

**SWIM January 2021**

**Questions, Answers and References for Thoughtful Living to Protect our Planet**

**Why put food in the trash when it can make new soil for gardens?**

Review SWIM's composting flyer:

[https://www.nahantswim.org/assets/pdf/education-cards/2021\\_Composting\\_Info.pdf](https://www.nahantswim.org/assets/pdf/education-cards/2021_Composting_Info.pdf)

<https://www.nytimes.com/2020/05/27/realestate/how-to-compost-composting-food-waste.html>

<https://www.epa.gov/recycle/composting-home>

**How to breathe less vehicle exhaust – don't break the law by idling:**

<https://malegislature.gov/laws/generallaws/parti/titlexiv/chapter90/section16a>

**How to get money for that old, large appliance:**

<https://www.arcaincutility.com/MA/Mass-Save/zip-code.cfm>

**How to reduce flooding and increase the health of your land:**

See SWIM website's Backyard Tips: <https://nahantswim.org/news.php>

**Don't bother removing natural litter from your land, especially under trees:**

<https://blog.nwf.org/2014/11/what-to-do-with-fallen-leaves/>

<https://www.audubon.org/news/to-help-birds-winter-go-easy-fall-yard-work>

**How to get rid of that old TV or other electronic device:**

<https://www.staples.com/sbd/cre/marketing/sustainability-center/recycling-services/electronics/>

**What should I do with old toxic materials?**

Hazmat available to Nahant residents: “Hazardous Waste Hazardous waste may be dropped off at 250 Commercial St., Lynn, on 5/15/21 from 8 a.m. to noon. Payment required.”

[http://www.lynnma.gov/cityhall\\_documents/publicworks/2020\\_trash\\_recycle/lynn\\_trash\\_recycle\\_2020\\_calendar.pdf](http://www.lynnma.gov/cityhall_documents/publicworks/2020_trash_recycle/lynn_trash_recycle_2020_calendar.pdf)

**Do you have boxes and boxes of paper clutter? Try this super-fast, free service!**

<https://www.salem.com/recycling-committee/pages/free-document-shredding>

**Too many catalogs in your mailbox? This will make a huge difference:**

Catalog Choice <https://www.catalogchoice.org/catalog-choices>

**Would you like to plant some trees but don't know which ones do well in Nahant?**

See tree list on SWIM website: [https://www.nahantswim.org/assets/pdf/education-cards/2021\\_Trees\\_for\\_Nahant.pdf](https://www.nahantswim.org/assets/pdf/education-cards/2021_Trees_for_Nahant.pdf)

**How to help our planet - See Carbon Footprint flyer on SWIM website:**

<https://nahantswim.org/assets/pdf/education-cards/carbon-footprint-page1.pdf>

<https://nahantswim.org/assets/pdf/education-cards/carbon-footprint-page2.pdf>

**Go for a nice visit to East Point by clicking this link, or cutting and pasting it:**

<https://shoutout.wix.com/so/7fNR5N5NR?languageTag=en&cid=3058f548-29d0-47c0-aec6-306746e5b36e#/main>