

**MIDACグループ** 

**家庭ごみの定期回収** を行っています  
ごみ集積所まで持っていくのが困難な方など  
**不用品回収・処分なら…**

ごみはミダック  
**0120-538309**  
受付時間 9:00~18:00 (土日祝を除く)

可燃ごみ 週2回の回収で  
月**3,000円**~  
排出量、頻度、場所等によって変動します

らくらく便利  
ご自宅回収 **お見積り無料**

株式会社 **ミダックライナー**  ▼グループHP  
浜松市東区有玉南町2163  
TEL 053-471-9380

ミダックグループはごみの減量を推奨します

**不用品・粗大ごみの回収は、**  
おかげさまで  
創立70年!

廃棄物の適正処理業者  
**三共** に、  
**お任せください!**

スタッフ2名、車両1台でお伺いし、  
お部屋の中からお運びします。  
お気軽に、ご相談ください。

**実績のある三共だからこそ、選ばれています!**

**Sanryo** 一般廃棄物収集運搬業 お問い合わせはこちら  
**株式会社 三共** **0120-39-6101**  
静岡県浜松市南区田尻町203番地1 電話受付時間 9:00~18:00 (日曜を除く)

<http://www.sankyo-kun.jp/>

浜松市のごみ分別検索・ごみ出しアプリ  
**どこすてナビ**  
浜松市のごみ捨ての疑問は  
どこすてナビにおまかせ! **無料**

事前に通知!  
収集日がわかる!  
ごみ分別の検索!  
ダウンロードしてね!

浜松市専用  
ごみ分別アプリ  
どこすてナビ  
ダウンロードしてね!

power by 浜名クリーン

ダウンロードはこちら!  
iPhone・iPadはこちら  
Androidはこちら

株式会社 **浜名クリーン** 〒431-1111 静岡県浜松市西区伊左地町2106-1 TEL:0120-932-114

企業・ご家庭のお悩みごとを解決します!  
粗大ごみ・家電製品・家具寝具・食器・健康器具・自転車...  
**スッキリ、丸ごと  
お片づけ!** **お見積り無料**

子供が独立して  
不要な家具が多数ある

老人ホームに入居するので  
自宅の不要品を処分したい

信頼できる  
許可業者に  
依頼したい

高齢・病気などの  
理由で、自分で  
廃棄できない

納屋の中身も処分して  
納屋の解体もしたい

遺品整理を任せられる  
業者を探している

リサイクルクリーンは静岡県および浜松市から収集運搬業・処分業の優良認定を受けています!

株式会社 **リサイクルクリーン**  
**0120-01-5255**  
E:mail info@recycle-clean.co.jp  
浜松市天竜区二俣町二俣 4-1

**Special Edition**  
**Guidebook to Reducing Rubbish**

Let's reduce rubbish together.

**You can start today.**  
**Techniques for Reducing Rubbish**

Leave it to me!  
Let's reduce rubbish  
with secret techniques.

Shusse Daimyo  
**Ieyasu-kun**

**SUSTAINABLE DEVELOPMENT GOALS**

■ Guidebook to Reducing Rubbish Published in March 2023  
Rubbish Reduction Promotion Division,  
Environmental Department, Hamamatsu City  
Kamoe Annex, 3-1-10, Kamoe, Naka-ku, Hamamatsu City 432-8023  
Phone: 053-453-6192 Fax: 050-3737-2282



**Hamamatsu City**

Let's work together!

Hamamatsu City's Goals



Let's each reduce our rubbish by  
**100 grams a day!**



**We must start now for the future!!**

Even if each person's effort is small, if **we all work together**, we can make a big difference in reducing rubbish.



**Gomi Genzo**

Genzo is a ninja born and raised in Hamamatsu City. He excels at sorting rubbish and supports rubbish reduction efforts from the shadows.

**Genzo's friend Gomi Suppon**

Genzo's childhood friend and trustworthy sidekick. He's shy, but he doesn't let go once he bites.



