South Wood County
SUSTAINABILITY GUIDE

FREE
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Be Part of the Solution. Recycle...Reuse...instead of throwing it away. Reduce the amount of waste in our landfills...

Here’s how:

The city of Wisconsin Rapids publishes an annual “Recyclopedia.” Everything you need to know about recycling is contained in that booklet. It is free to all citizens in South Wood County or on the web http://streets.wirapids.org. You can find a free copy at the City of Wis. Rapids offices at 1411 Chase Street, Wis. Rapids or by calling 715-421-8218.

Other websites to check out are: THE CLEAN GREEN ACTION Facebook page www.facebook.com/cleangreenwr Join the “SHARE YOUR STUFF IN SOUTH WOOD COUNTY” Facebook page. A group for sharing FREE stuff you don’t need anymore. Nothing for sale, no ads, just free stuff from one person to another.

THE CENTRAL WISCONSIN SUSTAINABILITY NEWSLETTER www.uwsp.edu/cnr/landcenter/sustainability.html

RECYCLING CONTAINERS are available to check out for your local event. These containers are easy to set up, come with a collection bag, and they’re free to check out. Whether it’s your organization’s fundraiser, a wedding, party, family reunion, or whatever the event, please take time to keep recyclable materials out of our area landfills. For more information, contact Carol Davis at cdavis@incouragelf.org or by calling 715.423.3863.

WFHR radio 1320 on your AM dial has a morning show, “Over the Back Fence” Mondays through Fridays, from 11:00AM-12:00PM. You can sell, buy, or give away items by calling into the show: 715-424-2600.

CHOOSE-TO-REUSE
Check with your local municipalities for dates and times. The communities of Grand Rapids, Grant, Nekoosa, Seneca and Saratoga participate. Anyone can bring their used items to drop off. The Town of Rome hosts this event every month.

The city of Wisconsin Rapids picks up recyclable materials every other week on designated garbage pick-up days. Recyclables need to be separated into two categories: Paper Products and Container products (glass bottles, jars, tin, aluminum cans and #1 through #7 plastics). All should be rinsed out and labels removed. Any weather resistant tote can be used to put these items in for pick-up. Paper can be put in a paper grocery bag.

Other South Wood County areas should check with Veolia (715-421-3966) or their local municipality in regard to recycling questions.
ITEMS TO RECYCLE

PAPER

(See RECYCLING PICK-UP)

Corensio – 800 Fremont Street, Wisconsin Rapids Open Mon. - Fri. 7 a.m. -10 p.m. and Sat. from 7 a.m. to 3 p.m. Closed on Sundays/holidays.

ODC, 911 Huntington Ave., Wisconsin Rapids, At the loading dock off of 10th Street. Open Monday – Friday, 7:30 a.m. -6 p.m. Saturday 8 a.m.- Noon

L & J Recycling, 3051 Hwy 13 N., Wisconsin Rapids

Express Recycling, 480 Strodman Ave., Wisconsin Rapids, Open Monday – Friday, 10 a.m. -4 p.m. Saturday 9 a.m. – 1 p.m.

COMPOST

Compost leaves, grass clippings, garden waste, brush, and tree branches

EAST SIDE: Located at the intersection of HWY 54 and CTY W
Open Mon- Wed. 12:00 a.m. – 7:00 p.m. Saturday – 10:00 a.m. – 5:00 pm.

WEST SIDE: Located on 17th Ave. N. (North of Engel Road) Wis. Rapids
Open Mon., Wed., Fri. 7:30 a.m.–2:30 p.m. Tues., Thurs., 7:30 am.–7 p.m. Saturday 10:00 a.m. to 5:00 p.m.

A pass is needed to use either site. City residents can get their free pass at the City Garage office at 1411 Chase St. Residents of Grand Rapids, Biron, Seneca, Grant, Milladore, Sigel, Vesper, Arpin, Rudolph, Richfield Center, or Saratoga may buy a season pass for $35 from their town clerk. The city of Wis. Rapids also provides brush pick-up for their citizens. For information call: 715-421-8288

RECYCLING PICK-UP

Items accepted include:

Mixed paper, newspaper, cardboard, and wrapping paper other than foil or plastic laminated.

