



Recycling Guide

OK to Recycle

- ✓ Paper (Newspaper, Magazines, Junk Mail White & Colored Paper, etc.)
- ✓ Plastics #1-7
- ✓ Aluminum cans
- ✓ Paperboard (Cereal Boxes, Egg Cartons, Tissue Boxes, Milk Cartons, etc.)
- ✓ Cardboard (Must be flat and cut into 3ft. x 3ft. pieces)
- ✓ Glass Food & Beverage Containers

Rinse any items that contained food or liquid.

DO NOT put into Recycle Bin

- ✗ Hazardous Materials (Motor Oil, Anti-Freeze, Paint, Cleaning Supplies, Syringes, Medical Waste, etc.)
- ✗ Organic Matter (Grass, Leaves, Brush)
- ✗ Styrofoam
- ✗ Plastic Bags or Trash Bags
- ✗ Trash
- ✗ Sharp Objects (Knives, Mirrors, Large Pieces of Glass)
- ✗ Light Bulbs
- ✗ Appliances
- ✗ Batteries
- ✗ Electronics
- ✗ Construction Debris
- ✗ Food Waste
- ✗ Bulk Items

Trash Guide

OK in Trash Bin

- ✓ Standard Household Waste
- ✓ Styrofoam

DO NOT put into Trash Bin

- ✗ Recyclable Items
- ✗ Hazardous Materials (Motor Oil, Anti-Freeze, Paint, Cleaning Fluids, Syringes, Medical Waste, etc.)
- ✗ Yard Waste (Grass, Leaves, Brush)
- ✗ Appliances
- ✗ Batteries
- ✗ Electronics
- ✗ Construction Debris
- ✗ Bulk Items

If you have questions about trash and recycling guidelines, check out our **HQRecycles IT** tool on our website. Or, give us a call. We are always happy to answer questions or suggest alternatives.

The 6 R's of Sustainability

The higher on the list, the better it is!

Refuse

Do you need it? Before making a purchase, consider that almost everything we buy ends up being thrown away at some point. It goes to a landfill, becomes litter, pollutes our oceans, or contributes to greenhouse gases through production and disposal processes.

Don't buy or accept products that can harm you or the environment. Choose items with conscientious or minimal packaging over those with non-recyclable or excessive packaging. Use the power of your dollar to tell companies what you want and don't want.

Think about freebies and giveaways – if it's a pen or a reusable grocery bag that you will use, take it. If it's going to end up in the trash, just say "No"

Reduce

Can you use less? Is anything being wasted?

Buy in bulk instead of single serving containers.

Consider an item's life-span – pay a little more for something that will last longer so you don't have to replace it as soon.

Reuse/Repair

Do you need brand-new? Use sites like Free Cycle and Facebook Buy Nothing groups to find free items and share items you no longer need.

Replace disposable items with reusable ones – like water bottles, baggies, or grocery bags.

Can it be fixed instead of throwing it away and buying a new one?

Repurpose

Be creative! Take something you no longer use and alter it for another use. It can be a craft project or something as simple as using scrap paper for taking notes. Share your ideas with us!

Recycle

Can it be recycled? "Wishful Recycling" does more harm than good. Contamination rates average 20-25% which reduces recovery and can make entire loads un-usable.

Curbside recycling – remember the 4 basics: **Paper, Metal** (cans), **Glass, Plastic** (1-7)

Food waste - compost it

Plastic Bags - return to a grocery store

Fabric/Clothing - give to clothing drives or use collection boxes

Electronics – bring to electronics drives or a collection center

Metal – bring to a recycling facility that accepts metal