**What are the benefits of reducing rubbish?**

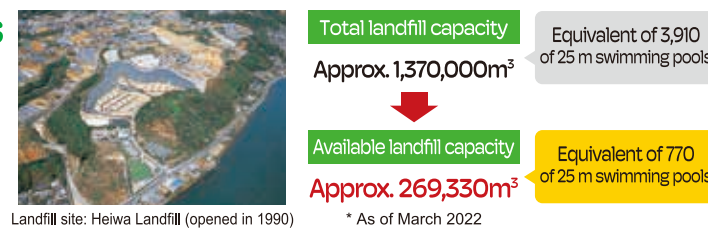
**Protect the earth's abundant nature**

Reducing rubbish will allow us to use our limited resources, such as petroleum and forests, wisely for a long time. At the same time, we can reduce the energy required to transport and dispose of rubbish and the generation of carbon dioxide, a cause of global warming.



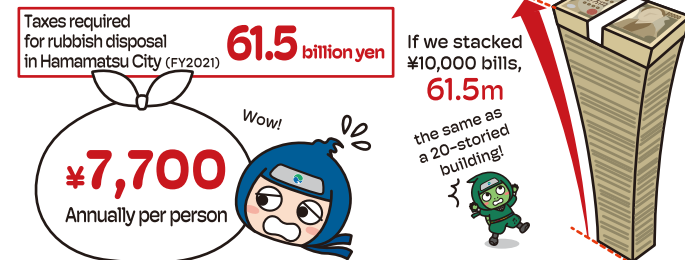
**Extend the life of limited landfill sites**

Hamamatsu City has a landfill, but it is limited in capacity. If we continue to fill the landfill with rubbish at the current rate, it will fill up in about 20 years. We can use the landfill longer by reducing rubbish.



**Reduce the burden for future generations**

Rubbish disposal requires a lot of time, effort, and taxpayer money. By reducing the size of rubbish disposal facilities and the frequency of collection, we can reduce the burden on future generations of children and grandchildren.



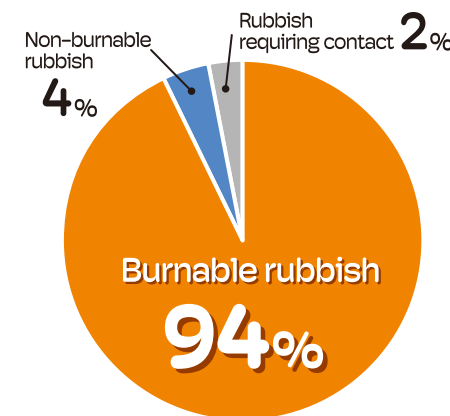
**Analysis of Household Rubbish**

The key to reducing rubbish is **burnable rubbish**

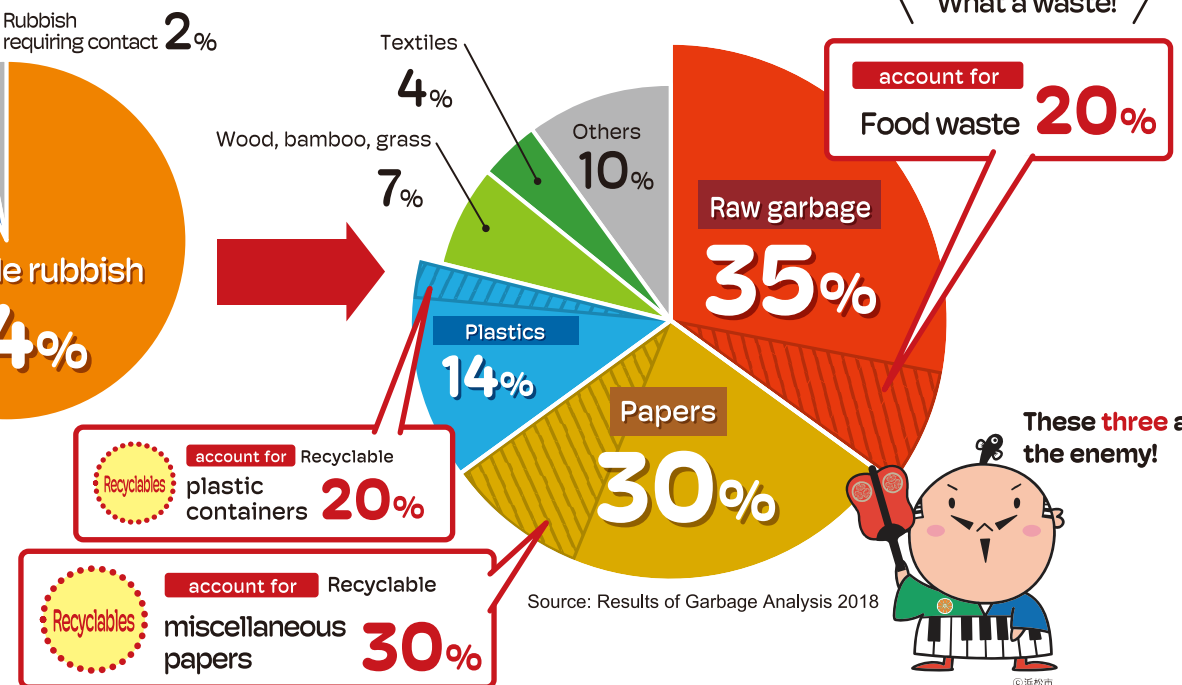
More than 90% of household rubbish is burnable rubbish. What is particularly important are "paper," "food waste," and "plastics," which account for about 80% of the total amount of burnable rubbish. Let's focus on these three items and start taking action to "reduce 100 grams per person per day"!



