

RECYCLE THIS, TRASH THAT



OVERVIEW:

Recycling is one of the easiest ways you can reduce your impact on the planet. Just be sure to sort waste properly at home so it doesn't get thrown away at your local recycling center. This guide explains which items you should place in the trash can and which ones you can recycle.

Hang the helpful list included here in a convenient spot so your whole family can refer to it every day.

WHAT'S INCLUDED:

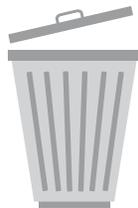
- **Trash vs. Recycle Guide**
A list of items that you can recycle and ones that should go in your trash bin.

RECYCLE THIS, TRASH THAT

On average, each American throws out about five pounds of waste per day. Recycling saves materials from the landfill, which makes products more affordable for shoppers and manufacturers, reduces energy use, and cuts greenhouse gas emissions. Keep this handy guide in your kitchen to know which items go where.



Check with your town or waste-removal service to find out what it accepts. The items below are commonly recyclable.



The following items are hard to recycle. Try to use alternative materials and reusable items when you can.



Some businesses and government services accept these items for disposal.

RECYCLING BIN

Paper and cardboard.

Recycle newspaper, office paper, junk mail, magazines, brown bags, and regular and corrugated cardboard. Scrub residue off paper and cardboard food containers before recycling.

Aluminum, steel, and tin. Soda cans, food cans, foil, and aluminum baking pans can all be recycled, but be sure to clean off food residue.

Glass. Glass of any color is typically recyclable. Keep broken glass out of your curbside bin for the safety of sanitation workers.

Plastic containers. Check with your local recycling program to determine which plastics you can recycle. Clean them before sorting.

Cartons. Wash out milk and juice cartons, and place them with other paper recyclables.

TRASH CAN

Coated paper products.

Disposable coffee cups, sheets of stickers or address labels, and frozen-food boxes are not recyclable.

Styrofoam. Styrofoam cups and containers are technically recyclable, but few facilities accept them for cost reasons.

Disposable diapers. The paper and plastic from these items cannot be salvaged.

Food wrappers. Candy wrappers, potato chip bags, and plastic wrap also cannot be recycled.

Paper cleaning products. Products such as napkins, paper towels, and sanitizing wipes cannot be recycled due to the residue on them.

SPECIAL RECYCLING BIN

Plastic bags. These may be accepted at your local supermarket, but reusable cloth bags are your best bet.

Empty ink cartridges. Most business supply stores will recycle these.

Household batteries. Drop them off at a public facility, like the library, post office, or recycling center.

Light bulbs. Some home improvement stores will recycle light bulbs for you.

Clothing and shoes. If they are in pretty good condition, someone else might want these items, so donate them to a local charity or thrift store.

Metals and electronics. There are different programs that can recycle metals like cookware and electronics like DVD players. Contact your nearest recycling center for details.