

This is    your   
guide   
to saving  
 the  
planet.

Starting with Lincoln  
& Lancaster County.

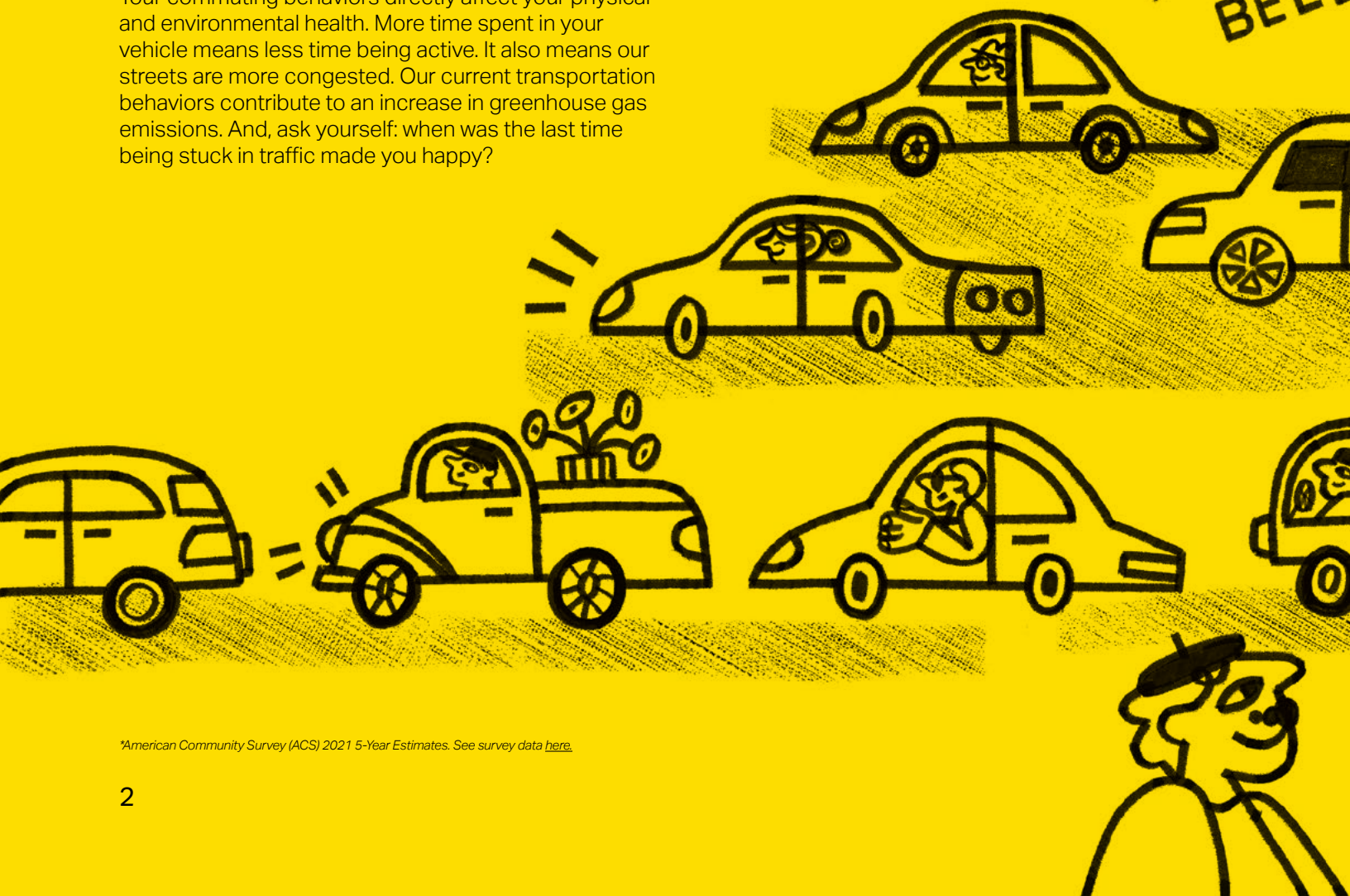


# Fasten your seatbelts. We've got some facts up ahead.

**Every day, almost 122,000 Lincoln residents** commute to work alone by driving their personal vehicle — car, truck, or van.\* Lincoln has multiple transportation options that offer you the perfect opportunity to start your internal engines and get moving in other ways!

## How can transportation affect you and your environment?

Your commuting behaviors directly affect your physical and environmental health. More time spent in your vehicle means less time being active. It also means our streets are more congested. Our current transportation behaviors contribute to an increase in greenhouse gas emissions. And, ask yourself: when was the last time being stuck in traffic made you happy?