**Household rubbish**



**Burnable rubbish**



**Remember the 3Rs!**

3Rs is an acronym for Reduce, Reuse, and Recycle. It is the keyword for protecting our environment and resources. Let's start with what we can do.

Reduce the amount of rubbish generated

**Reduce**



Use things over again

**Reuse**



Reuse as a resource

**Recycle**



**Techniques for Sorting Miscellaneous Paper**

Learn about the large amount of miscellaneous paper



Don't burn it!

**Rules for sorting**  
**Miscellaneous paper is a resource.**

Miscellaneous paper is a valuable resource that can be recycled. We can reduce rubbish by properly sorting these papers.

Oh no!

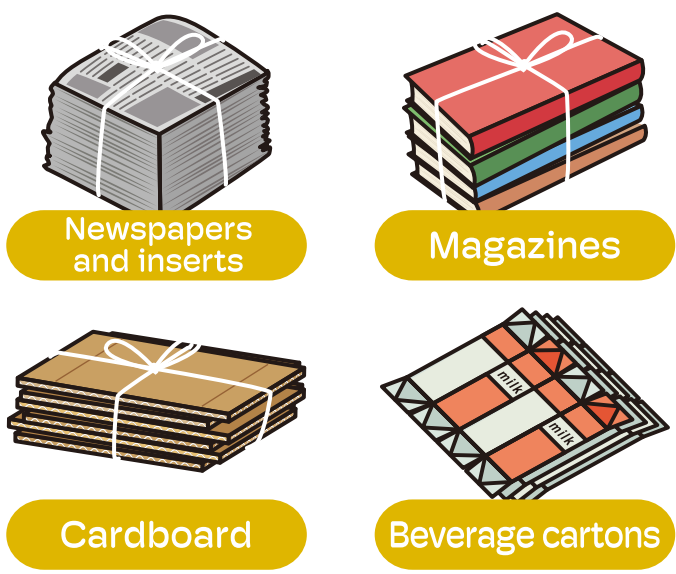
**Approx. 10,000 tons**  
each year

**Miscellaneous paper is burned!**

Source: Results of Garbage Analysis 2018

**Types of recyclable waste paper**

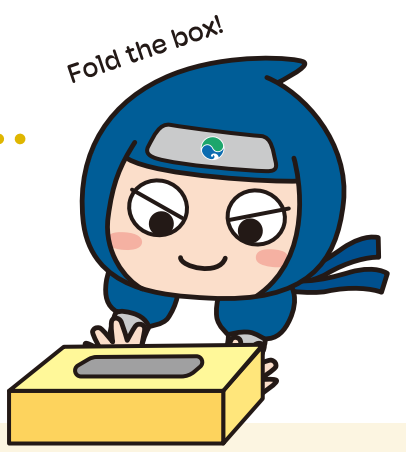
When sorted properly, these can be recycled into usable paper.



