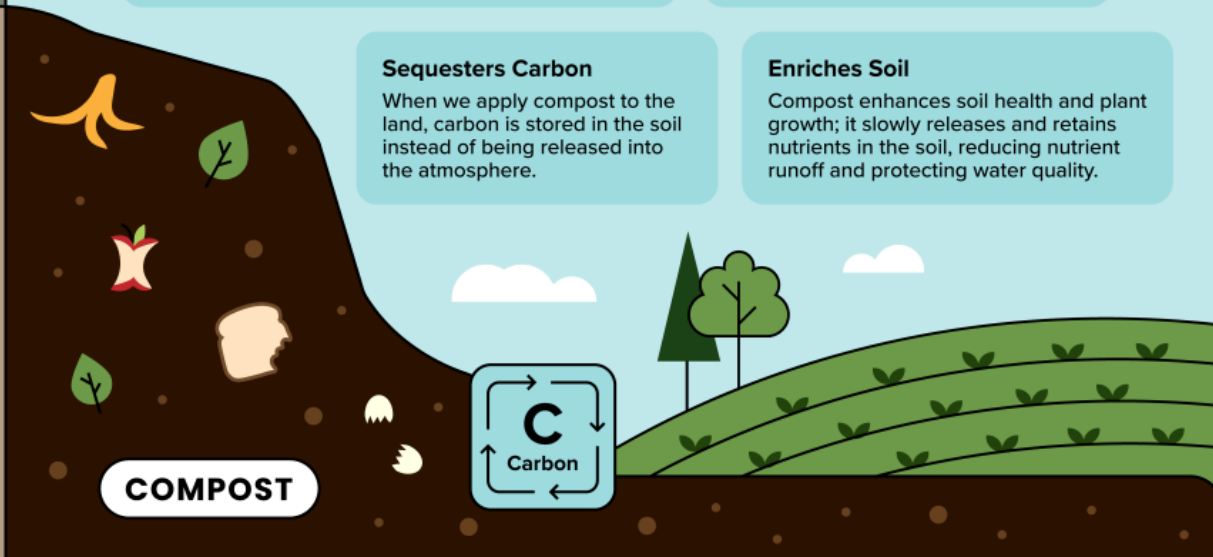
Compost enables soil to better absorb and hold water, helping to reduce erosion and flooding in heavy rains and retain water during droughts.

Sequesters Carbon

When we apply compost to the land, carbon is stored in the soil instead of being released into the atmosphere.

Enriches Soil

Compost enhances soil health and plant growth; it slowly releases and retains nutrients in the soil, reducing nutrient runoff and protecting water quality.



141%

increase in recycling and composting when the bins were placed more conveniently

<https://www.sciencedaily.com/releases/2017/04/170421123255.htm>

What can be recycled through Pro Waste?

Plastics #1 and #2



Metal



Cardboard



Single-Stream Recycling

Plastics #1 and #2
Cans
Cardboard



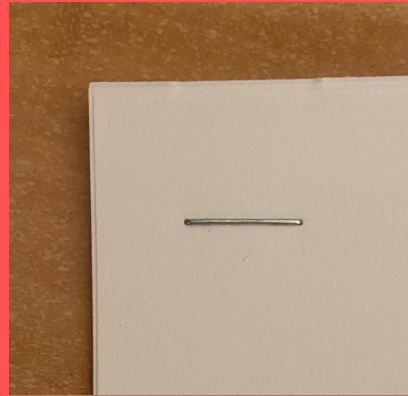
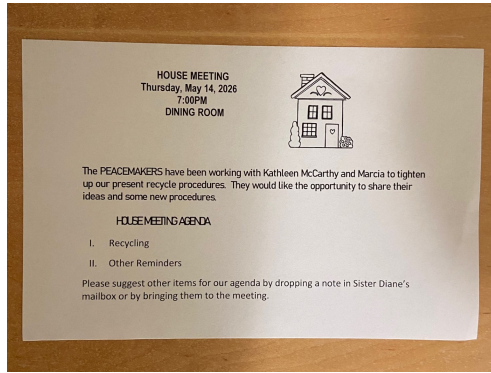
New Bins



Paper (requires more process)



Shredding





theannashelter

Follow ...



