

What's **IN?**

What's **OUT?**

## A Guide to Recycling

To make recycling easier, Connecticut now has a universal list of what belongs in your recycling bin and what doesn't.



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Basic Guidelines: All items should be **empty, rinsed, clean** and **open**. Do **not** shred, box, bag or bundle.

What's IN?

PAPER

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

GLASS

Beverage bottles & jars
Food bottles & jars

METAL

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

PLASTIC

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

What's OUT?

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

Ceramic mugs & plates
Drinking glasses

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

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