\*American Community Survey (ACS) 2021 5-Year Estimates. See survey data [here](#).

## By the Numbers

**78%**

of Lincoln residents drive to work alone\*

**18 mins.**

is the mean travel time to get to work in Lincoln.

**22%**

of Lincoln workers commute by carpool, public transit, biking, or walking\*

The national average is 27 minutes\*

## Why should you care?

**\$2K - 3K**

Average annual fuel costs for a car, truck, or van

**65%**

of Lincoln-Lancaster adults are either overweight or obese

**45%**

of Lincoln-Lancaster adults are not meeting aerobic physical activity recommendations

## Ready for a breath of fresh air? Here is how you can help!

The community can continue to enhance their quality of life through active transportation and public transit efforts. The City of Lincoln offers several of these services.

Active transportation options encourage community members, like you, to shift away from personal vehicle use and toward walking, bicycling and other forms of non-motorized travel. Participating in active transportation is also one of the most efficient ways to build physical activity into your daily routine. Let's get moving.





**If this is your first time learning about alternative transportation options, we'll help you get acquainted.**

Lincoln's Active Transportation Services include:



**Lincoln's Bike Share Program (BikeLNK)**

BikeLNK is Lincoln's bike share program. It offers residents and visitors the opportunity to rent a bike or a pedal-assist electric bike (e-bike).



**Lincoln's E-Scooter Share Program (ScooterLNK)**

The ScooterLNK program provides reliable, safe, and accessible e-scooters to Lincoln residents and visitors in the downtown and near downtown areas.



**Lincoln's Safe Routes to School Program (LSRS)**

The goal of LSRS is to enhance student and pedestrian safety and to provide a consistent environment for drivers as they approach a school. This effort helps encourage students to walk and bike to/from school.



**Trails & On-Street Bike Facilities**

With more than 134 miles of hard surface and crushed rock trails, you can get just about anywhere using Lincoln's awesome trails and on-street bike facilities. They're gorgeous.



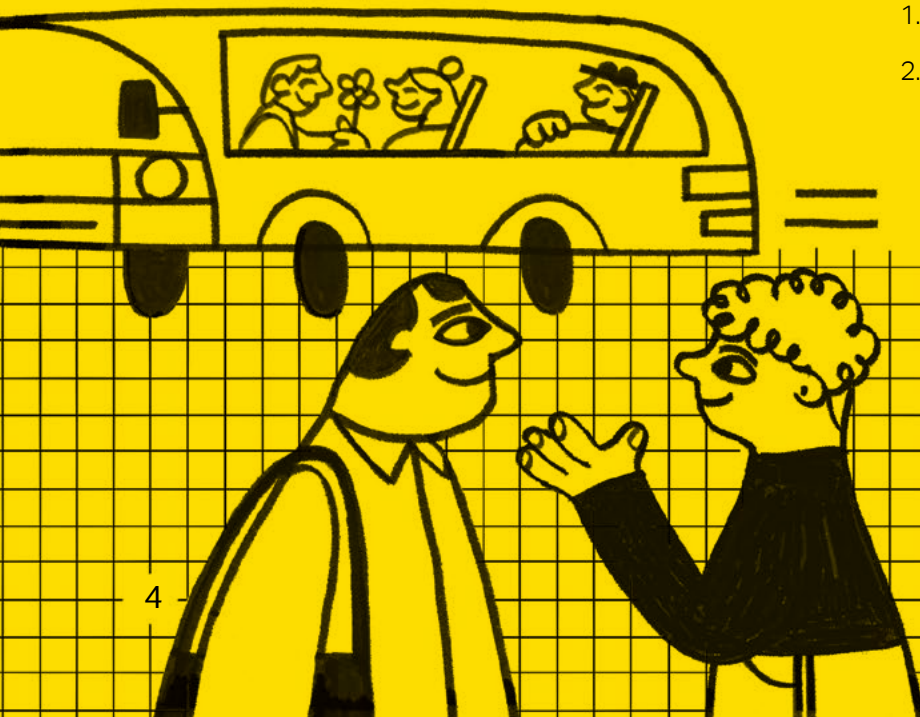
**Get to Know Lincoln's Public Transit System: StarTran**

If you are tired of the costs associated with a long commute, or if you are sensitive to the wild fluctuations of Nebraska weather, try using the public transit system. Using public transit is one of the most direct ways to reduce congestion on our streets and help reduce greenhouse gas emissions.

