

Viking Disposal & Recycling Addresses Commercial Waste Disposal Bans Across Massachusetts

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MIDDLETON, MA - October 23, 2026 -
Viking Disposal & Recycling has published a new guide to help Massachusetts business owners understand their obligations as the state increases enforcement of its waste disposal bans. The guide arrives as MassDEP prepares to expand inspection activity and as more businesses face scrutiny over how they sort, store, and transport their waste.

According to MassDEP, the agency expects to conduct approximately 200 waste ban inspections per year in 2026, an increase that follows the addition of two inspectors in late 2025. The agency has also noted that both the businesses that generate waste and the haulers that transport it share responsibility for complying with the bans, a point that many business owners overlook.

The enforcement push comes against a backdrop of rising disposal volumes. A March 2026 assessment from MassDEP found that total solid waste disposal climbed 10 percent above 2018 levels, adding pressure on the state to tighten compliance and divert more material from landfills and incinerators.

Among the rules affecting commercial operators is the state food waste ban, which MassDEP applies to facilities generating more than a half ton of food waste per week. That threshold has been in effect since November 1, 2022, and covers a growing number of restaurants, grocers, schools, and institutions throughout the region.

The Viking Disposal & Recycling guide walks businesses through the practical steps of staying compliant, including conducting a waste audit, distinguishing commercial waste from residential trash, matching container sizes to actual waste volumes, and understanding when permits are required for dumpsters placed on public streets or sidewalks. The guide can be reviewed through the company's resource on commercial waste disposal.

"Many business owners do not realize that the hauler and the business are both accountable when a load is rejected or a ban item turns up at a facility," said Lorenzo Puopolo of Viking Disposal & Recycling. "With MassDEP adding inspectors and stepping up enforcement, the goal of the guide is to give operators a clear picture of what the rules require before a problem reaches their door."

The guide also addresses how businesses can reduce costs by scheduling pickups that reflect actual volume rather than defaulting to oversized containers or unnecessary pickup frequencies. For many Massachusetts operators, those adjustments can ease both compliance burdens and monthly expenses.

"Compliance and efficiency tend to move together," Puopolo added. "When a business sorts recyclables and organics correctly and right-sizes its service, it usually ends up spending less and worrying less about a failed inspection."

Viking Disposal & Recycling serves Essex, Suffolk, Middlesex, Norfolk, and Worcester counties in Massachusetts, as well as Hillsborough, Rockingham, and Merrimack counties in New Hampshire. The company offers commercial waste disposal using dumpsters sized from 2 to 10 yards, along with residential pickup and roll-off dumpster rentals.

Founded in 2023 and based in Greater Boston, Viking Disposal & Recycling provides waste and recycling collection with flexible pickup schedules and direct access to a support team. The company directs a portion of every rental to the Alzheimer's Foundation.

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For more information about Viking Disposal, contact the company here:Viking DisposalLorenzo Puopolo(781) 716-7400lorenzo@vikingdisposal.com10 Maple St Ste 303, Middleton, MA 01949

Viking Disposal

Locally owned disposal company offering fast dumpster delivery, flexible rental periods, transparent pricing, and reliable junk removal for residential and construction projects.

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