

# SmartGreen

News from the environment

**Post**



## THERE IS NO PLANET B

### EARTH DAY

How to learn  
to respect the Planet  
with simple  
daily actions

### SCIENCE

Forestry Doctor: who he  
is and what role he plays  
in the ecological transition

### ECOTOURISM

Forest Therapy: what it is  
and where to practice it  
in Italy

# SmartGreen

News from the environment **Post**

SmartGreen Post is a blog on the green world, from climate change to separate waste collection. You will always be updated on news from Italy and the world, on the environment, green economy and new technologies. In addition, you can find our tips for a more eco-friendly and healthy lifestyle, as well as a section dedicated to sustainable tourism.

SmartGreen Post is part of a larger Green project that includes SmartRicicla, the separate collection app available in Italy, the United Kingdom, Ireland, Australia, Canada and the United States of America. You can download the app directly on the Play Store. For more information visit the website [www.smartricicla.com](http://www.smartricicla.com)

SmartGreen Post wants to be a small contribution to the protection of our planet, because to prevent catastrophe it is necessary to know and then act, each in his own small way, with simple but highly effective gestures.





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## On Earth Day, an appeal to the rulers in defense of the environment

It is no coincidence that we have decided to go out today, to coincide with Earth Day. Ours was a symbolic choice, to reiterate the importance of this anniversary and the safeguarding of the Planet, to which we are all called. Each in its own small way but, in particular, the rulers who with their choices can influence the fate of the Earth and its inhabitants.

April 30 will be a decisive day for the environment and its protection in Italy. On that date, the Government will have to deliver its Recovery and Resilience Plan (PNRR) to Europe, a great opportunity to relaunch investments in our country. And the Ministry of Ecological Transition will show its true face. In the last issue of the Magazine, when the new ministry had just been established and Roberto Cingolani had been appointed as its head, I expressed my skepticism. Two months later, the fears of many environmentalists have been confirmed.

How to reconcile ecology with drills? Oil extraction with the need to abandon fossil sources in favor of renewable energy? The Recovery Plan is an opportunity to stop climate change and redesign the future of our country. We cannot waste this precious opportunity. Yet, the protection of biodiversity, of which Italy is very rich both in terms of flora and fauna, is the great lack of the NRP. Our country is home to the highest number of species: about half of the plant species and about a third of the animal species currently present in Europe.

However, there is no mention of safeguarding forest and marine ecosystems, which would represent a real step forward in the direction of that much-invoked ecological transition but more like a touch of green that brings nothing in terms of environmental benefits.

Together with environmental associations, SmartGreen Post is also committed to saving the planet and appeals to the government so that the much-invoked transition can be truly ecological. So that we can invest in education and awareness projects. So that we can change our approach and develop a plan that takes into account some fundamental aspects such as the role of renewables, investments to adapt the electricity grid and make it efficient in managing greater amounts of wind and solar energy, the mobility and transport system, agriculture and the protection of the immense forest and maritime heritage that we have.



Piera Vincenti

Editor of SmartGreen Post, she has many years of experience as a journalist and copywriter, alongside which she has added new skills in the digital and social media management sector. With SmartGreen Post she expresses its true ecological nature.

**About us****FOUNDER****Mario Telesca**

Computer scientist, sensitive to environmental issues, he has carried out various green projects including SmartRicola, the app for separate collection. He has always been looking for the perfect union between science and art.

**FREELANCERS****Maria Giuseppina Ferrulli**

Archaeologist specialist in late ancient and medieval archeology and teacher of letters.

**Ingrid Leka**

Ingrid Leka is an asset consultant who helps women in their financial journey with clear and simple language. In her book "La madre di Cappuccetto Rosso era una stronza" she talks about financial concepts through fairy tales.

**Maria Carmela Padula**

Nutritionist Biologist and researcher, she carries out her activity in the province of Potenza after a course of high training in the nutritional field and after having obtained the Master in "Dietetics

**Katia Sepe**

Forestry and Environmental Sciences Student at the University of Basilicata. My interests aim to analyze and evaluate the forest role, the management of the anthropic actions in order to increase their values.

## Chi siamo e cosa facciamo



**Francesco Ripullone**

Francesco Ripullone is Associate Professor at the School of Agricultural, Forestry, Food and Environmental Sciences of the University of Basilicata, where he holds the chair of the course of Ecology and Dasometry.



**Claudio Ventura**

He has always cultivated a passion for nature and the environment. Thanks to the degree in business administration he was able to specialize and further deepen the concepts of circular economy and industrial ecology.



**Ste Vi**

Cosmetologist and research & development manager.



**Alberto Iuzzolino**

Passionate about environmental issues, he carried out environmental education activities in schools in the Basilicata Region as part of the Legambiente separate collection education project.







## “Restore our Earth”: on April 22 we celebrate Earth Day

Piera Vincenti

Now in its 51st edition, Earth Day is an awareness-raising day for the protection of the Planet. Each of us must do our part



“Restore Our Earth”, we repair / rehabilitate our Earth. This is the theme of Earth Day, now in its 51st edition. The goal of Earth Day 2021, which is celebrated on April 22, is to raise awareness among citizens around the world so that they are committed to safeguarding and protecting the Planet. How? First of all, by reducing the environmental impact through the use of natural processes, the use of green technology and innovative techniques, but also by trying to remedy the damage caused to the Earth.

### How Earth Day was born

Born on April 22, 1970 to emphasize the need for the conservation of the Earth's natural resources, over time, Earth Day has become an educational and informative event. Ecological groups use it as an opportunity to evaluate the problems of the planet: the pollution of air, water and soil, the destruction of ecosystems, the thousands of plants and animal species that disappear, and the depletion of non-renewable resources.





Among the promoters of Earth Day was US Democratic Senator Gaylord Nelson, who had already organized a series of meetings and conferences dedicated to environmental issues. "All people, regardless of ethnicity, sex, income or geographical origin, have the right to a healthy, balanced and sustainable environment", these were the words spoken by the senator at the time.

In 1969 in Santa Barbara, California, there was one of the most serious environmental disasters in the United States, caused by the oil spill from a Union Oil well. The incident strongly reaffirmed the need to deal with environmental issues, raising public awareness and the political world.



On April 22, 1970, 20 million American citizens mobilized for a demonstration to defend the Earth. Groups that had individually fought against environmental degradation suddenly realized they shared common values. Thousands of colleges and universities organized protests against environmental degradation: since then April 22 has taken the name of Earth Day.

Earth Day contributed significantly to the creation of the first Earth Summit, held in 1992 in Rio de Janeiro, the first world conference that brought together heads of state and government to discuss measures to improve the health of the planet. But the real turning point took

place in the 2000s with the development of the Internet, which made it possible to enormously expand participation in Earth Day, which now exceeds one billion people all over the world, united by the same objectives: the fight against climate change, individual responsibility towards sustainable consumption, the development of a green economy.

### What can we do to protect the Earth

Protecting and safeguarding our Planet Earth is the task of each of us. We all can and must commit ourselves every day with small daily actions that, taken together, can represent change. Because our every gesture is not a drop in the ocean. And the sea.

So, let's see what to do in practice to make our contribution to the protection of the Planet.

