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Wellness and Waste Reduction Join Forces at The Emily Program

Eating disorder treatment center launches comprehensive organics recycling at two St. Paul locations

“Our organization is all about wellness, especially as it relates to food, so launching this organics recycling program just made so much sense to us,” says Hilmar Wagner, Director of Nutrition Services for The Emily Program. Wagner is referring to a two-location program that was recently launched in consultation with Minnesota Waste Wise, a nonprofit that provides environmental sustainability consulting to Minnesota businesses and organizations.

“Embracing sustainability by recycling food waste and non-recyclable paper is a logical component of the wellness that we promote at The Emily Program,” Wagner says. The St. Paul-based organization is nationally recognized for personalized, holistic treatment of eating disorders. It has offices on Como Avenue and a residential facility, the Anna Westin House, on Cleveland Avenue.

After an initial consultation, Minnesota Waste Wise referred The Emily Program to Sanimax, which had been working with its existing waste and recycling hauler. The resulting program has included a number of targeted areas, including signage, bin placement and education. Specially marked “organics” bins were paired with trash and recycling containers, consistent signage was provided and all staff members received comprehensive training on the new initiative.

The response from staff and clients has been overwhelmingly positive. The Emily Program plans to continue tracking data on the materials that have been recycled, with the goal of continuously improving the program and reducing waste.

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If you'd like to learn more, or to schedule an interview, please contact Wendy Blackshaw at The Emily Program, 651-645-5323 or Wendy.Blackshaw@emilyprogram.com.

About The Emily Program

The Emily Program was founded in 1993 by Dirk Miller, PhD, LP, after his sister Emily recovered from an eating disorder. To date, the Emily Program has provided more than 4,500 clients with comprehensive treatment for eating disorders. Recognizing that one size does not fit all, the Emily Program develops a personalized care plan for its patients that incorporates individual and group therapy, nutrition, yoga and more. If you or someone you know is struggling with an eating disorder, call 1-888-364-5977 or visit emilyprogram.com.