A SMALL GUIDE TO LEARN HOW TO RECYCLE

BY breathe

RECYCLING 101

RECYCLING PLASTIC

COMPOSTING
RECYCLING 101
THINGS THAT CAN BE RECYCLED
all containers must be clean and dry

**METAL**
- Tin and steel food cans
- Aluminium
- Empty dry metal paint cans
- Empty aerosol cans
- Aluminium foil
- Scrap metal

**PLASTIC**
- Most single use bottles
  = Soda, water, milk, shampoo...
- Household cleaner bottles
- Butter and yoghurt tubs
- Some plastic bags

**PAPER**
- Newspapers, magazines
- Flattened cardboard boxes
- Scrap paper
- Cartons (milk, juice, soup)
- Shredded paper (in paper bag)

**GLASS**
- Glass bottles & jars

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RECYCLING PLASTIC

Each number refers to a type of plastic

1. PETE (POLYETHYLENE Terephthalate)
   - most single-use bottled beverages
     - sodas, water, tomato sauce, beer bottles
   - peanut butter containers
   - vegetable oil containers
   - mouthwash bottles
   - salad dressing

2. HDPE (HIGH DENSITY POLYETHYLENE)
   - bleach, detergent and other household cleaner bottles
   - milk jugs, juice bottles
   - shampoo bottles
   - shopping bags
   - yoghurt tubs
   - motor oil bottles

3. PVC (POLYVINYL CHLORIDE)
   - most single-use bottled beverages
     - sodas, water, tomato sauce, beer bottles
   - shampoo bottles
   - cooking oil bottles

4. LDPE (LOW DENSITY POLYETHYLENE)
   - bread packaging
   - frozen food packaging
   - squeezable bottles
   - toothpaste tubes

5. PP (POLYPROPYLENE)
   - yoghurt containers
   - syrup and medicine bottles
   - caps
   - straws

6. PS (POLYSTYRENE)
   - disposable plates and cups
   - carry-out containers
   - meat trays
   - egg cartons
   - aspirin bottles

7. OTHER
   - water bottles of more than 5L
   - iPod and computer cases

ACCEPTED BY MOST RECYCLING PROGRAMS

NOT ALWAYS RECYCLED
CHECK WITH YOUR LOCAL CURBSIDE PROGRAM TO SEE IF THEY ACCEPT THIS MATERIAL

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TO PUT IN THE REGULAR TRASH CAN

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TIPS TO RECYCLE LIKE A PRO

- **DO** empty and rinse all containers
- **DO** check with your nearest school if they collect bottle caps and send them with your child if they are collecting
- **DO NOT** remove bottle labels

GOOD TO KNOW: Flimsy plastics (like grocery bags and plastic wrap) usually can’t be recycled, but some stores will collect and recycle them.

RECYCLING E-WASTE

Electronic devices contain toxic chemicals that are released into the environment if we do not dispose of them properly

You can find the nearest collection point on the Internet to recycle your e-waste

E-WASTE IS:
- Fridges, freezers and other cooling equipment
- Computers, phones, MP3, TVs, monitors and screens
- LED bulbs, fluorescent tubes, Compact Fluorescent lamps

COMPOSTING ORGANIC WASTE

DO COMPOST
- fruits and vegetable scraps
- spoiled food
- eggshells
- grass, dried leaves and plants
- pieces of paper and cardboard
- bread, pasta, grains, beans, nuts

DON'T COMPOST
- meat, poultry
- bones
- seafood
- cheese, dairy
- citrus peels
- onions

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When in doubt about if your plastic can be recycled, why not try and put it in an ecobrick!

An ecobrick is an empty plastic bottle that is packed tightly with non-recyclable materials, like soft plastics, until it becomes a strong and durable building block.

**HOW TO MAKE AN ECOBRICK?**

**STEP 1**
Collect clean, dry, non-recyclable plastic waste and a 2L bottle with a cap.

**STEP 2**
Compress waste into the bottle with a stick, pack tightly throughout the process to make sure it is compressed.

**STEP 3**
When the bottle is full (it should weigh about 500g), put the lid back on and it is done.

You can drop your EcoBricks at the nearest Collection Point!

**WHAT TO PUT IN THE ECOBRICK?**

**YES**
- plastic bags
- plastic packaging
- cellophane
- straws
- styrofoam

**NO**
- glass
- metal
- paper
- biodegradables
ALTERNATIVES FOR WHAT CANNOT BE RECYCLED

IN GENERAL, TRY TO THINK ABOUT HOW TO REPLACE SINGLE-USE NON RECYCLABLE PLASTIC WITH LASTING ALTERNATIVES AND TRY TO OVERALL REDUCE YOUR PLASTIC CONSUMPTION!

TRY A REUSABLE COFFEE CUP AND WATER BOTTLE, WOODEN PICNIC CUTLERY, AND STAINLESS STEEL TAKEAWAY CONTAINERS

REPLACE DISPOSABLE FOOD PACKAGING WITH REUSABLE BEESWAX WRAP, AND SINGLE-USE PLASTIC GROCERY BAGS WITH FABRIC ALTERNATIVES

OPT FOR REUSABLE METAL OR GLASS STRAWS AND WOODEN TOOTHBRUSH INSTEAD OF PLASTIC ONES
PACK YOUR LUNCH INSTEAD OF BUYING A SANDWICH