



March 2017

Produced by the North Country Council.

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Maintaining a Green Home for St. Patrick's Day

Understanding poison awareness month and how to keep your home safe.



March is national poison awareness month. A poison is any substance that is harmful to your body if too much of it is eaten, inhaled, injected, or absorbed. Some items that we use every day could pose a serious health threat if ingested. Common toxins in the household include; antifreeze, insect repellent, bleach, cleaners, detergents, mothballs, medications, and some plants. If you suspect a poisoning has occurred, contact the Poison Help Line at: 1-800-222-1222, or call 911.

Many household items require special disposal instructions. Follow the manufacturer instructions for proper disposal. You may have to store these

items in a safe dry place for a household hazardous waste collection day. These events typically take place in the summer into the fall. For a full list of what is accepted contact your transfer station. These events are helpful in maintaining a clean and healthy New Hampshire. Prescription drug take back events occur during the spring and fall. You should never flush medication or give medications to anyone. Participation in these events is highly encouraged.

To prevent accidental poisonings make sure to store toxic products in locked cabinets and out of reach of children. Educate teens and children about the dangers of consuming medications that are not prescribed to them.

When possible, buy alternative products to replace toxic products in the home. Often times these products are just as effective. They are safe to use around children and animals. The federal trade commission has a full list of what constitutes a "green product," to ensure what you purchase is actually non-toxic. Alternatively, you can easily make cleaning products at home. A simple DIY non-toxic household is on the back of this newsletter.

News & Events

- ◆ National Prescription Drug Take-Back Day
April 29th, 10am—2pm

Household Hazardous Waste Collection Days.

Contact your Transfer Station for participation and details.

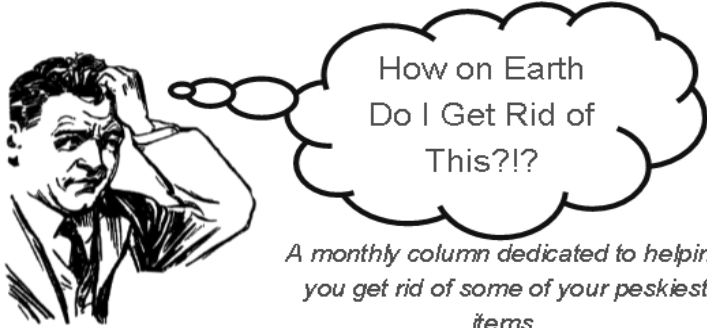
- ◆ AVRDD Transfer Station,
100 W. Milan Rd
June 4th 8am—1
- ◆ NCES, 581 Trudeau Rd.,
Bethlehem
June 10, 9am – 1pm
- ◆ Lancaster Transfer Station,
131 Water St., Lancaster
August 12, 8am – 12
- ◆ Littleton Transfer Station,
1512 Mt. Eustis Rd, Littleton
August 27, 8am – 12
- ◆ Conway Transfer Station,
755 East Conway Rd.
Sept. 16th, 8am—11:30



North Country Council

Mt. Eustis Commons
262 Cottage Street, Suite 246
Littleton, NH 03561



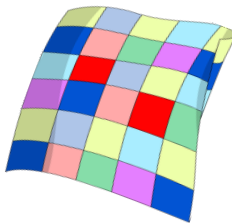


A monthly column dedicated to helping you get rid of some of your peskiest items.



Textiles include clothing, towels, bedding, and plush toys. What are you to do with your unwanted textiles? Check with your transfer station to see if they are currently accepting textiles. Most items that are clean and

in good condition should be donated. In our region there are several organizations that accept textile donations. Many women's shelters accept clothing donations. Goodwill and the Salvation Army



also accept donations. Check in your community for thrift or consignment stores. Easily washable bedding or blankets can be taken to your local humane society or animal shelter.

Finally, think about repurposing your old textiles before donating them. For example sheets make great drop cloths when painting! Or cut up clothing or sheets to be used as rags around the home. It is also important to note that some textiles may have fulfilled their life and

do belong in a landfill. However, Plant Aid boxes accept worn and torn textiles in addition to textiles in good condition. Bins can be located using their website at www.planetaid.org. The best way to avoid having to get rid of textiles is not to purchase them in the first place. Reducing the amount of textiles that you bring into the home will reduce the amount that ends up in a landfill.



Regional Notes

Prescription Drug Disposal



the number of deaths caused by car accidents. One way to help combat this problem is to eliminate

Over 300 deaths in NH were caused by drug overdose in each of the last two years – more than

un-needed medications from your home. You probably know by now that meds should NOT be flushed down the toilet. Fortunately, there are a growing number of opportunities to dispose of unwanted medications. The National Drug Take-Back event, mentioned elsewhere in this newsletter, is one avenue. Find out if your town participates by checking the web site at www.deadiversion.usdoj.gov/. There are also several medicine waste “drop box” locations around the North Country, and these are

accessible all day every day. Here is the list:

- Conway Police Department
- Gorham Police Department
- Haverhill Police Department
- Lancaster Police Department
- Littleton Police Department
- Plymouth Police Department

You can find a list of more locations across the state at www.doj.nh.gov

DIY Non-Toxic All Purpose Cleaner

- 1/4 cup of white vinegar
- 2 tbs. of baking soda
- Several drops of essential oil
- Spray bottle



Pour 1/4 to a 1/2 cup white vinegar in a spray bottle and add 2 tablespoons of baking soda. Put in a few drops of your chosen essential oil and then fill the bottle to the top with water.

If you have a local story about waste. Please email solidwaste@nccouncil.org for a chance to have your story published in the next publication of Trash Times.