#### Reduce

The first rule for adopting an eco-sustainable lifestyle is to reduce waste. This means first of all making a thoughtful shopping, avoiding excesses and buying only what we are able to consume, if we are talking



about food, or what we really need. Additionally, we can choose to purchase bulk items to reduce packaging or items contained in recycled packaging. Also be careful to avoid wasting gas, electricity and water in the house. We will be good for the environment and for our wallets.

### Reuse

Many of the objects and clothes we have at home can also be reused creatively. Old and ruined are not always synonymous with useless and to be thrown away, on the contrary. Through the techniques of creative recycling we can transform objects and give them new life so that they become useful and usable.



### Recycle

And when an object is no longer recoverable, then recycle it. Old materials are not waste but resources if properly differentiated and disposed of in the correct way. For good recycling, follow the "Where do I throw it" section on SmartGreen Post and download the free SmartRecycle app. The differentiated will have no more secrets.

### Recover

Items and clothing that we no longer use, because we don't like them or don't need them, could be very useful to someone else. So, no waste. Again, the alternative to landfill is recovery. How? We can give away old clothes, especially children's clothes, furniture, books, appliances. And if we really don't want to give them away, then let's put them up for sale or in the many flea markets that are in the area or online, where platforms for buying and selling second hand are multiplying.

### Switch off

Use the car only when necessary and take a walk for short trips, do not leave the lights on and pay attention to the stand-by. Do not leave the water tap on when brushing your teeth or soaping yourself in the shower. Small people that cost nothing and that are good for the environment and pockets.

### Dematerialize

One click is enough to reduce the amount of paper used for bills, account statements, e-mails. We try to go from paper to digital, we avoid printing e-mails and documents that we could also keep digitally.

### Sowing

When you go for a walk, get into the habit of bringing fruit seeds and pits with you and throw them randomly in the gardens and flower beds, who knows if a few saplings emerge. In your little one, try planting a seed, grow some greenery at home, whether it's a decorative plant or an aromatic herb.



## Ecological transition? Cingolani gives the green light to the drills

Seven extraction projects and eleven wells from Emilia to Sicily: there is nothing ecological in the new ministry

*Piera Vincenti*

From Emilia to Sicily, passing through Marche and Abruzzo, there are seven environmental impact assessment decrees (Via) on which the Ministry of Ecological Transition Roberto Cingolani has signed in recent weeks and which concern as many renewals of concessions, projects production of wells and drilling, both on platform and onshore.

Decrees that have aroused the indignation of environmental associations and politicians, who have not failed to make their voices heard. And luckily, at the beginning of his mandate Cingolani had explained the mission of the Ministry of Ecological Transition, focusing on three pillars which should have been "The protection of nature, the territory and the sea, the ecological transition and the interdependence of the climate challenge. and energy".

These are the words of the minister, who in front of the joint commissions for Industry, production activities and the environment of the Senate and the Chamber had explained that the goal was to be able to integrate the aspects of environmental protection, with a view to supporting sustainable development and completing the transition. ecological. "The structure of the ministry's competences - he said - must therefore express the complementarity and interconnection between the issues of environmental protection, climate protection, energy and sustainable development".

The question of drills is one of expediency: the measures certainly do not know about ecological transition, even if they are legitimate for two reasons. First, because those decrees are not mining licenses and, therefore, do not represent a definitive go-ahead, but only an intermediate authorization. Secondly, because the moratorium extended until 30 September 2021 (the date by which the Plan for the sustain-





nable energy transition of suitable areas must be approved) suspends the new permits for the research and exploration of hydrocarbons but allows administrative procedures to go forward (Via included).

Proof of this is, as the No-Trivs underline, the series of extensions of Eni concessions in the latest Official Bulletin of Hydrocarbons and Georesources "which have not even been touched by any suspension". Among the first to report the signing of the Via decrees, on social networks, Re: Common and the Fridays For Future who defined it as "An endless shame" commenting: "And they call it ecological transition ...".

While underlining that "these are not mining titles", the comment of M5S deputy Giovanni Vianello, member of the Environment Committee in the Chamber is harsh: "We are astonished and worried and we believe that the Mite could have waited for the now near approval of the Pitesai - he told ilfattoquotidiano. it - because these Via decrees, which would have no value if the related areas of interest were to be unsuitable in the plan, still represent a step in the opposite direction to the ecological transition, namely that of drilling ".



## Are we on track for a green recovery? Not Yet

One year from the onset of the pandemic, recovery spending has fallen short of nations' commitments to build back more sustainably. An analysis of spending by leading economies, led by Oxford's Economic Recovery Project and the UN Environment Programme (UNEP), finds only 18.0% of announced recovery spending can be considered 'green.' The report, *Are We Building Back Better? Evidence from 2020 and Pathways for Inclusive Green Recovery Spending*, calls for governments to invest more sustainably and tackle inequalities as they stimulate growth in the wake of the devastation wrought by the pandemic. The most comprehensive analysis of COVID-19-related fiscal rescue and recovery efforts by 50 leading economies so far, the report reveals that only \$368bn of \$14.6tn COVID-induced spending (rescue and recovery) in 2020 was green.

Brian O'Callaghan, lead researcher at the Oxford University Economic Recovery Project and the report's author: "Despite positive steps towards a sustainable COVID-19 recovery from a few leading nations, the world has so far fallen short of matching aspirations to build back better. But opportunities to spend wisely on recovery are not yet over. Governments can use this moment to secure long-term economic, social, and environmental prosperity."

The report emphasizes that green recovery can bring stronger economic growth, while helping to meet global environmental targets and addressing structural inequality. To keep decades of progress against poverty from unwinding, low-income countries will require substantial concessional finance from international partners.





## Climate change, from the EU a new strategy for the future

The European Commission has adopted a new EU strategy for adapting to climate change to build a more resilient future

The European Commission has adopted a new EU strategy for adaptation to climate change which defines the way forward to be ready for its inevitable effects. While the EU is doing everything it can to mitigate climate change, inside and outside its borders, we must also prepare ourselves to face its inevitable consequences. From deadly heat waves and devastating droughts, to decimated forests and coasts eroded by rising sea levels, climate change is already having serious repercussions in Europe and around the world. Building on the 2013 climate change adaptation strategy, the goal of today's proposals is to shift the focus from understanding the problem to defining solutions and moving from planning to implementation.

Frans Timmermans, Executive Vice President responsible for the European Green Deal, said: "The COVID-19 pandemic has been a stern reminder that insufficient preparation can have disastrous consequences. There is no vaccine against the climate crisis, but we can still fight it and prepare for its inevitable effects – which are already being felt both inside and outside the European Union. The new climate change adaptation strategy allows us to accelerate and deepen preparations. If we prepare today, we can still build a climate resilient tomorrow. "

Economic losses due to the greater frequency of extreme weather events are increasing and those counted in the EU already alone exceed an average of 12 billion euros per year. Conservative estimates show that exposing today's EU economy to global warming of 3 ° C compared to pre-industrial levels would result in an annual loss of at least 170 billion euros.