StarTran provides fixed bus routes and shared ride paratransit services across Lincoln. On Demand shared ride service like Uber and Lyft is also available. The mission of StarTran is to provide safe, convenient, reliable, and accessible transit services for the community, and they do a spectacular job. The wheels on the bus make this city move.

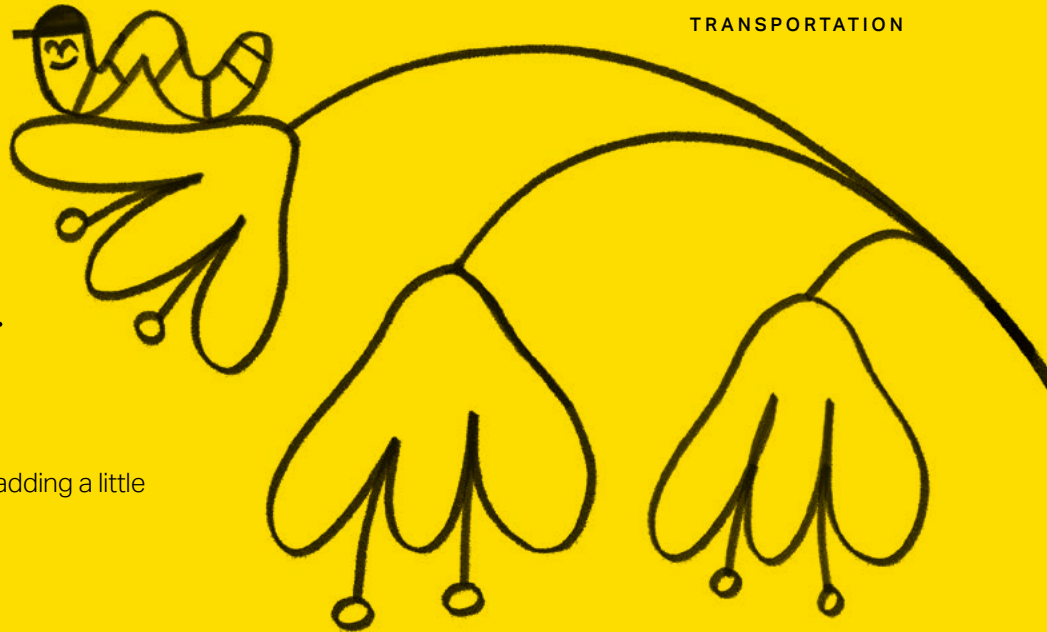
To further your environmental impact, you can supplement your bus trip with other active transportation modes. So, the next time your friend invites you to go grab coffee in downtown Lincoln, consider taking the following steps:

1. Walk to the bus stop and ride downtown.
2. Use BikeLNK or ScooterLNK to get you from the bus stop to your local coffee shop. And tell your friends to do the same!



# Have we convinced you yet?

If not, there are even more benefits to adding a little activity to your commute.



## FOR YOUR HEALTH

### Reduce Your Risk

of Chronic Disease

### Reduce your Medical Costs

Over Time

### Improve Your Mood

and Boost Your Energy

## FOR THE ENVIRONMENT

### Reduce Your Emissions

of CO<sub>2</sub>

### Reduce Your Annual Fuel Costs

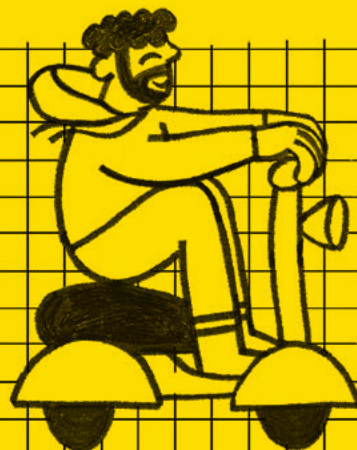
by \$450 - \$650 when you replace vehicle trips of one mile or less

### Directly Contribute

to Lincoln's Climate Action Plan Goal of creating a decarbonized and efficient transportation system

### We get it. Life can get busy!

There may be circumstances where you need to drive your personal vehicle. To keep you moving safely and efficiently on Lincoln's streets, be sure to visit the City of Lincoln website for information regarding traffic safety, traffic signals and infrastructure, street construction projects, and maintenance operations. Go to [lincoln.ne.gov](http://lincoln.ne.gov) (Search: Traffic Engineering). In the meantime, the benefits are clear – do yourself a favor and get a move on!



