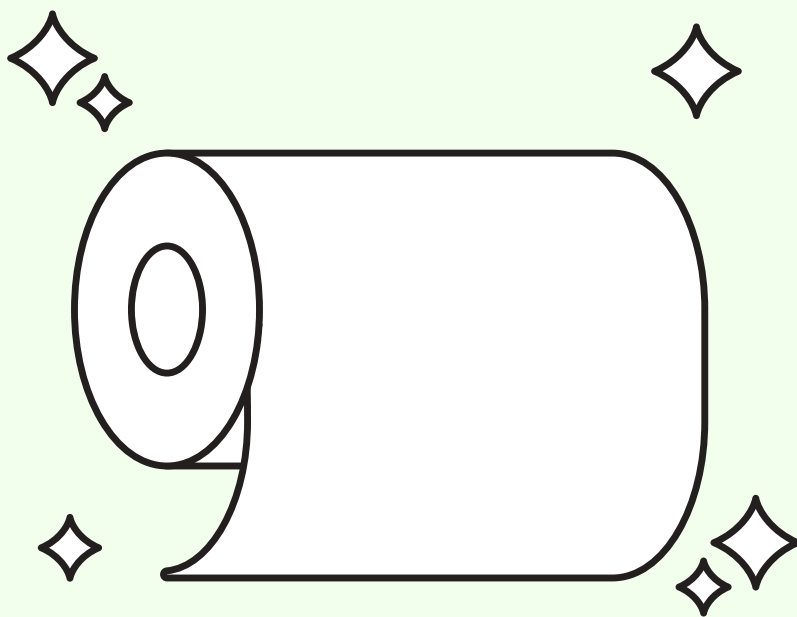


Hamilton Family Health Team

Green Initiative

Paper Towels



Author: Dr. Meghan Davis B. Eng
MD FCFP

Design: Teniola Ayeni

The Problem

From our Crown Point waste audit, we found that paper towels were our single largest source of garbage, contributing to 3.24 kilograms of weekly waste, which is 25% of our total waste.



In total, we were putting
167 kilograms
of paper towels into the garbage
each year.

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Paper Towels & Toilet Paper

Our problems were three fold:

1. We used folded paper towel dispensers which tend to dispense too much, and in clumps.



2. Our paper towels had NO recycled paper content.



3. Paper towels should be composted rather than thrown in the trash or recycled.



Paper towels are an environmental problem because:

To make one ton of paper towels, **17 trees** and **20 000 gallons of water** are polluted.¹

Globally, discarded paper towels result in **254 million tons** of trash every year.²

Worldwide the pulp and paper industry is the **fifth largest consumer of energy**, accounting for 4% of all the world's energy use.³

Discarded paper is a major component of many landfill sites, accounting for about **35%** by weight of municipal solid waste.⁴

Pulp and paper is the third largest industrial polluter to air, water and land in both Canada and the United States, and releases well over **100 million kg** of toxic pollution each year.⁵

Solutions:

Should we go to hand dryers? Not according to the Mayo clinic!⁶

Our Green Team community member Diane Samchuck sourced a solution for us that solved these three concerns:

1. Automatic roll towel dispensers that reduce our annual paper towel use by 43%.
2. Paper towel that is Forest Stewardship Council and Ecologo certified:
 - 40% post-consumer waste content
 - 50% recycled fiber
 - Chlorine free
 - Compostable.
3. Composting bins in each room: Please see our [Composting Infographic](#) for more details!

New paper towel dispenser information:

Produced by [Kimberley Clark](#)

Our contact: Raj Sall
Raj.Sall@kcc.com

Local distributor: [GT French](#)

GT French contact: Chad Dixon
chadd@gtfrench.ca



Our new dispenser in an examination room.

We installed 17 Scott electronic towel dispensers (GT French code 810.48868).

Solutions continued:

For smaller areas there is a slimmer dispenser:
Scott Slim Roll Dispenser (code 810.47259)
However, these slimmer models only reduce
paper towel use by 19% and the larger
dispensers reduce usage by 43%.

We ordered 17 dispensers for our rooms with
sinks, and they were installed **AT NO EXPENSE**
by GT French.

