

CLASS CATALOG FOR ADULTS

Ulster County Resource Recovery Agency - Recycling Outreach Team

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The Agency regularly hosts special training programs and free educational workshops about various waste-sustainability topics. Programs can be held in the Agency's board room, which seats a maximum of 30 people, or the Recycling Outreach Team can visit your group to collaborate on a free public class (virtual classes are also available). This list was created to help community partners choose a topic of interest! Many class topics can be combined or adapted to your specific interests. Classes range from 60-90 minutes depending on depth of topic and questions. Please note: all public programs are scheduled at least 4-6 weeks in advance.



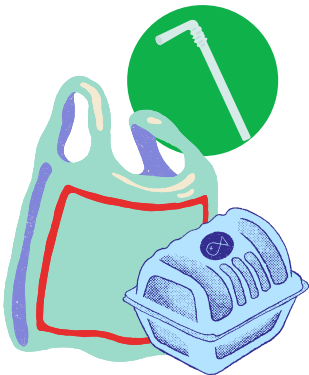
Waste & Recycling Topics

Recycle Right!



Why can't ALL plastics be recycled? What does the chasing arrows symbol really mean? Are pizza boxes in or out? Should you recycle that coffee cup? What about broken dishes? Putting unaccepted items in the recycling bin can damage equipment, harm workers, and reduce the value and environmental benefits of recycling. In this class, participants learn: How does recycling 'work' in Ulster County? What are the benefits of recycling correctly? What makes something 'recyclable' or not? How does "wish-cycling" affect the recycling process?

Plastic Pollution & It's Impacts



Ever wonder where plastic comes from, how it's made, and what happens once it's thrown away? Plastic waste litters our environment, pollutes our oceans, and emerging science suggests plastic can also expose us to chemicals. This class will explain the impact of plastic pollution from ecological, social, and environmental issues, and how we can drastically reduce the amount of single-use plastics used daily. Simple swaps and new habits can help avoid needless packaging and lessen our environmental impact. Learn how to become a climate smart shopper, save money, and reduce waste by developing new habits and rethinking consumption.

Understanding the Waste - Climate Connection



This course offers a deep dive into the world of solid waste management, with an emphasis on defining what is in our waste, how much do we make according to NYS metrics, and where does it go in NYS and in Ulster County? Participants will develop a foundational understanding about how waste contributes to climate change, with some introductory topics about global warming. Then, participants learn about the top materials management solutions that can make the most impact.

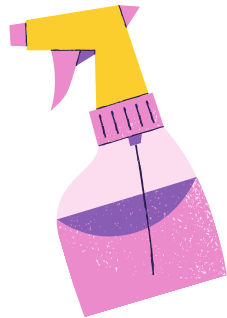
Waste Audits 101

A waste audit is the practice of studying, measuring, and recording the amount and types of waste generated at a specific location. Waste audits can be a facility walk-through or an actual “trash sort” where waste is collected, sorted, and weighed as various categories. Understanding the types of wastes generated in various situations or operations can help a school or business become more efficient and effective at strategizing their recycling or composting plans! This class will cover everything you need to know in order to plan your own facility waste audit.



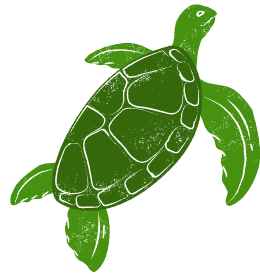
Eco Friendly Home: DIY Cleaners & More!

We all have favorite household products we rely on because they work well; from preferred cleaning products to toothpaste...but some of the products we've grown to love contain chemicals that don't love us back! Many of these products are also classified as Hazardous Waste and require safe disposal. Although eco-friendly alternatives are becoming more widely available in stores, you can easily make your own at home with very simple and low-cost ingredients! This hands-on class features a short presentation about household hazardous waste and safer alternatives, with several guided demonstrations on how to make your own eco friendly alternatives. Participants will leave with their own recipes and DIY products. All materials provided.



Oceans of Possibilities

Originally developed as a youth/teen program, this fun and hands-on class and craft workshop can easily be adapted for adults. Participants will learn about the impact of microplastics and plastic pollution on our oceans and wildlife, and learn some basic strategies to reduce plastic pollution. At the end of the workshop, participants will create works of upcycled art, making sea creatures out of some common plastic objects. All craft materials will be provided.