# Water's a Cycle

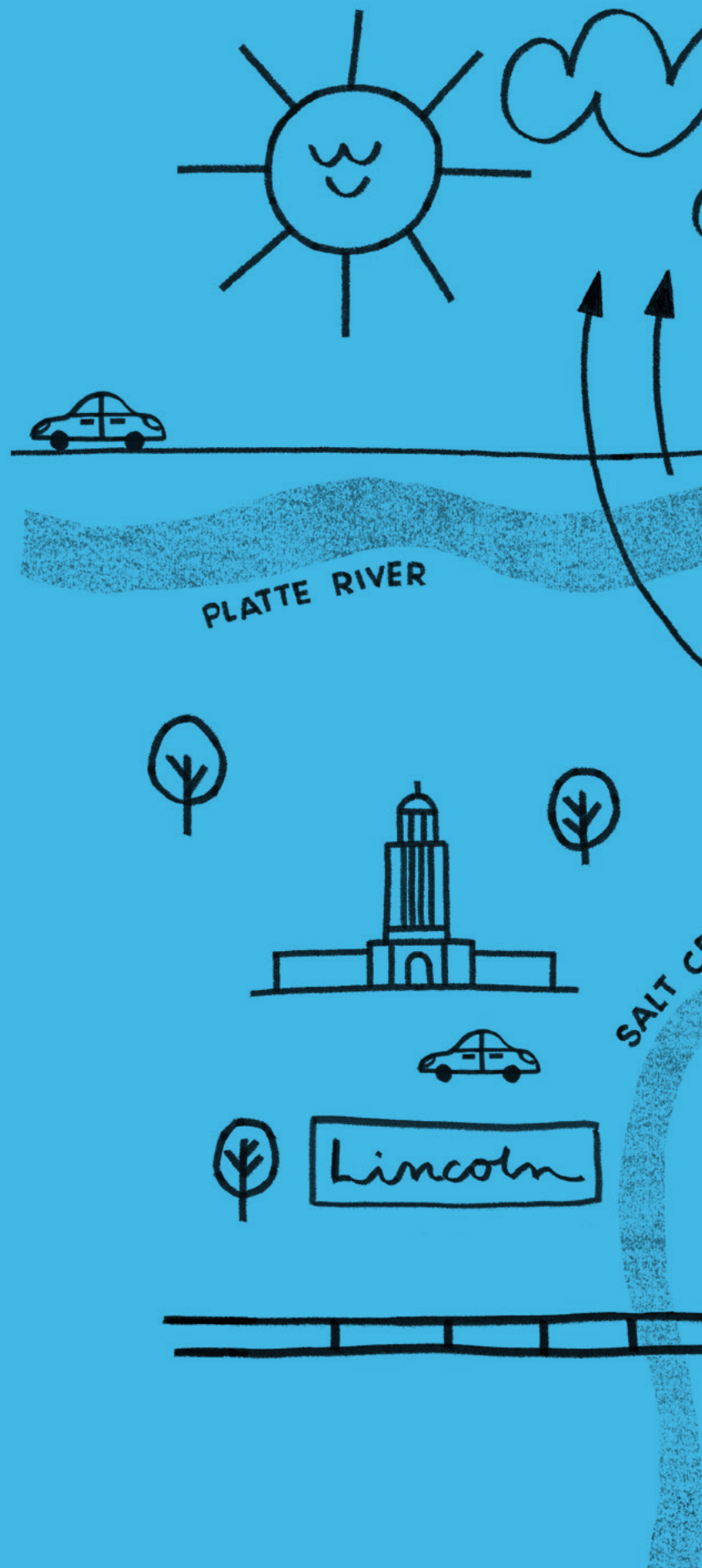
The water cycle is the continuous movement of water on Earth. Water evaporates, clouds form to create precipitation that falls back to Earth. After precipitation falls, the water is soaked into the ground or becomes surface runoff that fills streams and lakes. The water cycle repeats over and over. It never ends. Water soaking into the ground is very important because it slowly recharges groundwater, the aquifer, creeks, and streams. Water is filtered by natural processes providing a cleaner, healthier water source for our environment.

In our community, stormwater and treated wastewater are discharged into Salt Creek. Salt Creek empties into the Platte River.

Lincoln's water comes from wells along the Platte River near Ashland!

Water from the Platte River will eventually connect to the Missouri River that travels all the way to the Gulf of Mexico.

Water is a precious natural resource that we need to take care of because it travels through the water cycles over and over again. Learn how you can be a good steward of water. Get familiar with Lincoln's three major pieces of water infrastructure; Water, Wastewater, and Stormwater.