Glass bottles/jars-all colors; should be clean with labels removed.

Tin/Aluminum-includes all cans-cleaned with labels removed. No aerosol or paint cans.

Plastics-number 1 through 7. No polystyrene or plastic film.

Aseptic packaging, including coated paper cartons that some juice or broth comes in.

COMPUTERS & ELECTRONIC WASTE

Wisconsin Law prohibits all forms of electronic waste from entering community landfills. The following are businesses who take electronic waste. A disposal fee may be charged for some items.

RCO Computers 715-421-9644
ODC 715-424-2750
L & J Recycling 715-423-8239
Audio-Video Sales-Service LLC 715-423-5771
Express Recycling 423-4999
Zach's Computers 715-424-5153

Choose to Reuse events (see page 1)
APPLIANCES
Badger Iron & Metal, 9230 Hwy 54 East, Wis. Rapids, 715-423-8988
Monday – Friday 8:30 a.m. - 5 p.m.
Saturday 8:30 a.m. - 3 p.m. $15 charge for items with refrigerant.
L & J Recycling 715-423-8239
Express Recycling 423-4999
Nekoosa Auto Iron & Metal, 369 Ten Mile Ave., Saratoga, 715-886-4716
Monday –Friday 8 a.m. - 5 p.m.
Saturday 8 a.m. - Noon
$20 charge for microwaves and appliances with Freon. For other metal, they pay by the pound.

TIRES/BATTERIES/OIL
Wisconsin Rapids City Garage-1411 Chase Street Waste oil drop-off site
The town of Grand Rapids Town Garage-Waste oil drop-off site
Gray’s Service in Port Edwards 715-887-4100
Matthews Tire Center 715-423-2010
Wal-Mart Super Store 715-423-5877

MEDICINES
National Take Back Initiative held in April - Most law enforcement agencies across the country will be accepting unused and out of date medication on this day. Unused medication can be dropped off at the Wisconsin Rapids Police Department during lobby hours, Monday-Friday, 8 a.m. to 4:30 p.m.

USED CLOTHING
There are numerous businesses and community resources that will accept your clean and gently used clothing and other household items
Baker Street Community Church 640-Baker St. 715-421-5335
Bethesda Thrift Shop (in the Rapids Mall) 715-423-2959
Career Closet 1905 Washington Street (behind Baker St. IGA) 715-424-7544
Family Center 500 – 25th Street N. 715-421-1511
Goodwill 2561-8th St. Wis. Rapids 715-421-2991
Hope’s Door (RCH, the old Preway building) 1430 2nd Street N. 715-421-2622
Energy Saving Tips and Tricks

1. Buy energy efficient light bulbs. They are just as bright, last much longer, and use far less electricity.
2. Turn off lights when they are not needed and when you leave a room.
3. Unplug devices when not in use. Even though a device is “off” as long as it is plugged in, it will continue to use energy.
4. Turn off the television when you are not in the room.
5. Plant trees to save energy for heating and cooling your home. Position the trees on the southern and western sides of the home.
6. Install ceiling fans and use portable fans and turn the air conditioner up.
7. Put on extra clothing or a jacket and turn the heat down.
8. When not using the fireplace keep the damper closed.
9. Install programmable thermostats to cut energy use while no one is home and yet have the temperature at a comfortable level when you get home!
11. Use the microwave or toaster oven when you can instead of heating your conventional oven.
12. When cooking items on your stove or in your oven, turn the burners off a few minutes before your items are done. The heat already contained in the burner elements and the items being cooked will be enough to complete your cooking.
13. Don’t use the heater on the dishwasher. It will take longer for the dishes to dry but you will use far less energy to do so.
14. Only run the dishwasher when there is a full load.
15. Don’t use the dryer when drying just a few articles of clothing.
16. Dry two loads of laundry at once.
17. Go easy on the use of hot water.
18. Wrap the hot water heater with an insulation blanket.
19. Turn the temperature down a few degrees on your hot water heater.
20. Have a home energy audit.
21. Insulate and weather strip around doors and windows.
22. Add energy conserving window coverings to reduce energy loss.