**No. 1 Collect miscellaneous papers**

Steps of sorting

Identify recyclable papers



Miscellaneous papers are recyclable papers besides newspapers, magazines, cardboard, and beverage cartons.  
 Any non-paper materials, such as plastic or metal, must be removed.

**Have you been discarding miscellaneous paper as rubbish?**

**Vinyl-coated items cannot be collected**

**How to identify vinyl-coated items**

Tear a piece of paper. If you can see vinyl at the tear, the paper is vinyl-coated.

**Note These items are burnable rubbish.**

Others: Synthetic paper (waterproofed posters, maps, etc.), thermal expansion paper (three-dimensional copy paper, Braille printed materials, etc.)



We can properly sort and recycle our papers.

**step1 Collect** → **step2 Bundle** → **step3 Put out for collection**

**No.2**  
Steps of sorting

# Bundle the miscellaneous papers

Use **paper bags** for easy sorting



The key to collecting miscellaneous papers is not to scatter them.  
You can easily bundle papers of different sizes and shapes by using a paper bag.

**No.3**  
Steps of sorting

# Taking your miscellaneous papers out for collection

Learn **two methods** for taking paper out

Group collection  
Collection point



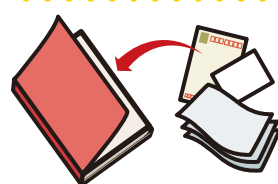
Miscellaneous paper is collected in the same category as magazines.  
Actively use group collection of recyclables by neighborhood associations.

Keep a paper bag next to your trash can to sort miscellaneous papers quickly.



## Other handy collection methods

● Insert in magazines



Insert smaller pieces of paper in magazines and bundle them together.

● Wrap with large paper



Wrap small pieces of paper in a larger piece, such as a monthly calendar or poster.

Tie in a crisscross with paper string, and it's ready to take out!



### Notes for bundling paper

- point 1** Bundle the paper so that it does not scatter.
- point 2** Unfold box-shaped items.
- point 3** Use paper string to tie the bundle.  
(Paper bags can be closed with staples or paper tape.)

## Collection methods that lead to recycling

● Disposal at a collection site.

Use the collection boxes at all Ward offices and Community Collaboration Centers in Hamamatsu City or the collection containers at private recycling stations.



● Disposal at your neighborhood's group collection of recyclable resources.

Check the neighborhood circular for the collection dates and places.

Community groups

- Neighborhood association
- Senior citizen clubs
- Children's associations
- PTA, etc.

Collects resources such as waste paper

Gives to resource collector for recycling

The paper can still be reused!

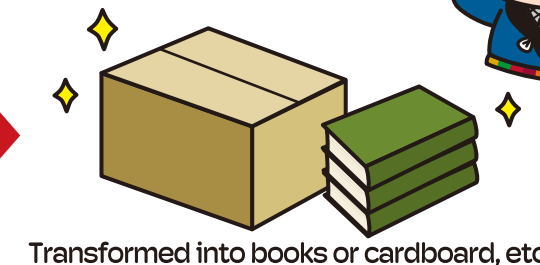


## What happens to the waste paper?

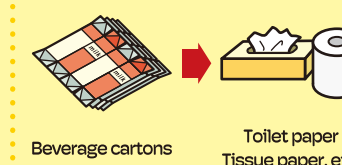
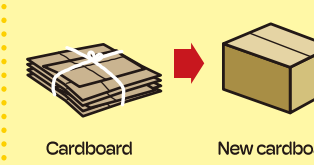
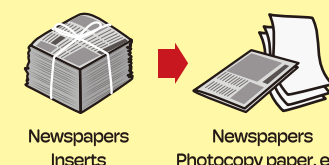
It is reused as material for new paper products.



Recycled



Other uses



# Techniques for Disposing of Plastic Waste

**Wash** your plastics before recycling

Oh, no!  
How can you ignore dirt and residue?



Rules for sorting

**First, check the Plastic Mark.**

Only plastic containers and packaging marked with the Pla-Mark can be disposed of as plastic waste. Plastics can be recycled if they are clean and free of residue.

