

RECYCLE THIS, COMPOST THAT



OVERVIEW:

Composting and recycling are two simple ways to create a more sustainable lifestyle. Learn what items should go in your recycling bin and which you should add to your compost pile.

Print and hang this list somewhere in your kitchen for quick reference while sorting through your waste.

WHAT'S INCLUDED:

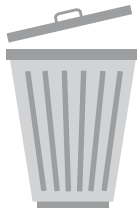
- **Trash vs. Compost Guide**
A list of items to recycle, add to your compost pile, or put in your trash bin.

RECYCLE THIS, COMPOST 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.



These organic materials are great for composting in an indoor or outdoor bin. Try to maintain a brown-to-green material ratio of 4:1.

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 some 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.

COMPOST PILE

Green materials.

Nitrogen-rich materials add nutrients to your compost pile, producing a healthy, organic fertilizer for your garden. These include:

- Fruits and vegetables
- Eggshells and nutshells
- Nongreasy food scraps (bread, grains, pasta, and rice)
- Coffee grounds and tea bags

Brown materials.

Carbon-rich materials add bulk to the compost pile and create better airflow between the layers. These include:

- Paper products
- Cardboard
- Leaves and branches