theannashelter 38w

WE NEED SHREDDED PAPER!!!! Drop it off at the shelter if you can during any of our open hours or leave it at the front door and ring the buzzer. Please make sure it's neatly bagged up...we don't need any additional messes. 😊❤️



kathy.watson.9803 38w

Got lots 🐾🐾🐾🐾🐾🐾



Reply



85



1



1



August 15, 2025

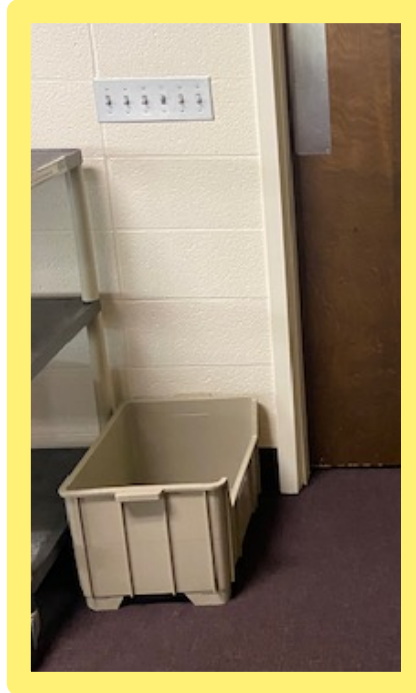


Add a comment...



Guest-Accessible Paper Recycling

Garden Room
near the
kitchenette



In addition to the existing locations where paper is collected to shred

Composting at the Mount



COMPOST

What To Compost



Vegetables



Houseplants



Yard trimmings



Coffee, tea



Fruits



Nut shells



Eggshells



Paper napkins



Paper scraps and cardboard



What Not To Compost



Dairy products



Fats and oils



Eggs, meat or fish bones and scraps



Pet waste



Diseased plants



Produce stickers



Medication



Cigarettes



Broken glass

'Browns'

- Carbon rich.
- Dry plant material.

'Greens'

- Nitrogen Rich.
- Wet plant material.

Layer **brown** and **Green**

2:1



Public Restrooms



Box:
Toilet paper cores

Small bin:
Trash

Big bin:
Paper towels
(compost)



Small Community Room Compost Bucket

Everyone
deposits fruit
peels and
eggshells



Dinner dish teams
transfer contents to
kitchen compost and
run bucket through
the dishwasher