# Get to Know Your H<sub>2</sub>O

## Lincoln's Water: Tap In

Why drink bottled water when you can get yours straight from the tap?

Lincoln's water source is groundwater that is naturally high in quality. It comes from wells along the Platte River near Ashland. The groundwater is treated and meets all federal requirements set by the United States Environmental Protection Agency, as well as requirements set by the Nebraska Department of Environment and Energy. Go pour a glass of tap water and take a gulp. Refreshing, right?

For more information about Lincoln's water quality, visit [lincoln.ne.gov/WaterQualityReport](http://lincoln.ne.gov/WaterQualityReport).

## Wastewater: We're No. 1 at Taking Care of No. 2

In Lincoln, when you flush the toilet, shower, or do dishes, that wastewater either goes to Lincoln's Theresa Street Water Resource Recovery Facility or Lincoln's Northeast Water Resource Recovery Facility, depending upon where you live.

The wastewater flows through more than 1,000 miles of pipelines and 16 pump stations that keep the wastewater flowing to the treatment facility.

When items that shouldn't be flushed get sent down the toilet, they can cause a lot of problems for you and for the facilities. Problems can include plugged toilets and pipes, poorly draining sinks and showers, sewage backups, and more. Nobody wants to deal with that!

## Stormwater: What Goes Up, Must Come Downstream

Did you know the largest source of water pollution today is stormwater runoff? Stormwater runoff is when rain or melting snow flows off driveways, lawns, streets and picks up fertilizer, oil, pesticides, dirt, bacteria, and other pollutants on its way into our stormwater drains. The stormwater drains lead to our streams and rivers and will carry the pollutants they picked up along the way. Stormwater does not go through a treatment process like wastewater does.

We need your help to keep water runoff clean by picking up your pet waste, reducing excess fertilizer use, and cleaning up oil leaks. Remember, there should only be rain in the drain. Our cycle goes in a circle; it's all connected!

## Did You Know?

Lincoln's Water Resource Recovery Facilities both have anaerobic digesters that help the environment. Just like your stomach, anaerobic digesters contain naturally occurring bacteria that breaks down organic matter. During this process, a powerful

greenhouse gas called methane is produced. Anaerobic digesters work to capture the methane that is then cleaned and sold to create renewable natural gas that can be used to create quality vehicle fuel.

**Good thing the anaerobic digesters are in place!**





# “Water” You Waiting For?

Wise use of water is a good idea for many reasons. On a grand, global scale, it protects our environment and preserves this precious natural resource.

## Conserve Water

Plant with water in mind. If you need to conduct outdoor watering, make every drop count! Know your plants' needs.

- \* Invest in drought-tolerant plants ... minimal watering needed!
- \* Turn off automatic sprinklers and only use when your lawn needs it.
- \* Water less and more deeply down to the roots before dawn.
- \* Rainwater counts! Avoid watering when rain is forecasted or if it's windy to prevent evaporation.
- \* Use mulch instead of rocks to help retain moisture around your landscaping.

## What did the sink say to the water faucet?

*You're a real drip.*

- \* Check for drips and leaks around your faucets, toilets, and sprinklers.
- \* Skip a sprinkler cycle and save about \$15 per cycle on your water bill for an average size lawn.

## Prevent Drain Pain

Flush the right items to prevent costly home repairs, watermain blockages, and unnecessary wear on equipment.

### What you can flush:

- \* Toilet Paper

### What you can't flush:

- \* Rags
- \* Disposable / Flushable Wipes
- \* Feminine Hygiene Products
- \* Plastics
- \* Trash
- \* Anything Else

## Sinks & Shower Drains

### What can go down the drain:

- \* Water

### What can't:

- \* Fats, oils, and grease
- \* Hazardous waste
- \* Paint
- \* Medications

## Healthy Water = Healthy Home

The key to cleaner and healthier water is to capture rain where it falls. What can you do to keep our streams and lakes clean?

1. Pick up litter! Otherwise, your trash can become the ocean's trash. In fact, 80% of pollution in our oceans originated on land.
2. Pick up pet waste. What is left on land ends up in our water.
3. Plant a rain garden. This is a cost effective and beautiful way to reduce water runoff from your property and help filter out pollutants in runoff. Not only that, but they provide food and shelter for butterflies, birds, and other wildlife.

**Knock, Knock!**

Who's there?

**Water.**

Water who?