Climate change affects not only the economy, but also the health and well-being of European citizens, who are increasingly suffering from heat waves: globally, the deadliest natural disaster of 2019 was the heat wave which hit Europe causing 2,500 victims.

Action on adaptation to climate change must involve all components of society and all levels of governance, inside and outside the EU. We will work to build a resilient society to climate change by improving knowledge of their effects and adaptation solutions; intensifying adaptation planning and climate risk assessment; accelerating adaptation action and helping to strengthen resilience to climate change worldwide.



### **Smarter, faster and more systemic adaptation**

Adaptation actions must be based on reliable data and risk assessment tools available to all – from households buying, building and renovating homes to businesses in coastal regions or farmers planning their own crops. To this end, the strategy proposes interventions that advance the frontiers of knowledge on adaptation so as to improve the quality and quantity of data collected on climate-related risks and losses, and make them available to all. Climate-ADAPT, the European platform for knowledge on adaptation, will be strengthened and expanded and will be supported by a health observatory designed to better monitor, analyze and prevent the effects of climate change on health.

Since climate change has repercussions at all levels of society and in all sectors of the economy, adaptation actions must be systemic. The Commission will continue to integrate climate change resilience considerations into all relevant policy areas and will support the further development and implementation of adaptation strategies and plans, with three cross-cutting priorities: integrating adaptation into macro-financial policy, solutions for nature-based adaptation and local adaptation actions.

### **Intensify international action**

Climate change adaptation policies must go hand in hand with our world leadership in climate change mitigation. The Paris Agreement set a global goal on adaptation and stressed that adaptation is a key factor for sustainable development. The EU will promote subnational, national and regional approaches to adaptation, with a particular focus on adaptation in Africa and small island developing states. At the international level, we will increase support for resilience and climate change preparedness by providing resources, prioritizing action and increasing effectiveness, increasing international funding and strengthening global engagement and exchanges on adaptation.



# Financial risks related to climate change

*Ingrid Leka*

Climate change has not only environmental but also financial consequences linked to the damage caused by natural disasters and the difficult process towards a sustainable economy



Climate change and global warming are the most important environmental risk that give rise to a whole series of consequences such as accelerated melting of glacier masses, rising sea levels, changes and interruptions in traditional seasonal climatic trends, destruction of biodiversity and increasing desertification. Here is a graph of the 2020 Global Risk Survey: in this important survey the main risks for mankind are identified. These risks are shown on the graph based on probability (x axis) and impact (y axis): as you can see, the risks at the top right (the most probable ones and with a significant economic impact) are all risks related to the environmental sphere.

Financial implications are closely linked to these environmental risks. On the one hand, there are the so-called physical risks, i.e. the risks of damage

to property and infrastructure as a result of extreme climatic events. The frequency of such events is increasing and every time they happen we see the physical damage that these events bring with them. For example, the environmental event that created the greatest destruction of property in 2020 was the flood in southern China between June and July: in addition to 216 victims, it is estimated that the flood caused damage for about 35 billion USD of which only 2 billion had been insured. And we are talking not only of destroyed properties but also of environmental degradation, namely air, water and soil pollution, water stress, loss of biodiversity and deforestation.

But there is also a high type of financial risk related to climate change: transition risks. This risk indicates the financial loss that an entity may incur, directly or indirectly, as a result of the adjustment process towards a low-carbon and more environmentally sustainable economy.

Try to think what would happen if the Carbon Tax were applied tomorrow in Europe, or a tax on a company's carbon emissions: if it has already planned a transition to renewable energy sources, it will be more advantaged than a competitor who has simply continued to operate without taking into account the great

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change underway. The second will have to pay high taxes which will have repercussions on the company's balance sheet and stock market prices, in addition to reputational damage that could exacerbate a situation of financial stress. In a market with increasingly narrow margins, a change in legislation could also represent the coup de grace for many companies that lag behind on the issue of energy sustainability.

Transition risks can therefore be summarized as risks for a company due to the fact of not being able to comply in a timely manner with changes occurring in the regulatory framework of reference. And these risks are high for many companies, but at the same time they will be an opportunity for those who will be able to innovate and adapt to the new sustainable path marked by the United Nations 2030 Agenda and the Paris Agreement. In our own small way, we too can be careful not only to consume sustainable products but also to invest in financial assets with a high sustainability index to better preserve the value of our savings.



### **Electricity needed to mine bitcoin is more than used by Argentina**


Even if it is a virtual currency, bitcoins use an enormous amount of energy and are not ecological at all. So much so that last year they consumed the energy equivalent of the whole of Argentina. This was stated in a recent research by the University of Cambridge who estimated that cryptocurrency consumes about 121.36 terawatt hours per year. But how is it possible that a virtual currency can consume so much energy? The answer lies in the practice of mining, or the activity of generating bitcoins (a term associated with "gold mining", the extraction of gold in mines).

The "miners" are constantly at work and the mega computers they use obviously attach themselves to electricity, often perhaps produced by coal as in China or Siberia. And so, the amount of operations to generate and mine bitcoin has become so high that it requires large amounts of resources in terms of electricity and computational power, with the relative emission of 36 million tons of carbon dioxide per year.

And then there is the problem of electronic waste, a direct consequence of the constant renewal of computers. Here, too, the calculation is around 11,000 tons of waste per year, which cover an amount of e-waste equal to that produced by a small nation like Luxembourg.

Researchers at the University of Cambridge used an online calculator based on an average electricity price per kilowatt hour of \$ 0.05 and came to quantify the annual energy consumption of cryptocurrency at 121.36 terawatt hours: we are practically talking about just over 6 billion dollars. To get an idea: the whole of Argentina consumes 121 TWh, the United Arab Emirates 113.20 TWh and the Netherlands 108.8 TWh.





we do not inherit the earth  
from our ancestors,  
we borrow it from our children  
(Native American Proverb)

Protect our environment.

**SmartRicicla**

The App for waste collection.







## Synergy between adaptation and mitigation: a solution against climate change

*Claudio Ventura*

The synergy between adaptation and mitigation can represent a valid solution to combat climate change



Since the mitigation strategies intervene on the causes of climate change, while those of adaptation on the effects, it is necessary to promote an integrated approach capable of obtaining results both in the short and long term.

In order to tackle such a complex problem as climate change it is necessary to act at the source, reducing or eliminating the causes of the phenomenon (minimizing greenhouse gas emissions into the atmosphere), but, at the same time, it is essential to limit its effects (preparing the territory to the impacts due to the alteration of the climate).

Considering this premise, by mitigation we mean the strategies that intervene on the causes of climate change, while by adaptation we mean the measures that act on the effects.

Therefore, by mitigation, we mean all those actions capable of reducing greenhouse gas emissions. For example, concrete processes of energy transition and decarbonisation could be created. By preferring renewable energy sources to fossil fuels, global emissions could be cut. These strategies represent, in theory, an incisive solution to combat climate change. However, it should be noted that these are very costly measures and that they guarantee concrete results in the long term.

