

## NEWS RELEASE

### ***For Immediate Release***

April 8, 2022

Contact: Karla Lipska, Program Manager, [Karla@swhealth.ne.gov](mailto:Karla@swhealth.ne.gov), 308-345-4223

### **Recycle for a Healthier Future**

Southwest Nebraska Public Health Department (SWNPHD) encourages residents to participate in recycling programs in their household and community. Participating in a recycling program ensures a healthy, safe environment for future generations.

Forty-five percent of households in the U.S. do not have access to recycling, partly due to services not being available in rural locations. Getting more effective recycling programs in place will increase the quality of the recycling system, save on hauling fees, increase program participation, and improve the collection of quality material for reuse. Recycling programs can also include a collaboration between communities and local companies to promote recycling and set up systems for recycling common products.

Data from the Environmental Protection Agency (EPA) shows that recycling conserves energy and natural resources.

- Recycling one ton of paper can save the energy equivalent of 322 gallons of gasoline.
- Recycling one ton of aluminum cans conserves more than 152 million Btu, the equivalent of 1,024 gallons of gasoline.
- Plastic bottles are the most recycled plastic product in the United States. Recycling just 10 plastic bottles saves enough energy to power a laptop for more than 25 hours.

Recycling also reduces waste at the source, which helps reduce the amount of space and energy needed for landfills. Recycling programs can encourage safe disposal of hazardous household waste like paint, pesticide, and antifreeze, keeping these chemicals out of the trash and out of the environment.

“We want to know what the recycling needs are for each community in our health district,” states Karla Lipska, Program Manager at SWNPHD. “There are lots of programs out there that will help communities to start or grow their own recycling program, helping with things like drop-off sites for recycling pickup, local haulers, strategies to reduce contamination, as well as tracking and reporting. Programs like this reduce pollution of the environment and foster cleanliness of the community.”

Visit [epa.gov/recycle](http://epa.gov/recycle) to learn more about the benefits of recycling. For more information about recycling programs for your household or community, please contact Southwest Nebraska Public Health Department at (308) 345-4223 or stop by the office at 404 West 10<sup>th</sup> street in McCook. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Follow SWNPHD on Facebook and Instagram or visit [swhealth.ne.gov](http://swhealth.ne.gov).

###