Look for this mark



## Recyclable plastic waste

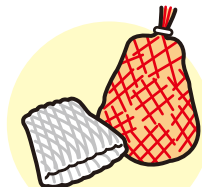
Empty product containers and packaging can be recycled. Note that not all plastic products are recyclable.



Plastic bottles



Plastic caps



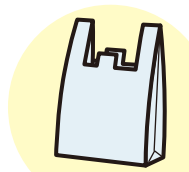
Nets



Cups and packs



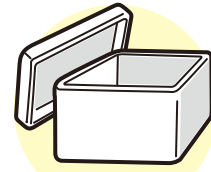
Trays



Plastic shopping bags



Confectionery bags



Styrofoam

\*Also voluntarily collected at supermarkets, etc.

\*Break into pieces smaller than 60cm.



# Rinse the plastic off

Wash ▶ Dry ▶ Sort

Use leftover dishwashing water to conserve water.

There's no need to use detergent to clean the plastics.

Check that the bag is empty and clean.



## Cleaning the plastic



Tubes and bottles

Remove the cap and check the contents. Fill the container with water and rinse it out.



Trays and noodle cups

Lightly rinse out the item while paying attention to leftovers and grease.



Confectionery bags

Turn the bag upside down and shake all contents out.

## Notes for disposing of plastic recyclables

- 1 If the plastic cannot be cleaned easily, dispose of it in the burnable rubbish.
- 2 Paper labels on the plastic containers and packaging do not need to be removed.

## Note These items are burnable rubbish.



Plastic toys



Plastic wash basins



Sponges



Plastic hangers



**CLEANING** Return plastic hangers from dry cleaning to the dry cleaners!



Videotapes  
Cassette tapes



CD and DVD cases



Detergent measuring spoons



Plastic spoons and forks

### Others

- Writing tools
- Rubber gloves
- Planters, etc.

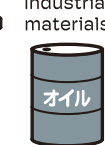


## What happens to plastic recyclables?

The collected plastic recyclables are transformed into raw materials for industrial or plastic goods.



Plastic products



Industrial materials



オイル



Used when making steel

There are many other uses.

# Techniques for Reducing Raw Garbage

**Eliminate moisture** to reduce weight and smells



Rules for reducing volume  
**Drain your raw garbage before disposing**

Moisture accounts for about 80% of raw garbage. That's why garbage is heavy, smelly, and difficult to handle. Drain your raw garbage to cut down the amount of garbage.

Really? I didn't know that  
**80%** of raw garbage was **moisture**.

**By draining raw garbage:**

- Reduce odors**  
Moisture also causes terrible odors and rotting. Insects such as fruit flies can also be prevented.
- Lighten the garbage**  
A lighter load makes it easier to dispose of the garbage. It also reduces the load on the collection truck.
- Improve combustion**  
Garbage can be burned efficiently without the need for extra fuel.

## How to drain your raw waste

- No. 1 Avoid water**  
Remove vegetable peels and stems before washing.
- No. 2 Dry**  
Dry vegetable and fruit scraps quickly by spreading them on newspaper and drying them in the sun.
- No. 3 Squeeze**  
Squeeze out wet raw garbage with a plastic bottle or a draining press.

## Transform into fertilizer!

Take advantage of initiatives that support raw garbage composting!

- Free distribution of composting containers  
Composting containers or sealed fermentation containers



Composting container Sealed fermentation container

- Subsidy for raw garbage disposer  
Partial subsidies for purchasing household raw garbage disposers are available.



\*Composting and sealed fermentation containers are not eligible.

Check here to apply



Contact the Hamamatsu City Rubbish Reduction Promotion Division on page 14 for details.

# Techniques for Reducing Food Waste

**Review your habits** and reduce "Waste"

Rules for reducing  
**Quickly review your habits**

Food waste refers to foods that could be eaten but are disposed of instead. You can eliminate "waste" and ease your budget with just a little creativity. There are lots of benefits.

My goodness!  
More than **10,000 tons** of food are wasted in Hamamatsu!