For this reason, once the mitigation plan has been devised, it is necessary to prepare the territory to face, in the short term, the impacts due to climate change. Adaptation strategies, in fact, include actions that act on the effects of climate change. For example, in the case of coastal communities at risk due to sea level rise, it would be advisable to carry out protective interventions along the coast, or, in the case of evident alterations in the climate in particular areas, it would be necessary to choose the most compatible agricultural varieties with the new climatic conditions. Adaptation measures, unlike mitigation measures, are carried out on a local scale (regional or national) and not on a global scale, are less expensive and are effective in the short term.



For these reasons, limiting oneself to adaptation or mitigation strategies alone could prove useless. An integrated approach, on the other hand, would represent an effective solution both to counter the causes and effects of climate change.

## **The integrated approach: an effective response to the problem of climate change**

In order to better address the problem of climate change it is necessary to create plans, strategies and actions capable of reducing greenhouse gas emissions, but also of limiting the negative impacts due to climate alterations.

The integrated approach can be applied in various sectors, such as in the energy sector.

Extreme climatic events can create problems for the supply of electricity by causing “blackouts”. To prevent such a scenario, it is possible to replace large centralized plants with a decentralized system based on renewable energy sources. In this way, the effects of climate change are addressed, and, at the same time, the process of energy transition and decarbonisation is favored, with the consequent reduction of greenhouse gas emissions.

Another sector, which offers a concrete possibility of applying the integrated approach, is the building world.

In the case of areas particularly sensitive to climate change, for example, buildings and structures should be built that are resistant to extreme climatic events, but also energy efficient, which are better adapted to heat waves. In fact, the use of environmentally friendly materials with excellent performance in terms of thermal insulation and the use of systems capable of exploiting renewable energy sources, would favor the creation of an ideal microclimate for the thermal well-being of individuals, reducing, at the same time, greenhouse gas emissions thanks to the elimination of fossil fuels.

An integrated approach to mitigation and adaptation, therefore, can be an excellent tool to transform a threat into an opportunity for more sustainable development. The simultaneous adoption of these strategies could favor the rebirth and economic and social revitalization of entire territories, making them resilient to climate change at the same time.





## Waste collection, SmartRicicla in the Atlas of the Circular Economy

The application for separate collection in Italy was rewarded for its commitment to the environment and sustainability



Reduce, recycle, reuse: this is the motto of the circular economy, which aims to reduce waste by transforming it into new resources. Doing separate collection is the first step to take and, when it comes to separating materials, for years now a precious tool has come to our aid: SmartRicicla, the application that helps to correctly dispose of waste according to the collection calendar of your own. common.

SmartRicicla is one of the main Italian companies that invest in a green future and a sustainable economy, promoting good corporate and social practices to protect the environment. This commitment was recognized through the inclusion of SmartRicicla in the Italian Atlas of Circular Economy, an interactive web platform that records and recounts the experiences of economic and associative realities committed to applying the principles of the circular economy in Italy.

The Atlas aims to be a tool for raising awareness, information and documentation aimed at all those who care about the balance between economy and ecology and who wish to orient their consumption in a responsible way.





SmartRicicla has been included in the Atlas thanks to the free service it offers to citizens, providing them with a simple and intuitive app for separate collection, which guides them to the correct disposal of waste. The main features of the app include the ability to consult the various types of waste divided by categories and the weekly collection calendar of the individual municipalities. In addition, it is possible to view the map of the collection points, the waste delivery notes and the news of the municipality, the dictionary of recycling symbols and the waste specialist.

SmartRicicla is designed both for citizens, who can easily consult the categories of waste and the weekly collection calendar, and for municipalities that, through technology, are able to offer a constantly updated service to their inhabitants. In fact, the news of the municipal administration, the map of the ecological islands and the waste disposal notes are also present.

More than 1,500 municipalities have already been entered, for a total of thousands of users on the Italian territory. SmartRicicla not only looks to Italy but also abroad, and has already been launched in an experimental phase in several countries including the United States, United Kingdom, Ireland, Australia and Canada. The application is available for free download on Google Play.

In addition to the collection calendar, the app offers another very useful service, namely the division of waste by type, with a list of all the products that can be given in a certain category and those that are not part of it.

In order to further clarify any doubts about separate collection, SmartRicicla has also released the Dictionary of waste, where you can find a complete list of materials and objects of daily use, organized in alphabetical order, and the corresponding collection category. The Dictionary is only available in Italian and can be downloaded for free on the website in pdf version.

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## From ENEA a composter to transform domestic organic waste

ENEA has patented an innovative composter to transform domestic organic waste into high quality compost, with savings on the energy consumed and on the waste tax

ENEA has patented an innovative composter to transform domestic organic waste into compost with high agronomic qualities and respect for the environment. The device saves both on the energy consumed to activate the aerobic process and on the rate for waste disposal.

"The composter uses an electricity production system with a photovoltaic panel integrated into the structure that powers the ventilation system, with a small electrical resistance for pre-heating the incoming material. Thanks to the temperature control it is also possible to speed up the process in cold periods", explains Daniele Fiorino of the Sustainability Department of the Production and Territorial Systems of ENEA.



The composter is equipped with 3 vertical chambers separated by removable panels that allow the transfer of the material by gravity. Inside it is equipped with a material handling system, a fresh air supply system that uses the heat contained in the exhaust gases produced by the degradation reaction of the organic substance and a bio-filter that ensures the reduction of the charge. odor of the gases produced.

The composter is equipped with 3 vertical chambers separated by removable panels that allow the transfer of the material by gravity. Inside it is equipped with a material handling system, a fresh air supply system that uses the heat contained in the exhaust gases produced by the degradation reaction of the organic substance and a bio-filter that ensures the reduction of the charge. odor of the gases produced.

"In designing it we thought of creating a real household appliance: we provided a stand-alone version, or autonomous, thanks to the integration of a photovoltaic panel in the opening cover, for its installation on the balcony, in the garden or in all isolated users. But since it is a watertight domestic composter, which does not allow unpleasant odors to escape due to mixing and / or emission of air, it can also be used indoors, directly connected to the electricity grid", adds Daniele Fiorino.

The amount of waste that can be treated by the prototype made is about 5 kg / day, but smaller prototypes are being built for strictly family use.

Thanks to domestic composting it is possible to reduce the volumes of the organic fraction of the waste,

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April 2021



essentially consisting of water, and therefore the costs due to the collection and handling of the same. When fully operational, this would translate into a reduction in the tariff on waste disposal.

“The composter is a formidable home tool for the circular economy, because it transforms waste into a resource (compost), allows savings in CO2 equivalent emissions in the integrated urban waste management chain and guarantees total independence in the management of its organic waste, allowing thus to individual users to reduce the cost of the tariff. After the testing phase, we are improving the design of the object so that it can integrate nicely with the surrounding domestic environment”, concludes Maria Velardi of the Sustainability Department of Production and Territorial Systems at ENEA.

The composter has a high TRL, equal to a Technological Maturity Level 7 (out of 9) which corresponds to a prototype tested in an operational environment.



### **Pesticides, the list of the most contaminated fruits and vegetables**

Nearly 70 percent of the non-organic fresh produce contains residues of potentially harmful chemical pesticides, according to EWG's analysis of the latest test data from the federal Department of Agriculture. This year, along with the items on our Dirty Dozen™ and Clean Fifteen™ lists, EWG is highlighting harmful fungicides detected on citrus fruits tested by USDA, as well as in tests we commissioned. Imazalil, a fungicide that can change hormone levels and is classified by the Environmental Protection Agency as a likely human carcinogen, was detected on nearly 90 percent of citrus samples tested by EWG in 2020, and over 95 percent of tangerine samples tested by the USDA in 2019.

