

## **What can I recycle?**

When it comes to recycling, awareness is key. Contamination is the biggest issue impacting successful recycling practices today, when people throw in items they shouldn't, such as grease-soaked cardboard, plastic bags or paint cans. This is why it's important to know what you can recycle and what you can't.

It's also important to note that accepted items vary by location and facility. Below is a general guide to what you can recycle, but this is NOT location specific. To ensure you are recycling correctly, please contact your local GFL branch or recycling center to get a list of accepted items.\*\*

### **USUALLY ACCEPTED: Plastic recycling**

Includes all CLEANED plastic bottles and jars #1 to #7: soft drink bottles, milk jugs, detergent bottles, FLATTENED cartons, etc. Check the bottom of the container. If you see the recycling symbol with a #1, 2, 3, 4, 5, 6, or 7 in the center, it is acceptable.

### **USUALLY ACCEPTED: Metal recycling**

Includes aluminum cans, pie and baking pans, tin cans, steel food containers, EMPTY aerosol cans, and lids. Metal beverage cans, baking tins, foil, and food containers are also included in this material category.

All items must be CLEAN OF FOOD.

### **USUALLY ACCEPTED: Cardboard recycling**

Includes corrugated cardboard, shipping boxes, cereal and dry food boxes, shoe boxes, tissue boxes, moving boxes, detergent boxes, soda/beer cartons, and paper towel/toilet tissue rolls.

All boxes MUST BE FLATTENED for proper disposal.

### **USUALLY ACCEPTED: Paper recycling**

Includes newspapers, inserts, labels, magazines, catalogs, paperback books, manila folders, letterhead, notebook paper (no backings), computer paper, envelopes (with windows), coupon books, index cards, calendars, and brown paper bags.

### **SOMETIMES ACCEPTED: Glass recycling**

NOTE: Many areas are no longer accepting glass, so please double check before including it in your container. If accepted, items usually include:

Bottles and jars – lids must be REMOVED and separated and the item must be CLEANED of all food and liquid waste before being placed inside the container.

### **What can't I recycle?**

- Styrofoam
- Window glass and mirrors
- Electronic waste (TVs and computers)
- Motor oil containers
- Yard waste
- Chemical containers
- Shredded paper
- Plastic bags
- Ceramics or dishes
- Food waste
- Scrap metal

<https://gflenvincuat.wpengine.com/our-services/for-home/residential-solid-waste/recycling-collection/acceptable-materials/>