**Water you waiting for?**

# Watch Your Waste

**“There is no such thing as ‘away.’  
When you throw something away,  
it must go somewhere.”**

- Annie Leonard

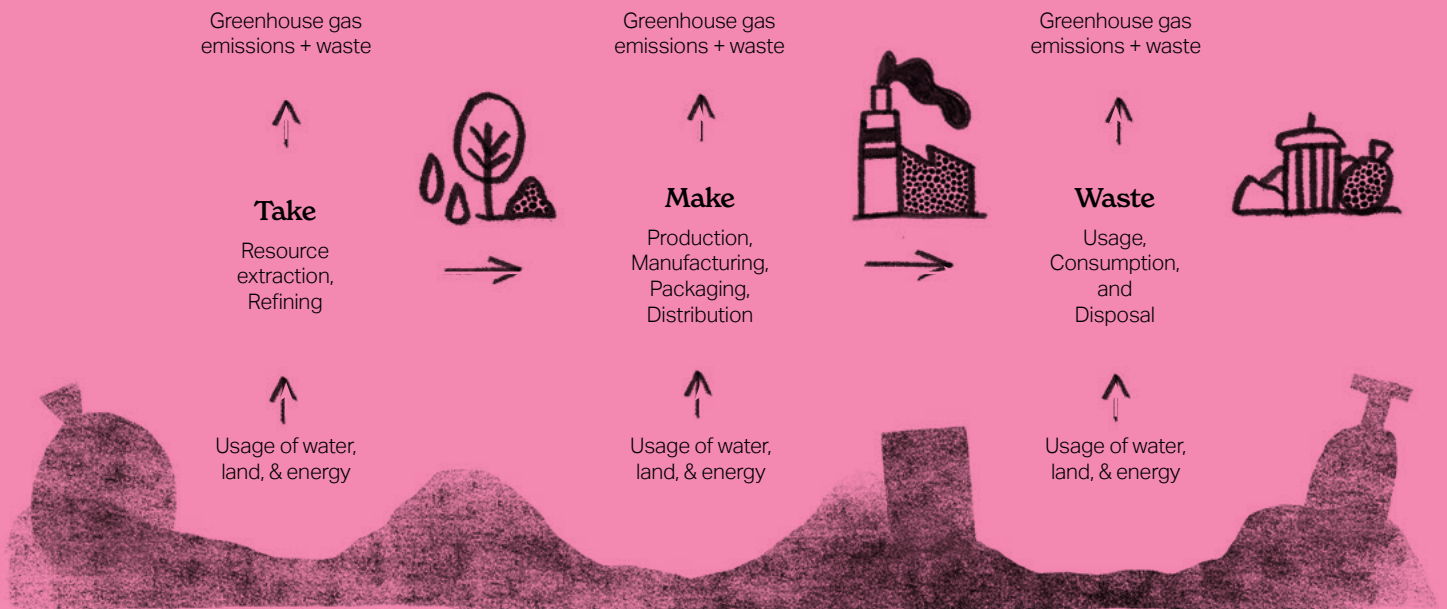
Sustainable materials management begins before you ever get to the garbage, recycling, or compost bin. It starts when you choose what to buy and what not to buy.

Currently, a lot of waste is produced during our day-to-day living activities. Environmental Protection Agency (EPA) research shows the average person produces over 5 pounds of waste daily. Approximately the same amount as every person who lives in Lancaster County, Nebraska.

