Proper Disposal

All Regional Collection Centers accept oil based paints and varnishes from households for disposal. It is illegal to dispose of oil based paint in the trash in Iowa. Latex paint is not considered hazardous waste but most RCCs will accept latex paint for a small disposal fee. You can also dispose of small amounts of latex paint safely at home by leaving the lid off the can and drying out the paint or mixing it with kitty litter. You can then place it in the garbage with the lid off.

Tips from Kaya

If you need to store paint, you can help prevent it from going bad by making sure the lid is on tightly and storing the can upside down. This creates an air-proof seal around the lid.

Recycle / Reuse

If you have leftover paint in usable condition, check with neighbors, church groups or the local community to see if other residents can use it. If the paint is not contaminated or old and has not been frozen or otherwise improperly stored, many Regional Collection Centers (RCCs) operate swap shops where you may donate the paint for others to use. To locate your nearest RCC, go to www.SafeSmartSolutions.org.
Paint is generally classified into two groups: latex (also called water-based) and oil-based (also called solvent-based). Latex paint uses water as the carrier for the pigments, while oil-based paint uses a solvent containing carbon-based Volatile Organic Compounds, or VOCs. Some oil paints may also contain chemicals and metals that can damage the environment and human health if not disposed of properly. When an oil-based paint is required for a job, ask your paint retailer for tips about purchase and use.

Paints and finishes are among the leading causes of indoor air pollution because they release VOCs during application and for years afterwards. VOC’s create the “new paint smell” that many of us are familiar with and inhaling them may cause headaches, dizziness, nausea or vomiting. Because latex paints do not use solvents they emit far fewer VOCs and do not require the use of turpentine to clean brushes and equipment, and avoid the use of additional hazardous materials.

How much paint to buy?

When purchasing paint, remember to buy only the amount you need for the job so you won’t have to store leftover paint. Before you buy your paint, you should first determine how much paint you will need.

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How much paint would be needed for a 10 ft by 15 ft room with an 8 ft ceiling, one 21- square-ft doorway and two 15-square-ft windows?

1) Measure the total distance (perimeter) of the room:
   10 ft +15 ft + 10 ft +15 ft = 50 ft perimeter

2) Multiply the perimeter by the ceiling height to find the total wall area in square ft:
   50-ft perimeter x 8-ft ceiling= 400 square ft total wall area

3) Subtract the square ft of the door and the windows from the total wall area:
   400 square ft wall area - 21 square ft door - 30 square ft window area = 349 square ft.

Total paint needed = 349 square ft.
Retailers and information on the paint cans can help you to determine the amount of paint you will need to purchase.