Source: Results of Garbage Analysis 2018

**Did you know?**  
Facts about food loss and waste

Food loss and waste

approx. **5.22 million tons**

Of this amount, approx. **2.47 million tons** are generated from households.

**What are the leading causes?**

- Excessive shopping
- Expiration date expired
- Leftovers
- Excessive elimination

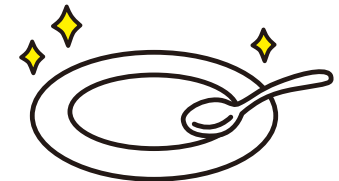
(Excessive peeling of vegetable skins, etc.)

Wasted food found in the city

Uhh... This isn't good.

## Points for reviewing daily life

- 1 Don't overbuy**  
Check your refrigerator and pantry, and make a shopping list before you go shopping.
- 2 Use up ingredients**  
Buy only the ingredients you need, and check best before and expiration dates to ensure you use everything up.
- 3 Avoid leftovers**  
Pay attention to the amount of food you prepare and be creative to avoid leftovers.



# Techniques for Recycling Green Waste

Recycle **green waste (plants, leaves, branches)** from your home



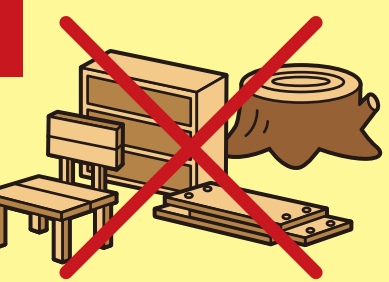
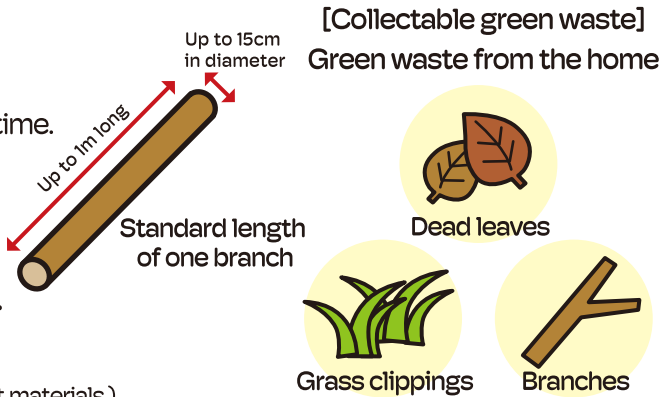
Hamamatsu has six collection sites!

- Heiwa Garbage Incineration Plant
- Misakubo-Sakuma Clean Center
- Minami Garbage Incineration Plant
- Tenryu Garbage Disposal Plant
- Hamakita Garbage Center
- Hosoe Green Recycle Station



## Disposing of Green Waste

- Up to one mini-truckload of green waste can be disposed of at a time.
- Cut large branches so that they fit the standards.
- Bundle up branches with paper string, hemp twine, or rope.
- Put grass clippings and leaves in bags.  
(Please take home all plastic and other non-plant materials.)



## Note Green waste that cannot be collected

- Waste from commercial activities such as landscaping and agriculture.
- Wooden products or dismantled or processed wooden products.
- Wood or bamboo roots, thorny items, irritating items, toxic items, decaying items.



## What happens to green waste?

The green waste is shredded into small chips and used as compost.



# Techniques for Recycling Small Home Appliances

Utilize metal resources that are buried in **urban mines**

Small home appliances are called "urban mines" because they contain valuable metals that can be reused, such as gold, silver, platinum, and rare metals.

[Collection sites]

Each Ward office, Community Collaboration Centers, etc.



The following items that can fit into the collection box are accepted.