As they have in past years, peppers still contain concerning levels of acephate and chlorpyrifos – organophosphate insecticides that can harm children's developing brains and are banned from use on some crops in the U.S. and entirely in the EU. Whether organic or conventionally grown, fruits and vegetables are critical components of a healthy diet.

However, many crops contain potentially harmful pesticides, even after washing, peeling or scrubbing, which the USDA does before testing each item. Since pesticide contamination varies by crop, it is important to understand which items are most or least contaminated. Additionally, fresh items that are most contaminated, such as spinach, strawberries and other Dirty Dozen fruits and vegetables, still have high levels of pesticides in their frozen forms. Also important to note is that the USDA does not test for all pesticides used in crop production. High levels of glyphosate can be found in several grains and beans, such as oats and chickpeas, due to its increasing use as a pre-harvest drying agent.





# Coronavirus and food: which link? How to eat to stay fit

The pandemic has impacted our lifestyle and our biological rhythms. This is why it is important to have a healthy relationship with food, balancing diet and exercise

*Maria Carmela Padula*

The pandemic we are experiencing has imposed substantial changes on us, it has an impact on our lifestyle habits, as well as on our biological rhythms. Our state of health is put at risk by the infection from SARS-COV2, we must not forget that health also passes from the table.

We have been living a "new life" for about a year. We spend more time at home due to the COVID-19 emergency, we experience daily limitations that are configured as stressors,

which risk altering our relationship with food. The latter takes on more psychological than biological connotations, becoming comfort and refuge, rather than energy and a means to satisfy metabolic needs. In other words, the act of eating can take place in response to the so-called "nervous hunger", with the risk of meaningful metabolic imbalances.

### What is nervous hunger?

While biological hunger depends on a "gastric vacuum" and has the purpose of ensuring our body's daily energy needs, nervous hunger is the tendency to eat food according to a stimulus that we could define "emotional vacuum", with the ultimate goal "compensation". The psychological factors from which it originates can be negative feelings such as anxiety, stress, fear, boredom and sadness. The current health emergency and the context we live in are fertile ground for these inputs: food is more at hand and also becomes a "relief valve", in other words "comfort food".





### Emotional values of food

Seeing and hearing food as an unstoppable source of peacemaker gratification can alter our eating behavior, to the point of creating real “addictions”. When feelings guide our food choices, we are led, by virtue of mechanisms that regulate hunger and satiety finely modulated by hormones at a central level,



to consume high-calorie foods, characterized by “empty calories” and a high content of “bad” sugars, salts and fats. Not only do we continually stimulate hunger, for example by increasing blood sugar and continuous stimulation of insulin, triggering a self-feeding cycle, but we risk worsening all metabolic parameters.

The food that consoles can become food that damages our body balance. It is clear that this happens if the wrong attitude is constant, it is not an effect that is triggered if we indulge in a delicious dinner or a few pieces of chocolate here and there during the week. On the other side of the coin, we must consider that the food act can represent an opportunity to make our immune system more efficient, through the supply of specific nutrients or foods rich in functional nutrients. In particular, some vitamins (vitamins A, C, E and D) and some micronutrients (zinc, selenium, magnesium), as well as probiotics, have significant immuno-stimulating properties.

concerns the value of food, which has always been understood as “cure”. The act of feeding is configured as an act of love starting from breastfeeding, a physiological source of nourishment and a means by which the mother “takes care” of the unborn child. Throughout life, food is the symbolic mediator of care and the presence of the other, a means of sharing. Presence of the other and sharing which, during the pandemic, is significantly reduced as a result of social distancing, an aspect that undermines part of the “identity” of food itself.

### “Tools” for optimal management of the relationship with food

- Awareness and self-analysis. Learn to distinguish emotional hunger from biological hunger: in addition to “feeling the stomach” an important tool can be represented by the food diary. Writing what you eat can be the way to become aware of mistakes and to keep in mind the timing of meals: if we eat an hour after finishing the last meal, it is highly unlikely that ours is a biological hunger.



- Food day planning. It is important to define the daily meals so as not to risk making last-minute choices. We try to let a maximum of 12 hours pass between the first meal and the last meal of the day and to consume 5 meals a day. We plan our day trying not to alter our “biological clock”: the biological rhythms of our body, such as the activity of the heart, liver, gastric and intestinal secretions, adapt to those imposed by the alternation of light / dark, sleep / wakefulness, thanks to the wonderful and tireless work of certain types of brain cells.
- Conscious shopping. Each of us knows his “weak points”, ie the “trigger foods”. We avoid buying these foods. If we really can't not take them home, we try to create ready and healthier alternatives: we always keep raw vegetables cut and ready for consumption in the fridge. We may not want to clean the vegetables, but if they are ready, we eliminate a reason not to choose these in the “bad moments”.
- Quality versus quantity. We take advantage of the extra time we spend at home to prepare more elaborate and refined meals, aiming for their quality rather than quantity. Let's focus on raw materials, cooking methods and seasonings. We elevate food to an “experience of value”, as it is full of our imagination and our attention.
- Space-time separation. Let's dedicate time to the act of eating, let's not do it while we are in front of the PC or in front of the TV or on the sofa. We eat food in the kitchen, sitting at the table and, at the end of the meal, we go to the bathroom to brush our teeth.
- Bitter taste as a natural anti-hunger. There are foods that activate that neuro-hormonal mechanism that communicates our satiety to the brain. In addition to fiber, we can aim for small quantities of dark (bitter) chocolate or bitter coffee, but above all bitter vegetables, such as chicory, endive, rocket, radicchio, but also cabbage, cauliflower, artichokes and asparagus.
- Distraction and movement techniques. When hunger is felt and it is not the time to eat, it is useful to be distracted by taking another welcome action, such as calling a friend, taking a hot bath, writing, reading and engaging in creative and relaxing activities. Practicing physical activity can represent an activity with a double value, understood both as an excellent distraction technique and as an “energy compensation” (calorie consumption), as well as an activity that stimulates endorphins, known as “molecules of happiness”.

Let us not forget that “It is not the most intelligent of species that survives; it is not even the strongest; the species that survives is the one that is able to adapt and better adapt to changes in the environment in which it is found”.







## Forestry Doctor: who he is and what role he plays in the ecological transition

Katia Sepe

Guardians of woods, forests and biodiversity, graduates in Forestry and Environmental Sciences will become protagonists of the ecological transition

The profile of a Forestry graduate originated approximately three centuries ago when, in 1713, Hanns Carl von Carlowitz, a forestry accountant, published "Silvicultura Economica (Economic Silviculture)", in which he revealed the necessity to recognize the above-mentioned figure, by stating that managing a forest correctly is the key to the preservation of our forests and the conservation of our environment. Although the university curriculum of a Bachelor in Forestry does not change over time, its skills are multiple, constantly evolving and in step with nature, outlining its dynamic complexity.