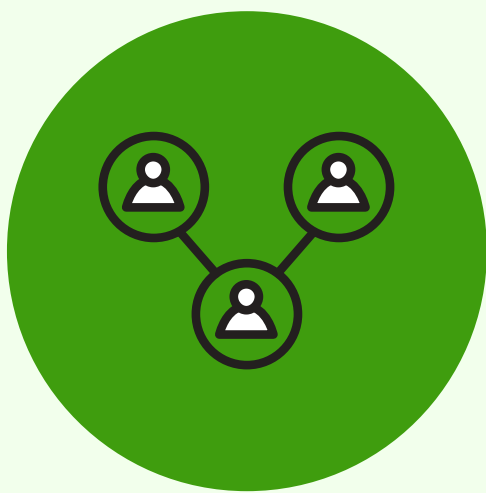
Benefits:

Environmental:

1. The paper towels we use are now Forest Stewardship Council and Ecologo certified. ^{7, 8}
2. We will divert 167 kilograms of garbage from landfills.
3. We will use 43% less paper towels with the automated roll dispensers.



Social:



1. We are supporting GT French, a local company!
2. The new dispensers look more professional than the old ones.
3. The new dispensers require less changing of the paper towel roll.
4. The new Kimberly Clarke towels are more absorbent.

Financial:

Our predicted **savings** with the
new dispensers is

\$200
annually.



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Paper Towels & Toilet Paper

Toilet Paper:

GT French provided free installations of three toilet paper dispensers in our washrooms.

We installed the Scott Pro Coreless Jumbo Roll Tissue Dispenser (Product code 34832)

This paper is also Forest Stewardship Council and Ecologo certified, and:

- 20% post-consumer waste content
- 50% recycled fibre
- No cardboard core
- Chlorine free
- Requires less changing.



Our new dispenser in a washroom.

The product infographic below shows 98% package waste reduction by switching to this new dispenser.

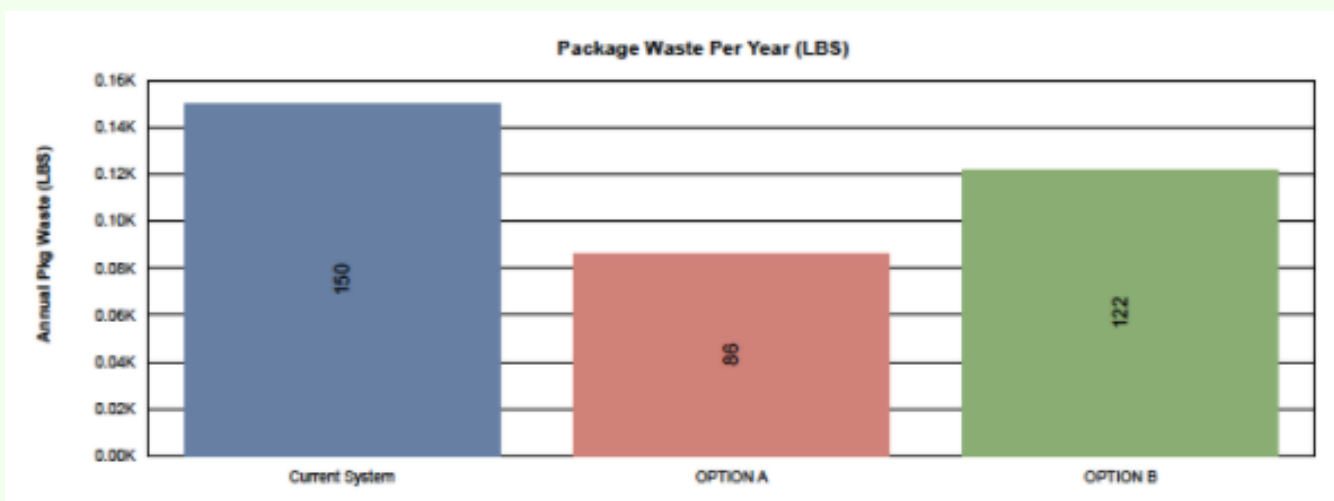
Kimberly-Clark PROFESSIONAL		Package Reduction Analysis		Tissue
	Current System	PRODUCT / SYSTEM OPTIONS OPTION A	OPTION B	
Manufacturer	Kimberly-Clark PROFESSIONAL	Kimberly-Clark PROFESSIONAL	Kimberly-Clark PROFESSIONAL	
Brand name	SCOTT'S STANDARD ROLL BATHROOM TISSUE - CANADA	SCOTT'S Coreless Standard Roll Bathroom Tissue	SCOTT SMALL CORE HIGH CAPACITY BATHROOM TISSUE	
Brand Code	48040	04007	47305	
Product Category	Standard Rolls	Coreless Standard Roll	Small Core	
Dispenser Code	09021	44517	44518	
Dispenser	Double Roll Tissue Dispenser	MOD * High Capacity SRB Dispenser	MOD * High Capacity SRB Dispenser	
Sheet Length	No Setting	No Setting	No Setting	
Annual Cases	100	43	60	
Annual Package Waste (LBS)	220	4	126	
	Annual Package Waste (LBS) Savings:	216	94	
	Annual Percent Savings:	98%	43%	
	*Equivalent (Person-Day):	48	21	