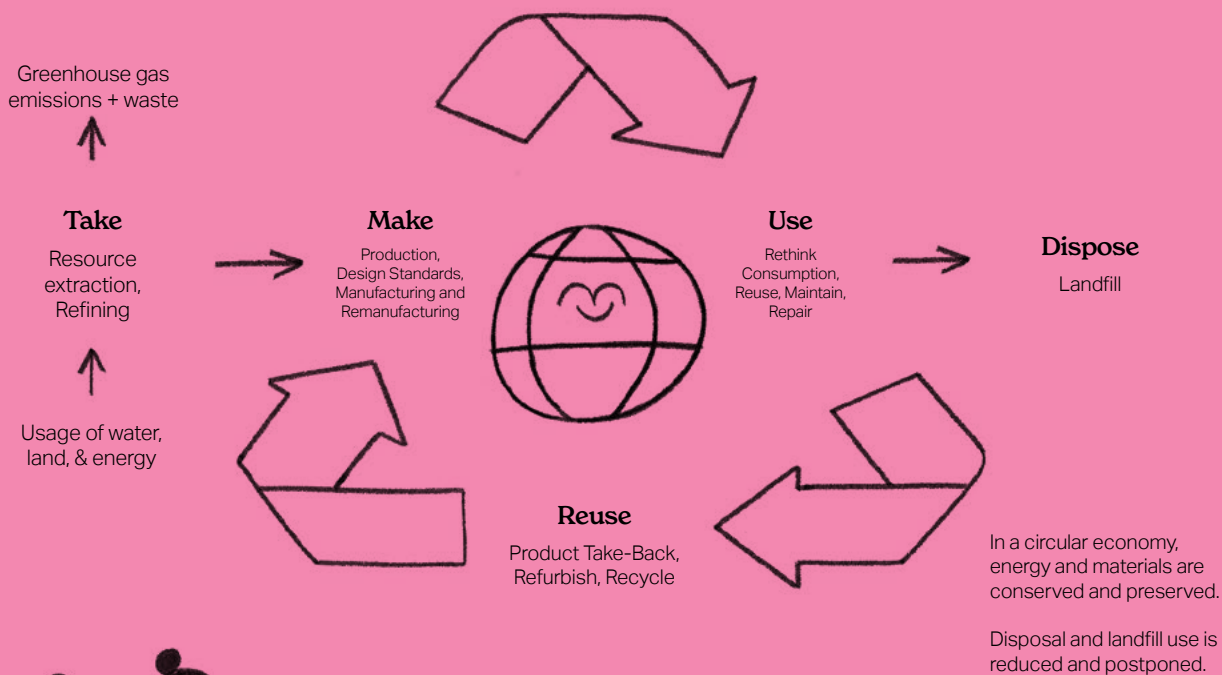
Humans are stuck in a linear economy (see chart below) and, living in a linear economy is not sustainable. We are using more natural resources than our planet can replenish and this hurts our environment. For example, cutting down trees for paper hurts our air and water. Over fertilization harms the soil and the water. Subsidizing oil production increases the use of new plastic instead of using recycled plastic.

To protect our environment and future generations, we need a circular economy. Circular economies take used materials and turn them into something new. This system reuses, repairs, remanufactures, refurbishes, and recycles used materials, which keeps them out of the landfill.

A Circular Economy is much more than recycling. It is a viable part of the solution to climate change. In contrast to the linear economy, the circular economy maximizes how materials are used and promotes better-designed products to achieve minimal waste at the end of a product’s lifecycle. This reduces the demand for natural resources and space it takes for disposal.



# A Circular Economy



**Why are pirates so eco-friendly?**  
They always follow the three “arrrrrrrs.”  
Arrrr you ready to help?

Before you make a purchase, think about the materials that go into the product and how they were obtained.

- \* Where will the product go for disposal?
- \* Can you purchase a similar item that has already been repaired, gently used, remanufactured, or refurbished?
- \* Are the items you purchase using recycled material?

This is sustainable materials management and good environmental stewardship, which is critical for healthy living. To be a part of a circular economy, people need to know where to take materials so that they don't become waste and can become resources again. Turn the page to find out where to take used materials.

# What Bin Does It Go In?

To know where to take materials so that they don't become waste, use our super-duper searchable online tool, *What Bin Does It Go In?*, which you can access at [lincoln.ne.gov/recycle](http://lincoln.ne.gov/recycle). This resource will help determine where materials can go when they're ready to be disposed of.

You can call the Recycling Hotline at 402-441-8215 to ask any additional recycling questions or to add your business to our "What Bin Does It Go In?" directory.



Check out these frequently searched items on our "What Bin Does It Go In?" app. With your help, we can reduce what ends up in the landfill.



Yard waste



Clothing



Good Furniture



Appliances



Electronics



Plastic Bags/  
Plastic Film



Different Plastic Items



Cardboard



Batteries



Glass



Appliances with Freon



Aluminum Cans

## FREQUENTLY ASKED QUESTIONS:

### Motor Oil Disposal?

Over 90 locations accept used oil in Lincoln. Try calling an automotive parts store to see if oil is accepted.

### Too Many Tires?

Call tire stores. Ask if they accept used tires for disposal, and their price.