In Italy, the Tuscany region is the cradle of agricultural and forestry studies and here the "Regio Istituto Forestale di Vallombrosa" was founded in 1869. In 1912, this Institute was transferred to the Grand Ducal Villa at the Cascine in Florence and later it became "Regio Istituto Superiore Forestale Nazionale".

The new institute's legislation required all future forestry graduates to receive a degree in Agricultural Sciences or Engineering and a subsequent specialization by attending, for a biennial period, the Istituto Superiore Forestale Nazionale. Education in agro-forestry sciences, the adoption of the most suitable cultivation techniques and the necessary investment in capital were the most important actions undertaken in order to promote the development and progress of society.

Forestry and agriculture became two separate degrees, starting from the academic year 1933-1934, at the University of Florence. Dating from the Vallombrosa period to the present, the objective has been to form students into competent and responsible professionals capable of managing and developing the environment and forests.



Currently, there are 11 Forestry and Environmental Science degree courses in many different cities in Italy: Turin, Padua, Florence, Ancona, Viterbo, Campobasso, Naples, Potenza, Reggio Calabria, Palermo and Sassari. They are all very similar from a structural and organizational perspective in terms of the courses offered, the didactic approach to teaching, and the practical and laboratory activities, characteristic to the forestry profession. Nevertheless, the analysis of the courses (both three-year and post-graduate levels) revealed a remarkable difference between some universities and others, in terms of better formative programmes.

A further important factor is that only two international courses are offered in English: the Master's Degree at the Universities of Padua and Tuscia, which are a double degree, in accordance with the Partner Universities. A variety of course options available for applicants to choose from and the opportunity to participate in international and innovative programmes which makes it possible for students to be "citizens of the world", could be factors in the competitiveness of the universities, with a greater or weaker potential for attracting participants, and thus affecting student enrolment. The University objectives are broadly focused on making young people capable of operating in a reasonable and sustainable way, through practical ma-

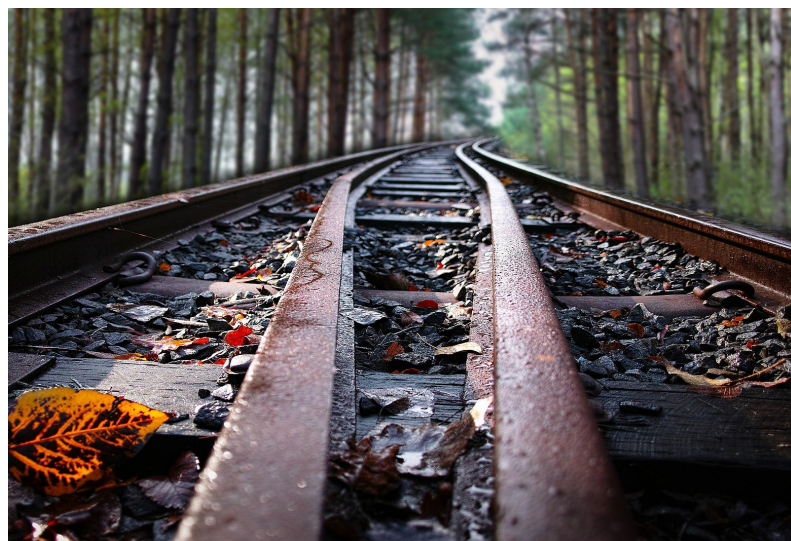
management, programming and sustainable forestry productions in accordance with the evolving environmental and social-economic constraints.

In the current context, in which the ecosystem is strongly affected by irrational anthropogenic events that are the main cause of the imposing problem in climate change, restarting from agriculture and forests could be fundamental in hindering environmental degradation and representing a potential chance for future resolutions.

The ecological and naturalistic topics covered in the Degree Course are more essential

now than before in confronting the changes in the environment and facing extreme climate events, such as droughts and floods, which are increasingly frequent and very intense. It is essential to be well prepared to deal with new challenges that nature offers us following its natural course of events, without altering its evolutionary cycles. Social networks constantly influence our lives with current trends.

Likewise, the communicative effectiveness of social media could be used to sensitize the community towards appropriate habits to reduce air, water and soil pollution and all the damage perpetuated to the detriment of the environment and man himself. In this regard, the European Union's approach is the Green New Deal, an ambitious challenge with the aim of achieving zero climate impact by 2050.







"The European Green Deal is our new strategy for growing. It will enable us to both reduce emissions and increase job creation", says the President of the European Commission, Ursula von der Leyen. The new "green deal" forecasts a correct and equitable transition to a sustainable economy, which can be reached through a large investment plan to be equally shared by all member states without any exceptions: Italy will receive 364 million euros.

The recently instituted Ecological Transition Ministry, led by the Italian Minister Roberto Cingolani, aims at "a substantial change in the Italian energetic paradigm" to transform the existing socio-environmental emergency into opportunities for growth and restoration of compromised natural resources: "I would like to emphasize the new ministry acronym: MiTE. Meekness is the lost virtue that must be retrieved and it indicates the direction we are going to work in – declares Cingolani – pointing to the strength of the topics and the awareness of the ecological and social challenge, comparing with great openness, keeping future generations at heart".

These reflections lead to the necessity to revalue the role of the Forestry and Environmental Science graduate as a cultural mediator at the center of an ambitious ecological transition project. The preservation of the natural environment is now an absolute priority and these professional skills are amongst the best suitable tools for the implementation of measures to safeguard the forest and terrestrial ecosystems, in a sustainable way: by satisfying the present demands while preserving the ones of future generations. Man who is able to understand nature consciously operates and protects it while exploiting its benefits rationally. Future jobs lie in the environment: bioremediation – reforestation – conservation and biodiversity valorisation are just some of the current and numerous demands to which the profile can respond, due to knowledge and expertise in the agro-forestry sector.

In the last few years, the trend of employability in these sectors is characterized by an encouraging and increasing development: one out of two university students is employed after graduation. Many job offers are seeking a "green curriculum" and the Forestry and Environmental Science graduates, owing to their multi-faceted nature, respond to the latest socio-environmental tendencies that aim to restore the harmonic equilibrium between man and nature.







## Traveling outdoors: the tourist trend of summer 2021

*Maria Giuseppina Ferrulli*

For the summer of 2021, tourists who choose an outdoor holiday will be between 45 and 49 million. 55% are Italian: sustainable tourism in contact with nature is still growing



These are days when talking about tourism has become really complicated. If in the first months of the health emergency there was a great excitement and a great desire to take back time, nature and life, after a year the persistence of the emergency condition led us to feel greater mistrust towards of tomorrow and hope has become such a precious flame that often one is better off pretending not to see it, waiting in an agnostic silence for everything to pass.

Today we hope in the vaccine and in a slightly "faster" resolution that in a few months can make us get out of the sensations and emotions linked to an Italy of colored regions, waiting for Friday to discover the weekly destiny and to the reading of what can and, above all, what cannot be done in the area.

If possible, this second phase of the epidemic, after the summer break, was far more difficult on an emotional level, forced to combine the duties of work and existence with the limitations imposed by the various DPCM. However, the experience of other countries can induce a certain sense of trust in us: the darkness could gradually fade towards the light, day after day. And travel, holidays, freedom, real life will return.

