

# RECYCLING TIPS

Recycle today for a better tomorrow!



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Single Stream Recycling Chart	What to Recycle	Do Not Include <i>ANY items contaminated by food are not acceptable for recycling</i>
<b>Mixed paper</b> 	Examples include: • Mail and envelopes (windows are OK) • Magazines and catalogs • Writing or ledger paper • Paperback books • Paper bags • Greeting cards • Wrapping paper • Shredded paper (Place in paper bag) • Fax paper • Computer paper	Mixed paper items <b>not acceptable</b> include: • Paper towels, facial tissues, napkins • Cigarette packs • Candy wrappers • Waxed or plastic-coated paper • Wrapping tissue paper • Foil wrapping paper
<b>Thin cardboard</b>  <b>Newspapers (including all ads and inserts)</b>	Examples include: • Shoe boxes • Cereal boxes • Pasta boxes • Toilet paper rolls • Frozen food boxes • Gift boxes • Cake mix boxes • Toothpaste boxes • Tissue boxes • Paper egg cartons • Soda or beer packaging • Soap or laundry detergent boxes	Thin cardboard items <b>not acceptable</b> include: • Boxes with silver or foil coatings • Anything dirty, greasy or plastic-coated
<b>Corrugated cardboard</b> 	• Boxes and other corrugated cardboard should be flattened and folded so they fit in the cart. • Pizza boxes (with greasy liner removed)	Corrugated cardboard items <b>not acceptable</b> include: • Dirty or greasy cardboard
<b>Tin/aluminum, scrap metal</b> 	Examples include: • Aluminum and tin cans • Foil and pie plates • Empty steel aerosol cans	Tin/aluminum, scrap metal items <b>not acceptable</b> include: • Scrap metal • Paint cans • Hypodermic needles (Please contact the Health Department for proper disposal information) • Wire clothes hangers
<b>Glass bottles, jars</b> 	Examples include: • Mayonnaise jars • Wine bottles • Beer bottles • Applesauce jars • Spaghetti sauce jars • Salsa jars • Vinegar bottles • Baby food jars	Glass bottles and jars <b>not acceptable</b> include: • Broken glass • Cups, dishes, glass windows, plates, Pyrex® • Ceramics, mirrors, light bulbs, crystal
<b>Plastic bottles, jugs &amp; containers</b> 	This includes all rigid plastic containers with the ♻️ through ♻️ symbol on the bottom; Examples include: • Soda and juice bottles • Salad dressing bottles • Shampoo bottles • Window cleaner • Milk jugs • Detergent bottles • Juice bottles • Saline solution bottles • Fabric softener or bleach bottles	Plastic bottles, jugs <b>not acceptable</b> include: • Plastic shopping bags • Plastic food wrap, • potato chip and sandwich bags • Styrofoam® • Automotive fluid bottles (oil, antifreeze, brake fluid)
<b>Milk cartons, drink boxes</b> 	Examples include: • Milk and juice cartons • Juice boxes • Flavored milk boxes • Cream and creamer containers	Milk cartons, drink boxes items <b>not acceptable</b> include: • Ice cream boxes • TV dinner containers • Margarine boxes • Cream cheese boxes

## Container Preparation

- Remove all plastic bags.
- Remove any non-acceptable items.
- Corrugated cardboard should be broken down so it fits inside the container without jamming, so the cart will empty completely.
- All containers (jars, bottles, cartons, etc.) must be rinsed and free of all contaminants.
- Remove and discard all corks, tops, rings, metal bottleneck wraps, and unacceptable items.
- Flatten containers whenever possible.

**ALL RECYCLABLES MUST BE CLEAN AND PLACED IN RECYCLE TOTERS.  
 SINGLE STREAM MEANS ALL RECYCLING CAN BE COMBINED TOGETHER.  
 YOU MAY CRUSH ALL PLASTIC AND METAL CONTAINERS TO SAVE ROOM.**

PLEASE NOTE: MASS. D.E.P. HAS MANDATED THAT THE RECYCLABLE MATERIAL THAT WE COLLECT BE BANNED FROM LANDFILLS.

# Single Stream Recycling

Place all loose recyclables together in your cart with the **orange lid**.

Please follow these guidelines carefully.



**Newspapers & Inserts**



**White or Pastel Office Paper**



**Junk Mail & Greeting Cards**



**Magazines, Brochures & Catalogs**



**Plastic Bottles, Jugs & Jars**



**Metal Cans**

**Clean Aluminum Foil & Pie Pans**



**NO BAGS**  
Plastic Bags  
Please Recycle  
at Grocery Store



## NOT ALLOWED IN RECYCLING CART (ORANGE LID)

- Plastic bags or wrap
- Broken glass
- Hardcover books
- Scrap metal
- Soiled pizza boxes (clean parts of box ok)
- Plastic 6-pack holders
- Needles or syringes
- Plastic trays and plastic silverware
- Mirrors, ceramics or Pyrex®
- Light bulbs, plates or vases
- Drinking glasses, window glass
- Hazardous medical waste
- Tissues, paper towels, napkins
- Waxed paper
- Styrofoam® containers and peanuts
- Clothes hangers
- Pots, pans and utensils
- Straws
- Textiles - clothes
- Wood
- Electronics
- Batteries
- Tangles, hoses, film, wire
- Any food wastes
- Plastic toys
- Any coated paper items
- Empty aerosol cans



**Paper Egg Cartons**



**Paperboard Boxes**



**Cardboard & Paper Bags**



**Empty and rinse all containers**

**Place shredded paper in paper bags**

**WHEN IN DOUBT, KEEP IT OUT**



**FOR MORE INFORMATION CALL 800-310-9111  
OR VISIT US AT WWW.ABCDISPOSAL.COM**