### Latex Paint?

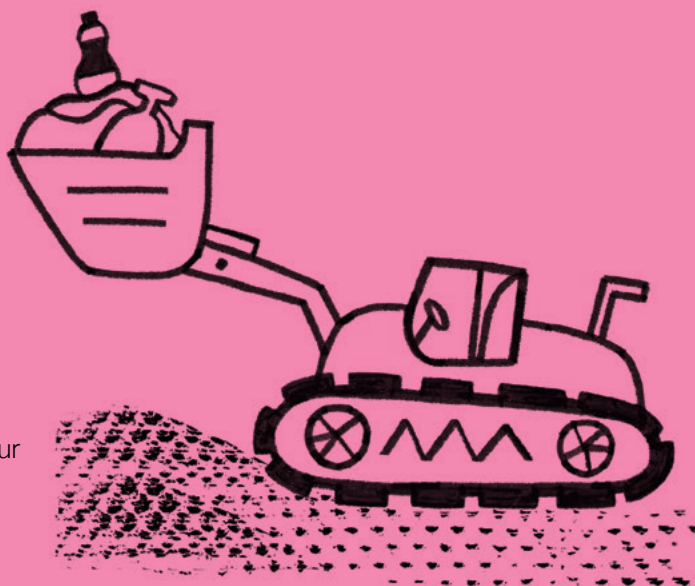
Actually, not hazardous. Dry it to a semi-solid state using cat litter or paint hardener. Once dry, remove the lid and place in your trash bin.

# Where to Dispose?

## HazToGo: Lincoln's Hazardous Waste Center

Protect your health and the environment by safely managing your household hazardous waste. Come to our year-round, no-cost, drive-thru location. Visit [HazToGo.com](http://HazToGo.com) for accepted items, extended hours, and special events.

- \* 5101 North 48th St., Lincoln, NE 68504
- \* 402-441-8021
- \* [HazToGo.com](http://HazToGo.com)
- \* Open on Wednesdays and the third Saturday of the month 9 a.m. – 1 p.m.



## Landfill

There must be a safe, regulated space where waste can go when it needs to be disposed of. Diverting waste through a circular economy will enable us to be stewards of our resources including the space in our landfill. For items that must end up in the landfill, the following locations are permitted, regulated facilities that manage waste from Lancaster County.

### North 48th Street Waste Transfer Station & Construction / Demolition Facility

5101 North 48th Street  
Lincoln, Nebraska 68504

This site provides waste disposal services for Lancaster County residents and limited construction and demolition disposal. Payment options include cash, check, and established accounts.

### Bluff Road Solid Waste Management Facility

6001 Bluff Road

This site provides waste disposal services for Lancaster County commercial refuse haulers. Cargo space must be more than 60 sq. ft. Payment options include cash, credit, check, and established accounts.

At both facilities, loads must be covered and secured and customers must observe codes of conduct, follow material and vehicle requirements, and provide accepted payment methods (where applicable).



# What Can You Do?

## Recycle Right

- \* Contact your waste hauler to add curbside recycling to your waste service. It'll save you time!
- \* Use a Recyclables Collection Site
- \* Know the Top 5 Items you **CAN** recycle:



PAPER



CARDBOARD



ALUMINUM



PLASTIC

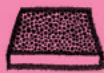


TIN

- \* And the Top 5 Items you should **NOT** recycle:



PLASTIC BAGS



STYROFOAM



GARDEN HOSES



DIRTY RECYCLABLES



GLASS  
(in curbside recycling)

## Reduce Food Waste

- \* Wasting food in the United States causes greenhouse gas emissions equivalent to those of more than 50 million gas-powered passengers vehicles according to the EPA.
- \* 1/3 of the food produced in the United States is never eaten.
- \* One of the biggest things you can do to reduce your environmental footprint is to stop wasting food. This will help:
  - Conserve natural resources including water, land, and fuel
  - Save you money
  - Support social justice

## Healthy Soil = Healthy Planet

- \* Adding compost to your yard instead of synthetic fertilizer will help your yard look lush and make the microbes in your soil happier. And, who doesn't love happy microbes?
- \* Learn more about EarthFuel compost or compost from other companies around Lancaster County.

## Engage in Civic Action

- \* Make your neighborhood look better, protect the environment, and get paid to do it. Keep Lincoln and Lancaster County Beautiful (KLLCB) offers grants to groups that complete litter cleanups. Apply online or call 402-442-8035 for more information.
- \* Keep litter out of our waterways. Organize a litter cleanup and borrow supplies from KLLCB!
- \* Report illegal dumpsites for cleanup by calling 402-441-8022.



THRIFT BUY LESS  
REUSE

RECYCLE COMPOST  
HAZTOGO

**ACTION!**



WALK BIKE BUS  
SCOOTER

FLUSH RIGHT SAVE WATER  
PLANT WISELY

# HAPPIER & HEALTHIER COMMUNITY



**And yes,  
this book is recyclable.**

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