Already last year a large percentage of tourists turned their attention to sustainable tourism and above all en plein air and it seems that this year too outdoor tourism could be the optimal solution in choosing the destination and travel method.



## Why?

Firstly, walking, hiking and cycling tourism was already a growing sector in 2019, when the virus was not yet tormenting our days. The contact with nature and the desire for an invigorating and healthy holiday had pushed many Italians and non-Italians to choose this new way of traveling and enjoying the territory.

On the other hand, moving outdoors, in the past summer, was a good option as it offered greater safety; outdoor tourism guarantees a certain "isolation", leading to avoid gatherings and "danger" situations related to the epidemic.

And, above all, traveling in the open air certainly offers a great chance to restore one's balance, even more so after the difficult condition of forced isolation, whether it is linked to the impossibility of moving around colored areas or, more generally, to the inability to share space and time with family and friends.

The forecasts on the national sector of the fifth edition of the Human Company Outdoor Tourism Observa-

tory, created in collaboration with THRENDS, a company specialized in analysis and strategies of the Tourism & Hospitality sector, estimated that in the next summer season, tourists who will choose an outdoor holiday open air will be between 45 and 49 million. 55% of the estimated figure should be made up of Italian citizens.

The focus is on the months of August and September when, thanks to the vaccination campaign which should have marked satisfactory, if not optimal, results at that date, confidence in travel and safety should lead to a large



number of presences.

And the outdoor holiday should be the choice of most, if it is true that 75% of Italians would be in favor of a choice linked to sustainable tourism, as emerged from a research by the Piepoli Institute.

If the forecasts prove to be true, it can be said that en plein air tourism will represent the tourism trend of summer 2021.

The days are getting warmer and the desire for tranquility and carefree, even if a little hidden in the folds of uncertainty and disillusionment, is making its way through our thoughts. Maybe it's a bit early to say, but the summer of rebirth and a new tomorrow could be upon us. You can start looking forward to a relaxing holiday, with your mind a little further away from the difficulties of this long winter.





## Forest Therapy: what it is and where to practice it in Italy

*Piera Vincenti*

Forest Therapy is a real immersion in nature, which combines science and spirituality to bring well-being to the body and mind



In recent years, the idea of sustainable tourism in contact with nature has spread, to rediscover unspoiled places and travel respecting the environment. Green and zero-impact locations are increasingly sought after, but above all people want to immerse themselves in nature to leave behind the stress of the city and the daily tram tram.

For this reason, a very interesting practice has spread, Forest Therapy or Shinrin-Yoku, which can be practiced in the woods, where it is easier to find authentic contact with nature, its colors and its smells. But, if you really can't get into a real wood, you can always go to the city parks, the important thing is that there is a lot of green.

The practice of Shinrin-Yoku originated in 1982 in Japan as part of a national health program designed to reduce the stress levels of the population. It is not a simple walk in the green, it is a real immersion in nature, which combines science and spirituality to bring well-being to the body and mind.

### **The benefits of Forest Therapy**

The numerous studies carried out have shown that Forest Therapy is really able to reduce stress, lower adrenaline levels, counteract hyperactivity, stimulate the parasympathetic system, responsible for relaxation, reducing the reactions of the sympathetic one used for function of fight-flight, go to work on blood pressure and lead to a number of other positive effects for humans.

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The advantages, therefore, are innumerable. The Forest Bathing, a full-fledged nature bath, is an immersive experience in truly regenerating greenery, capable of operating a physical and mental detoxification thanks to the numerous benefits that trees and plants have on the human nervous system.

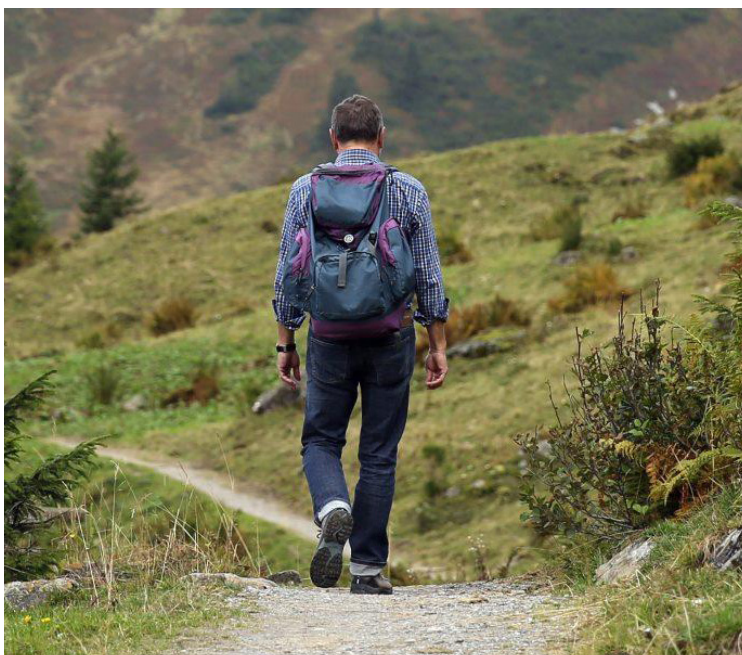
But that is not all. The leaves of the trees release substances that produce beneficial effects designed to work on the immune system and on the activity of NK (Natural Killer) cells, used to protect the latter: for example, it has been shown that after three nights in the forest there is a increase in the activity of these cells from 17% to 27%.

## Where to do Forest Bathing in Italy

Doing Forest Bathing in our country is really very simple: although a tree-lined place is enough to devote yourself to this practice, there are many places in the various regions where there are real paths dedicated to this relaxing practice.

Two Italian experts, the ecodesigner Marco Nieri and the agronomist Marco Mencagli, have dedicated studies to this practice, monitoring the electromagnetic activity of plants to verify their effects on humans, so much so that we can now speak of a real Forest Therapy in Italy officially recognized.

From Piedmont to Tuscany passing through Trentino and Lazio, there are many Italian regions where you can practice Forest Bathing. In the north it is possible to do Forest Bathing in Piedmont, in the Zegna Oasis where the Bosco del Sorriso stands and where paths and trails suitable for the whole family have been organized.




In Trentino there is a beautiful bio-park of beech trees in Fai della Paganella where you can immerse yourself fully in nature. In Friuli it is possible to do Forest Therapy in the Natisone Valleys.

In the central regions it is possible to enjoy the benefits of this activity in Tuscany in the Amiata Mountains and in the Maremma Park, among holm oak trees and plants typical of the Mediterranean scrub, for a truly suggestive and regenerating experience.

Forest Bathing in Lazio is also very popular: in particular it can be practiced in the National Park of Abruzzo, Lazio and Molise, where the landscape is dominated by beech forests, but also in the Circeo Park where the paths pass through ash trees, black alders and some specimens of aspen.



A person with dark hair, wearing a teal long-sleeved shirt, is sitting on a wooden platform built around a large tree trunk. The platform is elevated and overlooks a vast, green valley with rolling hills and some distant buildings. The sky is hazy and yellowish, suggesting a sunrise or sunset. The tree's branches and needles are visible in the foreground and around the platform.

