

WELLNESS CONNECTION

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GOOD DECISIONS - Recycling 101



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By Christina A. Worthington

America Recycles Day falls on November 15 this year! But recycling isn't just for a day—it's a change we can all make to our lifestyles to benefit our communities and the environment. Recycling plastic, paper and other materials can reduce the amount of waste sent to landfills and incinerators but also helps create jobs in the recycling and manufacturing industries.

Take a look at the list below to get an idea of what you should and shouldn't recycle, but always check with your local recycling facilities to determine what materials are accepted in your area.

Plastics

YES – Plastic bottles and containers. Typically bottles, jars, jugs and tubs can be put into the recycling but the ♻️ symbol doesn't necessarily mean it's recyclable. These symbols are telling of the type of plastic resin the product is made from. Any plastic container that has touched food should be thoroughly cleaned prior to recycling to avoid contamination.

NO – Plastic bags, plastic wrap, and Styrofoam. Traditional recycling facilities usually don't recycle plastic bags and plastic wrap. If you have an abundance of plastic bags to recycle visit <https://www.plasticfilmrecycling.org/> to find a recycling location near you. Styrofoam, such as to-go food containers and traditional packing peanuts, are not recyclable. When possible, try to find an alternative product to use!

Paper

YES – Newspaper, magazines, and cardboard. All these materials can be recycled if they are dry and clean of food waste.

NO – Coated cups. Disposable cups with plastic or wax coating are not eligible for recycling.

Metal

YES – Food and beverage cans. Like other materials, be sure the containers are clean of food waste. Empty aerosol cans are also recyclable. Be sure to remove any plastic caps from the can prior to recycling.

NO – “Tanglers” and garage waste. Things like wire, chains and other materials that are easily tangled should not be recycled as it can pose a danger to recycling workers. Garage waste such as car parts, scrap metal and propane cylinders are also considered safety hazards in the recycling process.

Glass

MAYBE – Glass recycling collection varies in communities across the U.S. Some communities recycle glass with all other recyclables; some collect glass separately at the curb in its own container; and some cities have specific recycling drop-off locations for glass. Please refer to your community’s recycling guidelines for local program information.