Size limit: Less than 15 cm in length, 60 cm in width, and 30 cm in depth

<ul style="list-style-type: none"> <li>◆ Cell phone</li> <li>◆ Public PHS terminal</li> <li>◆ Personal computer (laptop/desktop)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Telephone</li> <li>◆ Facsimile</li> <li>◆ Radio</li> </ul>	<ul style="list-style-type: none"> <li>◆ Digital camera</li> <li>◆ Video camera</li> <li>◆ Film camera</li> </ul>
<ul style="list-style-type: none"> <li>*LCD monitors and tablets are also collected.</li> </ul>	<ul style="list-style-type: none"> <li>◆ MD player</li> <li>◆ Digital audio player (flash memory/HDD)</li> <li>◆ CD player</li> </ul>	<ul style="list-style-type: none"> <li>◆ Hard disk</li> <li>◆ USB memory</li> <li>◆ Memory card</li> </ul>
<ul style="list-style-type: none"> <li>◆ DVD deck</li> <li>◆ HDD recorder</li> <li>◆ Blu-ray disc recorder/player</li> <li>◆ Videotape recorder (set)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Tape recorder (excluding deck)</li> <li>◆ Headphones/earphone</li> <li>◆ IC recorder</li> <li>◆ Hearing aid</li> </ul>	<ul style="list-style-type: none"> <li>◆ Standalone game unit</li> <li>◆ Portable game unit</li> <li>◆ Mini electronic game</li> <li>◆ High-tech trend toy</li> </ul>
<ul style="list-style-type: none"> <li>◆ Electronic book reader</li> <li>◆ Electronic dictionary</li> <li>◆ Calculator</li> </ul>	<ul style="list-style-type: none"> <li>◆ Hair dryer</li> <li>◆ Hair iron</li> <li>◆ Electric razor</li> <li>◆ Electric hair clippers</li> <li>◆ Electric toothbrush</li> <li>◆ Electric razor cleaner</li> </ul>	<p>Accessories for these items</p> <ul style="list-style-type: none"> <li>◆ Remote control unit</li> <li>◆ Keyboard unit</li> <li>◆ Mouse</li> <li>◆ AC adapter</li> <li>◆ Cable</li> <li>◆ Plug/jack</li> <li>◆ Charger</li> <li>◆ Digital terrestrial tuner</li> <li>◆ CD digital tuner</li> <li>◆ Other tuners</li> <li>◆ STB for cable TV</li> <li>◆ Game controller</li> </ul>
<ul style="list-style-type: none"> <li>◆ Flashlight</li> <li>◆ Clock</li> </ul>	<ul style="list-style-type: none"> <li>◆ Car navigation system</li> <li>◆ Car tuner</li> <li>◆ Car radio</li> <li>◆ Car DVD player</li> <li>◆ ETC unit</li> <li>◆ Car amplifier</li> <li>◆ VICS unit</li> </ul>	<ul style="list-style-type: none"> <li>◆ Car color TV</li> <li>◆ Car stereo</li> <li>◆ Car CD player</li> <li>◆ Car MD player</li> <li>◆ Car speaker</li> </ul>
<ul style="list-style-type: none"> <li>◆ Electronic blood pressure meter</li> <li>◆ Electronic thermometer</li> </ul>		

## Items requiring recycling fee Door-to-door collection service

\*The first box is free if it contains a personal computer.

<p><b>1 Apply</b></p> <p>Apply online for collection.</p>	<p><b>2 Pack your items</b></p> <p>Delete the data and pack the items in a cardboard box. Ask for free HD wipe/erase software if needed.</p>	<p><b>3 Collection by Sagawa Express</b></p> <p>Sagawa Express will come to collect your items. As quickly as the next day!</p>	<p><b>Payment methods</b></p> <p><b>[Credit card]</b> <b>[Internet banking]</b> Pay the fee when you apply for collection.</p> <p><b>[Cash]</b> Pay the Sagawa Express driver at the time of collection.</p>	<p>Renet Japan Recycle Co., Ltd.</p> <p>Check the website for details and applications. (Japanese only)</p> <p>Renet Japan Search</p>
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## Other Recycling Techniques

Learn the proper disposal methods and take your items to a collection site



Oil and futon bedding can also be recycled.

### Used cooking oil



Transfer your used cooking oil into the plastic collection tank. Take the empty container home with you.



**[Collection sites]**  
including the Ward offices (excluding Hamakita) and some Community Collaboration Centers.  
Check here for the latest collection sites



#### [Collectable oil]

Cooking oil from the home

Plant-based oils such as rapeseed oil, corn oil, sesame oil, rice oil, soybean oil, safflower oil, olive oil, sunflower oil, etc. (Expired and unused cooking oil is also collectable)

Strain the cooking oil, put it in a store-bought container or plastic bottle, and bring it to a collection site.