He that plants trees  
loves others  
besides himself  
(Thomas Fuller)

Protect our environment.

**SmartRicicla**

The App for waste collection.







## How to make a homemade moisturizer with natural ingredients

Ste Vi

Welcome spring! How to prepare the skin with homemade scrubs, hydrolates and moisturizers



During spring, protection and hydration for the skin must never be lacking. To eliminate the signs of winter, the face and body must be exfoliated to eliminate all dead cells and become brighter and more receptive to treatments.

### How to prepare a do-it-yourself natural scrub

Just make a delicate scrub, prepared at home, based on ginger, orange and cinnamon. You can mix 1 tablespoon of brown sugar, 1 tablespoon of honey, 2 tablespoons of corn starch, the juice of an orange, 2 drops of cinnamon essential oil and 2 drops of ginger essential oil in a cup for the latte. Add the sunflower oil until it covers and exceeds the mixture by two centimeters. Mix everything with a spoon and apply to the body with a gentle circular massage from bottom to top once a week.

At this point you can apply on a moisturizer, of vegetable origin, which you can buy from your trusted herbalist. At the same time as the cream you could try your hand at preparing a plant hydrosol at home.

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## How to make a homemade hydrosol

Hydrolate is a water derived from the distillation of plants, through the same process from which essential oils are also obtained. The hydrosol has the properties of essential oil but, being diluted, it is much more delicate, so much so that it can be used directly on the skin. It can be used as a skin moisturizer, as a make-up remover and as a tonic. The best known hydrolat is rose water.

## Some medicinal plants to make a hydrosol are:

- Rose (flowers): ideal for taking care of the skin, especially that of the face, where it helps fight the signs of aging;
- Chamomile (flowers): ideal for the treatment of skin affected by inflammation and problems related to the microcirculation such as couperose;
- Rosemary (leaves and flowers): ideal for taking care of oily and acne-prone skin. Rosemary water boasts excellent astringent and purifying properties even on the scalp when there is excess sebum;
- Lavender (flowers): ideal for oily and combination skin not prone to acne thanks to its astringent and antiseptic properties;
- Witch hazel (leaves and bark): is a soothing plant par excellence; its hydrosol is perfect to spray on the legs when you have circulation problems.





If it is difficult to find the fresh plant, you can contact your trusted herbalist and buy the dried plant, bearing in mind that it will take about two and a half times the fresh one.

Preparing the hydrolat is very simple: you need to put a liter of water in a pot, a separator basket between the water and the plant in the center of which we will put a pyrex container. Put the plant (100 grams for fresh, 250 grams for dry) around our pyrex container and cover the pot with a convex lid placed upside down on which we can put ice briquettes for the camping fridges. When the water boils, the steam produced by the water will pass through the plant, capturing its active ingredients and then reaching the cold lid and re-transforming into a liquid that will be conveyed by the lid itself (placed on the contrary which will make a sort of funnel) towards the pyrex container.



If you have a still or a steamer you can use them to achieve the same result.

The hydrolat collected in the pyrex container, once cooled, must be stored in the refrigerator as it is free of any preservative, then used within a week at the latest.

With the same principle you can try to make perfumed waters remembering that citrus fruits, of which the peel is also used to make perfumed waters, are photosensitizers and therefore exposure to the sun after their application could stain the skin.

## How to make a homemade moisturizer with natural ingredients

To complete your work, you can transform the freshly made hydrosol into a moisturizer. Take 50 grams of unscented shea butter, 1 tablespoon of almond or sunflower oil and a teaspoon of rice wax and melt everything in a double boiler. Once melted, transfer the mixture into a container and beat it slowly with a whisk for about two minutes to whip the cream. Then add 50 grams of your heated but not boiled hydrosol. Stir quickly with the whisk for another three minutes or until the mixture is completely homogeneous. Let it cool, turning the mixture, in a bain-marie, put it in your clean and sterilized jar and keep in the fridge for no more than a week.

With these little tricks you can make your own cleansing and moisturizing cosmetics for the skin at home as well as take the time for yourself while you prepare them. You will certainly have the advantage of being able to “customize” them and they will always be fresh in spring.



## < TIME TO RECYCLE



# Separate collection: how to recycle paper waste

What can I throw in the paper bin and what I can't? Are tissues and receipts recyclable? The answer to this and other questions in our section in collaboration with SmartRicicla



Paper can live almost indefinitely, just separate them carefully, not throwing them in the undifferentiated. In fact, paper more than a waste represents a wealth for the environment and its recovery saves precious resources. It is true that, being mainly composed of cellulose, paper is a biodegradable material but its recycling allows you to save many trees, consume less water and save both in energy and economic terms.

To get an idea of the advantages of recycling paper, just think about its

production process. In fact, to obtain a ton of paper, 15 trees are needed, 440,000 liters of water and energy equal to 7,600 kW of electricity. Numbers that are significantly reduced in the recycling process, bringing the quantity of trees felled to practically zero. Even the energy used is reduced by two thirds while the amount of water required drops to 1,800 liters. Furthermore, with recycling, CO2 emissions are halved.

### The rules for a correct recycling of paper are few and simple:

- Paper and cardboard to be recycled must be stored in the appropriate containers
- Packaging with food residues does not go into the separate collection of paper and cardboard. They generate bad smells create problems in the recycling process
- Receipts should not be thrown away with paper because they are made with thermal papers which generate problems in recycling
- Greaseproof paper – such as cheese or salami – is not recyclable
- Paper handkerchiefs do not go to separate collection
- Paper dirty with poisonous substances such as paints or solvents is not recyclable

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## TIME TO RECYCLE >

- Non-cellulosic materials such as staples or adhesive tapes should be separated from the paper
- The boxes and cartons must be flattened and compressed to reduce their volume
- The plastic bag used to bring the paper to the appropriate container should not be thrown away with the paper.
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It is important to remember that each Municipality has its own rules so it is good to inquire about those in force in its own area. However, in collaboration with SmartRicicla, we listed all the materials that can be placed in the paper container.

### **WHAT YOU CAN THROW IN THE PAPER BIN:**

- Paper and cardboard to be recycled must be stored in the appropriate containers
- Packaging with food residues does not go into the separate collection of paper and cardboard. They generate bad smells create problems in the recycling process.
- Receipts should not be thrown away with paper because they are made with thermal papers which generate problems in recycling
- Greaseproof paper – such as cheese or salami – is not recyclable.
- Paper handkerchiefs do not go to separate collection. They are anti-crush and therefore difficult to recycle
- Paper dirty with poisonous substances such as paints or solvents is not recyclable.
- Non-cellulosic materials such as staples or adhesive tapes should be separated from the paper
- The boxes and cartons must be flattened and compressed to reduce their volume
- The plastic bag used to bring the paper to the appropriate container should not be thrown away with the paper.

### **WHAT YOU CAN'T THROW IN THE PAPER BIN:**

- dirty paper (tissues, paper towels)
- pizza cartons
- aluminum foil for food
- greaseproof paper
- carbon paper
- paper with glue residue
- tax receipts
- POS / ATM receipts



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