(Taken from WWLC website)
ENERGY CONSERVATION

To reduce your heating and electric bills the following will be helpful:

McMillan Memorial Library-loans devices that measure the amount of electricity your appliances are using. They are wattage meters. Go to http://www.mcmillanlibrary.org or call 715-422-5136.

Focus on Energy-Go to http://www.focusonenergy.com or call 800-762-7077. Provides information on home energy audits, incentives and other information related to making your home more energy efficient and reducing your heating and electricity bills.

Energy Star provides a home assessment tool. Go to http:// energystar.gov. This tool helps determine your energy efficiency needs.

Wisconsin Rapids Water Works and Lighting Commission (WWLC). Go to http://wwwwlc.com for a menu of programs and links to assist with energy savings. Click on SmartHub to access your household energy use for the month, day or hour. You may also call them at 715-423-6300.

Energy Assistance Program. To enroll call (715) 421-8695 in Wisconsin Rapids or (715) 387-6374 in Marshfield. You may qualify for energy assistance and weatherization of your home. You must be income eligible.

Energy Efficient Appliance Brands. To find out which appliance brands offer the most energy efficient products you can consult: http://toptenuse.org. Provides a list of the top rated brands and models for many electrical appliances.

BUYING LOCALLY

Consult the Farm Fresh Atlas, an annual publication that is available free of charge at several area merchants and at the UW Extension office at the Wood County Courthouse.

FARMER’S MARKETS

Wisconsin Rapids Market
Wisconsin Rapids Mall parking lot
Thursdays from 9 am to 3 pm and
Saturdays from 8 am to 12 pm from
June through the end of October.
Indoor market November-December. Contact is 715-421-3500.

Peach Street Market
Aspirus parking lot on Tuesdays,
June through Sept. 8 a.m. to Noon.
715-422-5624

Rome Market
Alpine Business Park off of State
Highway 13, Rome, Fridays, 8 am
to 1 pm, Memorial Day weekend through end of Sept. 608-220-1796

Pittsville Market
Baum’s Mercantile parking lot, Fridays from 9am to 2 pm. 715-884-2114
WOOD COUNTY FARM STANDS
Altenburg’s Country Gardens
7020 Highway 54 East, Wis. Rapids
Monday – Saturday, 9 am to 6 pm,
11am to 5 pm Phone: 715-421-2943

Cee Dee Acres
Goodwill Parking Lot, 2561 8th
Street South, Wisconsin Rapids
Monday-Saturday, 10am to 6pm,
Sundays 11 am to 4 pm

Independent Farm Growers
Dollar Tree parking lot, 3221 8th
Street South, Wisconsin Rapids
Daily, 8 am to 2 pm

Jack’s Farm Stand, 4110 8th Street
South, Wisconsin Rapids
Monday-Saturday, 10 am to 6 pm,
Sundays 10 am to 2 pm

Reinke’s Down on the Farm, 1011
48th Street South, Wisconsin Rapids
Tuesday-Saturday, 10 am to 6 pm,
Sundays, 11 am to 6 pm

BUYING LOCALLY and
COMMUNITY SUPPORTED
AGRICULTURE (CSA’S)

Altenburg’s Country Gardens, LLC
See also: FARMER’S MARKETS
Web: www.altenburgsfarm.com
E-mail: altenburgs@tznet.com

Arnold’s Strawberries, 343 County
Road PP, Rudolph, 715-435-3322
Web: www.arnoldsstrawberries.com

Bices’ Quality Critter Ranch, LLC
4295 Apple Road, Vesper,
715-424-5159, Email:
BQCR44@hotmail.com
Web: www.bicesranch.com

Earthways Family Farm CSA,
W229 Granton Rd., Chili, WI 54420
Pick-up location at Wisconsin Rapids
UPS at 2511 8th St. S.

