

HEALTHBREAK

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Are You Recycling Right?

Recycling is one of the biggest things we can do to help improve the environment and economy, our communities, and prevent waste from going into oceans. Recycling correctly is more important than we think — but with inconsistent labels on bins, there's more confusion than ever about what you can and can't recycle. As a result, tons of garbage ends up in recycling bins.

You might be recycling, but are you doing it right?

Here's a quick overview of what you should and shouldn't recycle:

YES

Paper (magazines, envelopes, phone books, newspaper, file folders)

Cardboard (paperback books, cereal boxes, snack boxes)

Plastic bottles, jugs, and containers (Look for a number inside the recycling arrows — you can typically find it on the bottom of the item. Those items labeled with numbers 1 and 2 are recyclable. If marked with numbers 3 thru 7, be sure to confirm that your recycling hauler will accept them.)

All food and beverage cans (aluminum, steel, and tin)

***Glass** (glass bottles and food jars only)

NO

Food wastes or liquids

Plastic cups or utensils

Straws

Plastic shopping bags, plastic wrap, or wrappers

Styrofoam

Always keep your items empty, clean, and dry. Break down or flatten any cardboard boxes.

*Recyclable items may vary based on your location. Be sure to check with your community (county or city) to see what's accepted.

Source: <https://www.epa.gov/recycle/recycling-basics> | <https://www.recycleacrossamerica.org/tips-to-recycle-right>

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