

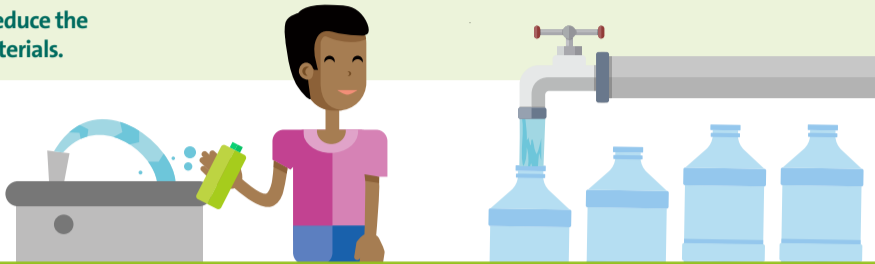
# DEMYSTIFYING RECYCLING

## How we can all improve recycling rates

### REDUCE

First we must look to reduce the unnecessary use of materials.

For example, look out for **water fountains and bottle refill points** - which are installed to prevent litter from bottles in our cities.



### RECYCLE

We can recycle many everyday items which are transformed into new products. Discard these in the recycling bin:

#### Paper and cardboard

Envelopes • newspapers • cereal boxes, • Amazon delivery boxes

Recycled into:  
Card, paper and new boxes



#### Glass bottles and jars

Jam jars • wine bottles • perfume/ aftershave bottles

Recycled into:  
New bottles, jars and home insulation



#### Tetra Pak

Juice • milk cartons

Recycled into:  
Tubes and cores (to wrap paper), fibre yarns and film



#### Plastic bottles

Fizzy drinks • shampoo • hand soap • bathroom cleaners • milk bottles

Recycled into:  
New plastic bottles



**TOP TIP**  
Flatten the bottle and keep the cap on\*.

#### Aluminium and steel

Drink • food • aerosol cans\*

Recycled into:  
Ready meal packaging, cars and building materials



For any food based product, remove the excess food as much as possible (no need to wash thoroughly) and crush the container, keeping lids on bottles where possible\*.



#### Organic waste

Grass cuttings • leaves

These are turned into **compost**.



For those who use compost, buy products like **PRO-GROW** made from organic material in its peat-free, nutrient rich finished product.



\*Always check locally with your council

### RECOVER

These items are difficult to recycle. In most cases just put them in your general waste bin. Energy is recovered from the waste and the heat and electricity generated will power local homes and support the National Grid.



#### Black plastic

Food trays • plant pots • coffee cup lids  
Not detectable by machinery in recycling centres.

#### Polystyrene and expanded polystyrene

Yoghurt pots • meat/poultry trays • egg cartons

Limited end market so isn't collected in enough volume



#### Plastic wrapping

Film • crisp packets  
Multi-layers stuck together making it difficult to separate.

#### Blister packs

Medicines - metal or PVC.  
Difficult and costly to recycle.