Ellis Ellis & Dahlman
N 6933 Ellis Road, Pittsville,
715-884-7343
Dairy State Cheese Company
6860 State Highway 34, Rudolph, WI,
715-435-3144

Glacial Lake Cranberries, 2480
County Road D, Wisconsin Rapids
715-887-4161
Web: www.cranberrylink.com
E-mail: info@cranberrylink.com

Malek’s Berry Ranch, 1792 Cty. Rd. G,
Nekoosa 715-886-5989 or 715-340-6543
E-mail: jlmalek@wctc.net

Pete’s Market and Locker Service,
1665 Main Street, Rudolph
715-435-3250
E-mail: petesmrk@wctc.net

Pleasant Valley Eggs and Meats
5741 State Highway 186, Vesper
715-569-4755 or 715-213-6096

Ruehr’s Down on the Farm, LLC
See also: FARMER’S MARKETS
715-423-7663 or 715-423-5678
E-mail: nmireinke@gmail.com
Web: rein kesdownon thefarm.com

Ruesch Century Farm Organic
Cranberries, 5174 County Highway D,
Vesper, 715-213-4468
Web: www.organic-cranberries.com
E-mail: brianruesch@yahoo.com

Ruesch’s Maple Syrup, 5094 Meunier
Road, Vesper, 715-569-3994
Todd Hetzel Farm  
5946 Cty. Trunk S, Wis. Rapids  
715-421-5650  

Twin Lake Cranberry Company  
5526 Highway 186, Vesper  
715-569-4595 or 715-569-4017  

Vespertine Garden (CSA)  
5470 Spruce Road, Vesper,  
715-572-3813  
Web: vespertinegardens.blogspot.com  
Email: vespertinegardens@hotmail.com  

Sunny Sky Farm CSA  
9697 Lake Meyers Road, Amherst Junction, WI 54407, 715-824-2697  
www.sunnyskyfarm.com  

V-6 Country Store  
5790 County Road F  
(715) 540-6845  
M, T, Th, F Noon to 5:30 p.m.  
W 10 a.m. to 5:30 p.m.,  
Sat. 8 a.m. to Noon  

Family Natural Foods,  
910 West Grand Avenue,  
Wisconsin Rapids, 886-291-3284  
Web: www.familynaturalfoods.com  

COMMUNITY GARDENS  

School gardens that are part of Wood County's Farm to School program.  
Click for more info.  

See also: CSA'S  

GROWING FRIENDS  
COMMUNITY GARDEN  

Located on the corner of Hill and Spruce Street near Riverview Hospital. Plots are leased for the growing season. 715-423-0350  

HEALTHY FOOD CHOICES  
SMART MEALS RESTAURANTS  

Baker Street Grill, 715-421-5858  

Homestead Supper Club  
715-423-7577  

The Eatery by Great Expectations  
Mon.-Fri., 11 a.m. to 2 p.m.  
715-423-3190  

Lunch by the River Veteran's Memorial Park, Wisconsin Rapids  
Thursdays, 11 a.m. to 1 p.m.  
June through end of August  

SOURCES OF INFORMATION  

UW Extension located in the  
Wood County Courthouse,  
400 Market Street, Wis. Rapids,  
715-421-8440  

Farmshed, www.farmshed.org and  
www.farmfreshatlas.org  

Economical Ideas  

1. Shop less frequently.  
2. Make a shopping list.  
3. Use sales, generic and coupons.  
5. Plant a garden.  
6. Think frozen, canned, and dried.  
7. Buy prepackaged only if you need it.  
8. Buy and cook in bulk quantities.  
9. Buy directly from producer.  
11. Buy a freezer and learn to can.  
12. Shop the perimeter of the store.  
13. Shop at ethnic stores.  
14. Read labels for content.  
15. Purchase appropriate amounts.
MONEY SAVING OPTIONS
COMMUNITY MEALS/PANTRIES

The Neighborhood Table serves a free meal every Thursday night and the last two Tuesdays from 4:30 to 6 pm at United Methodist Church, 441 Garfield St., Wisconsin Rapids. To order takeouts call 715-422-1980. Feeding America Mobile Pantries also offered at this location during warm weather months.