Greening the Holidays

It is widely believed that Americans generate 2x more waste during the holiday seasons, due to packaging and wasteful habits around gift giving and hosting dinner parties. This seminar will demonstrate how to incorporate the 7R's into all holiday celebrations, sharing tips and ideas to simplify gift-giving, save money and reduce waste. This course focuses on winter holidays but can also cover Halloween if offered in October.



The 7R's for Rethinking Our Waste

We have all heard of the 3Rs - reduce, reuse, recycle - but there is so much more we can do to practice a low-waste lifestyle! The 7R's include: Refuse, Reduce, Reuse, Repair, Re-Gift, Recover, and lastly, Recycle. This workshop broadly covers “zero waste” and shares practical tips and examples of living the 7Rs while at home, at work, or when on the go.





Intro to Home Composting

Home composting is a great way to manage food scraps like fruit and vegetable peels, coffee grounds, stale bread, and other scraps or spoiled foods so they don't go to waste! This free workshop is designed for new/beginner composters looking to get started. The class will introduce the environmental and horticultural benefits of composting and the basic principles of how to do it correctly. Then, participants will learn about the various compost bin options and the pros and cons of each composting system.



Indoor Composting: Vermicomposting 101

Vermicomposting (composting with worms) is a great way to compost indoors all year round, whether you live in an apartment, dorm, or a home. Vermicomposting is a great option composting on a budget, and for composting as a group, such as in a classroom or office setting. A properly established worm bin requires very little maintenance! By learning a few simple tips and tricks, anyone can be successful at this method of indoor composting which produces some of the highest quality compost a home gardener can make! This workshop will cover everything you need to know to get started and can feature a live worm bin composting demonstration upon request.



Indoor Composting: Bokashi 101

Unlike "conventional" composting, Bokashi is an anaerobic process where food scraps are placed in a sealed, air-tight container and are fermented with the aid of a specialized additive (a microbial compost accelerator). For many advanced composters, bokashi methods have a lot to offer as a way to manage meat, bones, and dairy products. Using Bokashi can also introduce beneficial microbes to the compost pile, which speeds up the process so you can use your finished compost faster. In this workshop, participants will learn the pros/cons of this method of composting, be introduced to the science behind how bokashi works, and learn how to get started.

Advanced Composting Seminar

This advanced composting class is ideal for home composters who have a few years of experience with backyard composting methods. For those who understand the basics, but want to 'up their game,' let us help you to learn more skills and tricks to make that 'gardener's black gold' as quickly as possible! This class will review some of the science behind how composting 'works' through the soil food web, how to balance browns and greens and prepare your feedstocks, and various tips for making a hot compost heap.



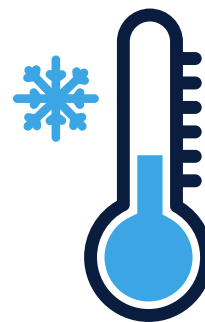
Using Compost in the Garden

Ever wonder why compost is called Gardener's Black Gold? There are many benefits and uses of finished compost! This class will introduce the basics of soil health and how using compost in the garden enhances the soil's ability to provide a healthy habitat for plants. Participants will learn all about the scientifically proven benefits of compost, and an overview of general uses and application rates for various ways to use compost. Educators may also discuss how UCRRA makes its Grow Ulster Green Compost, which is for sale in bulk and bags.



Cold Weather Composting Seminar

Composting slows in colder weather but with some helpful tips, you can keep your outdoor compost pile cooking all year round! In this class participants will learn maintenance tips they should do in the Fall, Winter, and Spring, along with all our favorite tips to keep the pile hot as the temps fall. In the second half of this seminar, educators can also discuss how to compost indoors all year-round with a worm bin or bokashi methods.



Connecting Communities Through Composting

This seminar is designed to help commercial businesses, schools, and institutions navigate all the various composting options available in Ulster County. Participants will learn the basic elements and pros/cons of each option (to compost on site, hire a hauler, or develop a plan to self-haul to a compost facility). Participants will also learn the best practices toward developing an implementation plan to launch a composting program - what is the best way to engage and train your participants? The best place to stage bins and signs? And much more.

Ulster County Recycles!

This program is made possible with the support of funding by the New York State Environmental Protection Fund, as administered by New York State Department of Environmental Conservation.

We strive to offer equal program opportunities.

Educational resources may be available in Spanish by request.

If you require any special accommodations or have questions about our programs
please contact our Recycling Outreach Team.