



# Centralized Waste & Recycling

## What is it?

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The Med Center is transitioning to a centralized waste and recycling collection system and removing deskside waste containers. Instead of disposing of materials at your desk, you'll walk to waste and recycling bins near your work area. This transition will eventually occur across campus, but is starting in certain buildings.

## Why are we doing it?

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Centralized waste collection has been established as a best practice across the country for a variety of reasons.



### It saves money.

- Approximately 5,000 plastic liners eliminated annually
- EVS staff will save approximately 6,000 hours per year by collecting centralized containers instead of each individual deskside bin, which means they can focus more of their time on infection control measures
- Dumpsters and compactors are filled less frequently, which saves on waste hauling costs



### It has health benefits.

- Getting up from your desk and moving around once every 30 minutes helps reduce your risk for heart disease and some cancers<sup>1</sup>
- Taking a break is good for your mental health and can actually improve work productivity<sup>2</sup>



### It's good for the environment.

- Saves plastic liners - and the emissions involved in producing them!
- Reinforces correct sorting of waste
- Helps the Med Center increase its diversion rate and achieve its 2030 Net Zero Waste goal

At Google, removing individual cans increased recycling rates 50%.

## Questions?

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Visit [LiveGreenNebraska.com/cwr](https://LiveGreenNebraska.com/cwr) to find out more or contact the LiveGreen Ambassador in your department.

<sup>1</sup> Global News, "Sitting all day at work? Get up every 30 minutes to cut your risk of death". 2017.

<sup>2</sup> Psychology Today, "How do work breaks help your brain?" 2017.