RECEIVING

browns & greens

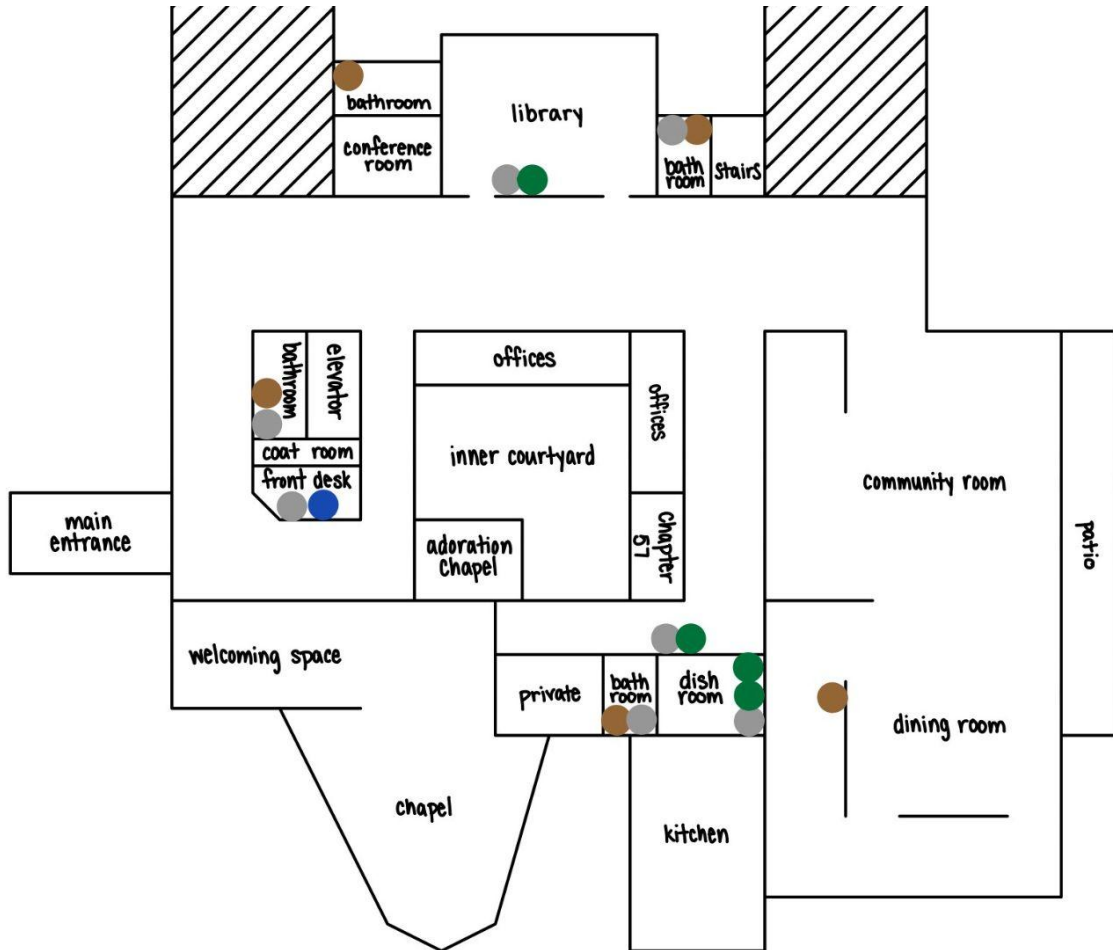
READY

for garden use

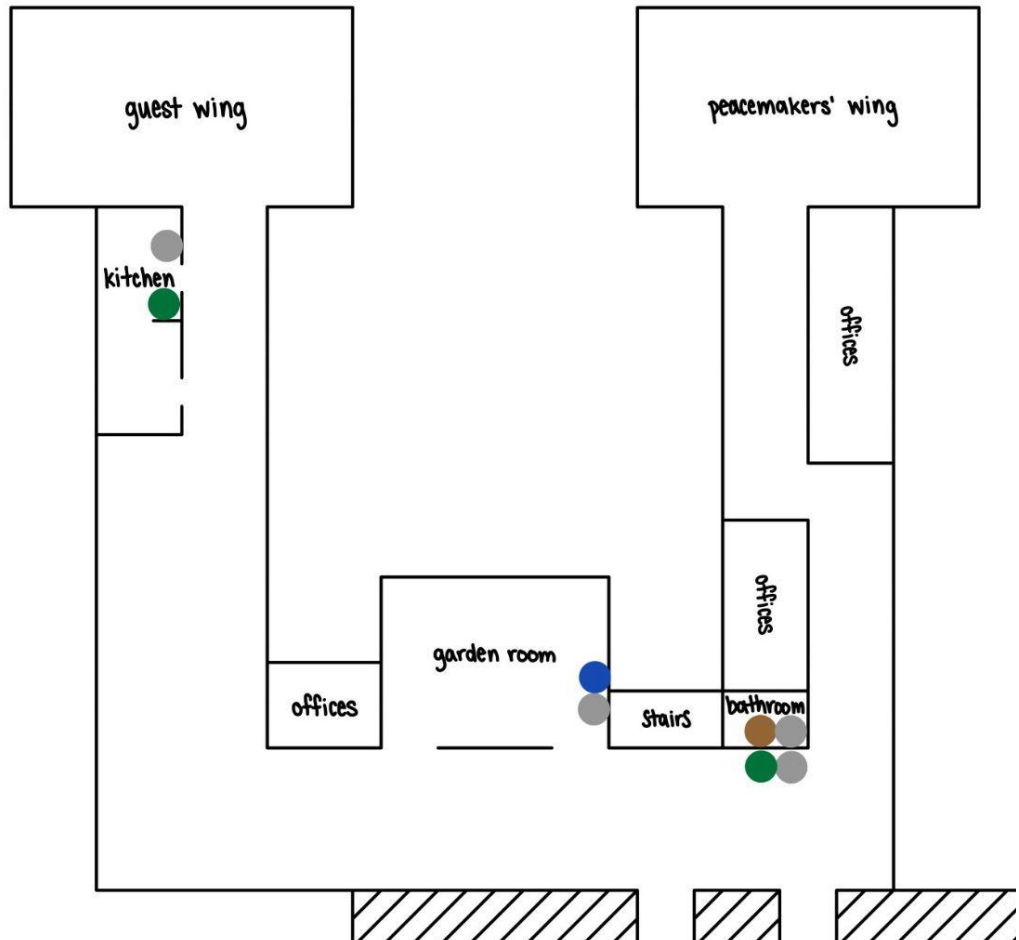
RESTING

please, do not touch!

Where can you recycle at the Mount?



- trash
- compost
- paper recycling
- single-stream recycling



- trash
- Compost
- paper recycling
- single-stream recycling

Closing Notes

You don't have to remember all this!

Guiding information will be:

- By and on the bins
- On the bulletin board by the dish room
- In the binders at the front desk and in guest rooms

What CAN I recycle?

at Mount St. Benedict through ProWaste

CARDBOARD

- Cereal boxes
- Paper towel rolls
- Boxes
- Paper cups - if not soggy



ALUMINUM

- Soda cans
- V8 cans - these MUST be rinsed out first!!



PLASTIC

- #1 and #2 plastics



PETE HDPE



Cardboard, Metal, & Plastic are single stream!



PAPER*

- Paper MUST be shredded
- Place paper in labeled paper receptacles
- Remove all staples

**separate receptacles for paper*



NOT ACCEPTED

- Staples in paper
- Bound paper/books
- Contaminated paper/cardboard (i.e. greasy pizza box)
- Aluminum foil
- Plastics other than #1 & #2
- Glass (collected separately)
- Food waste



Thank you!