### Note

Animal-based oils, petroleum-based oils, fuels, paints, and oil solidified with chemicals cannot be collected.



### What happens to the recyclable waste?

It is refined and recycled into ink, etc.



### Down futon bedding

Check the quality label

#### [Collectable items]

Down futon with 50% or more down  
\*Rotting items cannot be collected.



#### Disposal methods

- Do not cut the down futon. Tie it into a bundle smaller than 60cm, and bring it to a collection site.
- Remove sheets and covers. (Excluding when the futon is torn or has a hole.)

**[Collection sites]**  
Clean Centers, Garbage Centers

Check here for the latest collection sites.



### What happens to the recyclable waste?

The recovered down is recycled into new down futons and other products.



### Empty ink cartridges

Hamamatsu City is participating in the "Ink Cartridge Satogaeri Project."

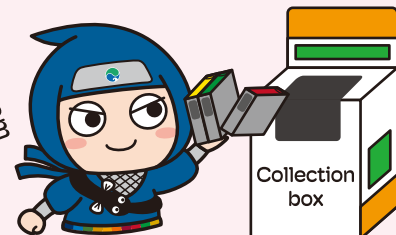
**[Ink cartridges that can be recovered as resources]**  
Genuine Brother, Canon, Epson, and Japan HP ink cartridges used at home.

#### Disposal methods

- Put empty ink cartridges, without a bag, directly into the collection box.



Put them directly in



**[Collection sites]**  
Ward offices, Community Collaboration Centers, etc.  
Check here for the latest collection sites.



### What happens to the recyclable waste?

Collected cartridges are recycled into recycled cartridges and plastic products.



# Inquiries

Description	Target area	Inquiry information	Inquiry hours
Matters related to rubbish reduction (1)	All Wards	Rubbish Reduction Promotion Division 3-1-10, Kamoe, Naka-ku ① ☎ 453-6192 ② ☎ 453-0026 ③ ☎ 453-6229	8:30~17:15 [Holidays] Saturdays, Sundays, National holidays December 29 to January 3
Matters related to rubbish processing plans, designated rubbish bags, and environmental beautification promoters (2)			
Matters related to industrial waste (3)			
Matters related to disposing and sorting rubbish and recyclables	All Wards	Waste Disposal Division 3-1-10, Kamoe, Naka-ku ☎ 453-0011	
Matters related to rubbish that requires contact, service fees, and application	All Wards	Garbage Reception Center ☎ 453-2288	8:30~17:00 [Holidays] Saturdays, Sundays May 3 to 5 Year-end to January 3
Various inquiries related to disposing of rubbish, etc.	Naka-ku, Higashi-ku	Hokubu Collection Reception Center 2-24-2, Handayama, Higashi-ku ☎ 431-5385	8:15~17:00 [Holidays] Saturdays, Sundays May 3 to 5 Year-end to January 3
	Nishi-ku, Kita-ku	Heiwa Garbage Disposal Plant 77, Hiramatsu-cho, Nishi-ku ☎ 487-1131	
	Minami-ku	Minami Garbage Incineration Plant 1715, Enoshima-cho, Minami-ku ☎ 425-3680	
	Hamakita-ku	Hamakita Environmental Office 954, Nagashima, Hamakita-ku ☎ 586-8686	
	Tenryu-ku (Tenryu, Haruno, and Tatsuyama regions)	Tenryu Environmental Office 558-3, Ogawa, Tenryu-ku ☎ 983-2121	
	Tenryu-ku (Misakubo-Sakuma region)	Misakubo-Sakuma Clean Center 2258, Misakubocho Okuryoke, Tenryu-ku ☎ 987-1957	
Please contact the division in charge of your ward.			

Recycle this guidebook as "miscellaneous paper" when you no longer need it.

Hamamatsu City  
Environmental Department  
Rubbish Reduction  
Promotion Division

☎ 053-453-6192

\* This guidebook contains information current as of March 2023.