Faith Reformed Church has a free meal on the last Monday of every month from 5 pm to 6 pm. Located at 1321 32nd Street North, Wisconsin Rapids 715-423-3085

Ruby’s Pantry, third Sat. of each month at 501 17th St. S. 715-423-3260

STORE DISCOUNTS

IGA Stores gives senior citizens a 5% discount every Tuesday

SOUTH WOOD COUNTY EMERGING PANTRY (SWEPS)

Located at 331 12th Ave. S., Wis. Rapids. M, W, Th, F Noon to 4 p.m. Th 5 to 8 p.m. Available to qualifying clients on monthly basis. 715-422-2050

FOODSHARE (Food Stamps)
Click to fill out application.

SENIOR LUNCH SITES

Must be 60 years old, suggested donation is $3.30 or may use food share, need to call one day ahead for reservation. No one over 60 will be turned away. Meals sites in Wis. Rapids are open Monday thru Friday at 11:45 AM.

Centralia Center, 220 3rd Avenue South, 715-421-8900
Huntington House, 2521 10th Street South, 715-421 1094
Parkview Apartments, 1750 2nd Avenue South, 715-424-3785
10th Avenue Apartments, 220 10th Avenue North, 715-421-1292
Pittsville Community Hall, 5291 Main Street (open Tues, Thurs. Fri), 715-884-6772

HOME DELIVERED MEALS FOR SENIORS

Meals on Wheels from Riverview Hospital, Wis. Rapids. For special dietary needs, call Mary Schoonover at 715-421-7447.

Home Delivered Meals from Centralia Center Call 715-421-0014 to determine if you qualify.

WIC PROGRAM

Provides food for needy families with children less than 5 years of age. Located at 420 Dewey Street on the 4th floor of Riverview Clinic building. For qualifying criteria call 715-421-8950
Web Site: www.co.wood.wi.us
E-mail: wic@co.wood.wi.us
Transportation as of May 2012

River City Cab. (715) 424-4595.
One way fare within Wisconsin Rapids city limits:
- Regular fare - $3.25 cash.
- Students - $2.75.
- Seniors, 60 or over or disabled w/I.D.- $1.75 cash.

For fares outside the city limits, the fare is based on mileage @ $1.25/mile.

Bus Transportation

Lamers Bus Lines. One way travel fare from Stevens Point to Madison, $30. Depart from either Olympic Family Restaurant (11:05 a.m.) or UWSP (11:10 a.m.) Stevens Point. Daily bus service. Phone (715) 421-2400,

One way fare from Rothschild to Milwaukee: Bus (8:45 a.m.) to downtown Milwaukee - $42; to airport - $46. Senior discount available. Call (800) 261-6600. Daily bus service.

For elderly and disabled South Wood County citizens:
Daily bus rides on a regular route in the city - $1.50 each way. Bus ride FREE if you shop at W. Grand IGA or Baker Street IGA. For more information, call (715) 421-0014.

Preplanned volunteer drivers for those living outside Wisconsin Rapids city – fare based on mileage. Call Brandon Vruwink at the Wood County Dept. of Human Services at 715-389-0230.

Transportation Suggestions

RIDESHARE is a state carpool and bike buddy-matching program. This program is accessed online for sites in and around Wisconsin Rapids. The website gives complete information on various other programs. www.rideshare.wi.gov.

UBER ride share app
Click here to sign up

Free Delivery of Medications

Some pharmacies, if contacted, will deliver to customers those medications that are needed.

River Riders Bike Share

Bikes and helmets available to check out during warm weather months at Hotel Mead, Wood County Health Dept. (Riverview Hospital), YMCA Pepper Ave., & W. Grand IGA.

Travel Tips

Consolidate your errands.

Steady speed saves fuel when traveling.

Maintaining your vehicle results in better mileage.