

## Recycling in Pedasí

### Aluminum

- ▶ **Examples:** aluminum beverage cans, food cans like packaging for tuna, soup, olives etc.
- ▶ While there is no set collection or pick-up in the town of Pedasí, trucks occasionally drive by collecting aluminum cans and large scraps. If possible, save your aluminum and listen out for these collection announcements (similar to the announcements made by fruit vendors, the truck will have a speaker announcing the collection) or take cans to the recycling centers listed below.

### Reducing waste through compost

Composting is an excellent way to reduce the amount of trash a household adds to the waste stream, while simultaneously producing an excellent garden fertilizer! Vermi-compost is an excellent option for those with limited outdoor space. There are links available on the AEP website for more information on how to get started. To see vermi-compost in Pedasí and get starter worms contact Dr. Eliecer Vera (gavilan7ev@gmail.com)



### CONTACTS FOR RECYCLING IN PEDASÍ:

Marco Vergara (Edith Diaz (6752-8696))

This eco-guide is a living document. If there are any errors, comments or clarifications to this info please contact Azuero Earth Project in person, by email, or phone:

[info@proecoazuero.org](mailto:info@proecoazuero.org)

(507) 995-2995

*Authors: Megan Corbett-Thompson, Megan Zimba, Leo Mena*

*Collaborators: MiAmbiente Las Tablas/Pedasí, Ruth Metzel*

Follow us on Facebook, Twitter and Instagram @proecoazuero



# REDUCE, REUSE, RECYCLE

## A GUIDE ON WASTE IN THE AZUERO PENINSULA



Trash on the Peninsula, even in dumps, is frequently subjected to open-air burns. Burning releases toxins into the air which can cause cancer, respiratory conditions, nausea, headache, skin irritations, and permanent damage to nervous and reproductive systems (US EPA).

## How to reduce, reuse & recycle

Here are some strategies to help reduce the amount of trash that is created and burned reducing the threat trash burning poses to human health.

### 1. Reduce means to lower the amount of waste produced by buying or using less. To reduce consumption:

- ▶ Avoid buying products that are difficult to recycle. For example, Styrofoam products are made of 90% air. Due to its low density, it is rarely recycled.
- ▶ Avoid using plastic bags when you go to the store by using a cloth bag or simply carrying goods in your hands if you only have a few items.
- ▶ Buy items in bulk when possible to avoid unnecessary packaging. Individually packaged snacks are convenient but create a lot of trash. Instead buy a larger quantity and package things in reusable containers.

### 2. Reuse means to use an item for many purposes, rather than throwing it away after one use.

- ▶ Reuse old plastic bags when possible by taking them back to the store with you.
- ▶ Take old plastic bottles, cups and containers and use them again or re-purpose them. For example, vegetables or tree seedlings can be planted in small re-purposed plastic containers.

### 3. To recycle means to convert waste into another item that can be of use.

- ▶ Aluminum cans can be melted down and made into new cans. Aluminum can be reused without any change in the quality of the metal.
- ▶ Plastic bottles can be melted down and used to make other plastic products. However, each time plastic is recycled harmful toxins are released and the quality is downgraded until it is no longer recyclable.
- ▶ Buy soda and beer bottles (ask your local store what brands they accept) that can be returned for a deposit under the bottle return system used in Panama .

## Recycling centers in Azuero and Panama

Note: Recycling centers receive different recyclables based on what they will be able to sell to outside institutions. Call ahead to make sure they are currently accepting your items.

### Recimetal

El Uverito Dump, Las Tablas/ Main Street  
Tel: 6931-1794

### Reciclado Los Cantos

Vía El Agallito, Chitré  
Tel: 6530-9092

### Reciclado Pamersa

Vía Tocumen close to Río Juan Diaz Bridge, Chitré  
Tel: 220-4481

### Recimetal La Villa de los Santos

Tel: 6557-8537

### Recimetal Boca de Parita/Monagrillo

Ave El Puerto, Boca de Parita, after the exit for Playa Retén, to the right  
Chitré  
Tel: 970-1719

### Centro de Acopio y Manejo de Desechos sólidos FCDS/FAS Panamá

Calle Rodolfo Benítez, Edificio 216  
Ciudad del Saber, Panamá  
Tel: 306-3700

### Punto Limpio Betania

Parque Santa Eduvigis, Panamá (Collection box)

### Recicla Panamá S.A.

Juan Díaz, Los Pueblos, Calle A  
Desarrollo Los Alcázares  
+(507) 391-2376

### Costa Recicla

Avenue Centenario, Behind the Banco General  
Costa del Este, Panamá  
costarecicla@gmail.com