Kimberly-Clark PROFESSIONAL		Package Reduction Analysis		Towels
	Current System	PRODUCT / SYSTEM OPTIONS OPTION A	OPTION B	
Manufacturer	Kimberly-Clark PROFESSIONAL	Kimberly-Clark PROFESSIONAL	Kimberly-Clark PROFESSIONAL	
Brand name	SCOTT'S Multi-Fold Towels	SCOTT ESSENTIAL HARD ROLL TOWEL	SCOTT'S SLIMROLL* HARD ROLL TOWEL	
Brand Code	01804	02001	47035	
Product Category	Multi-Fold	Hard Roll With Core Plugs	Hard Roll With Core Plugs	
Dispenser Code	39719	46254	47092	
Dispenser	Kimberly-Clark Professional MOD* Universal Folded Towel Dispenser	Scott's Essential* Hard Roll Towel Dispenser	Scott's MOD* Slimroll* Towel Dispenser, Orange Code	
Sheet Length	No Setting	Metered	Metered	
Annual Cases	100	57	87	
Annual Package Waste (LBS)	150	86	122	
	Annual Package Waste (LBS) Savings:	65	28	
	Annual Percent Savings:	43%	19%	
	*Equivalent (Person-Day):	14	6	

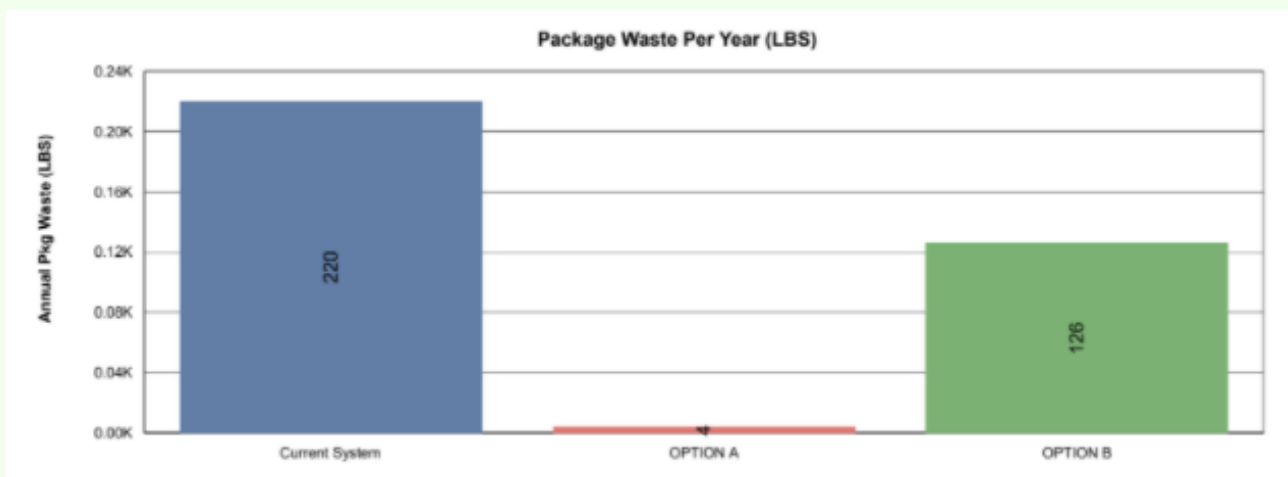
* Person-Day - An average of 4.5 pounds of waste is generated per person per day.

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Paper Towels & Toilet Paper



Toilet paper waste reduction.



Paper towel waste reduction.

References

1. [Reduce Paper Waste: Wash Your Hand of \(not with\) Paper Towels!](#)
2. [Reusable Replacements: Paper Products](#)
3. [The Shocking Facts About the Paper Industry](#)
4. [Paper, Paper, Paper, Paper, Paper, Paper, Paper, PAPER... TOO MUCH PAPER!](#)
5. [Environmental Impact of Paper](#)
6. [The Hygienic Efficacy of Different Hand-Drying Methods: A Review of the Evidence](#)
7. [Forest Stewardship Council*](#)
8. [Ecologo Certification Program**](#)
9. [9 More Reasons to Pass Up Paper](#)

*Prevents deforestation, protects old growth, protects water quality, prohibits hazardous chemicals, limits clear cutting, protects rights of indigenous communities, fair governance

**Third party certification of products with environmental, human health and safety criteria

Join the HFHT Green Initiative, and access all infographics, videos, and other resources at:

[HFHT Green Initiative Webpage](#)

If you have any questions, please reach out to us: green.team@hamiltonfht.ca