



What's **IN**?  
What's **OUT**?  
A Guide to Recycling



# A Guide to Recycling

Connecticut now has a universal list of what belongs in your recycling bin and what doesn't. All items should be **empty, rinsed, clean** and **open**. Do **not** shred, box, bag or bundle.

## What's IN?

## What's OUT?

- PAPER**
- Cardboard & boxboard
  - Food & beverage cartons
  - Junk mail
  - Magazines & newspaper inserts
  - Newsprint
  - Office paper
  - Pizza boxes

- Gift wrap & gift bags
- Ice cream containers
- Paper cups (hot & cold)
- Shredded paper
- Take-out food containers
- Tissue paper

- GLASS**
- Beverage bottles & jars
  - Food bottles & jars

- Ceramic mugs & plates
- Drinking glasses

## What's IN?

## What's OUT?

- METAL**
- Aerosol containers (food grade only)
  - Aluminum foil
  - Cans & bottles
  - Foil containers
  - Metal lids from cans & bottles

- Aerosol containers (deodorizers, cleaners, pesticides, etc.)
- Foil tops from yogurt containers
- Paint cans
- Pots & pans
- Small pieces of scrap metal
- Spiral wound containers

- PLASTIC**
- Plastic bottles (with or without caps attached)
  - Plastic containers, tubs & lids
  - Plastic one-use cups (no lids, no straws)

- Loose bottle caps
- Plastic bags & wrap
- Plastic plates, bowls & utensils
- Prescription bottles
- Single-use coffee containers
- Styrofoam cups, containers & packaging peanuts
- Water filters

To learn more, go to [RecycleCT.com](http://RecycleCT.com)

Thank you for recycling right!

