

For multifamily communities

A resident's practical guide to Recycling.



Recycle at Home
from Metro and your local governments

www.recycleathome.org

WE GET IT. Maybe recycling isn't exciting enough for late night TV, but it's important, easy and can even be kind of fun. Together, our entire community benefits when we follow a few basic steps. We'll use less energy and create less waste. You've heard it before: *reduce, reuse, recycle*. This guide shows you how to do it in less time and effort. If you're just moving in or if you've lived here for years, you'll find tips on what should (and shouldn't) go in those bins. Usually, it's just common sense: glass goes in one bin and other recyclables in the other. When in doubt, leave it out.

It's easy:

Oregon requires that multifamily communities of five or more units have the opportunity to recycle. Look for bins like these for your recyclables. If you need assistance locating the closest recycling area, contact your property manager.



Sure. You can recycle this stuff.

You've probably heard of the *two-sort system*. In this region, every household uses it. Why? To make it easier on you. The two-sort system is this simple: glass goes in one bin by itself, and other recyclables go in the other. Look for the stickers on the bin that show you what goes in.

Yes.

TAKE

- 1 Paper that is stapled and those envelopes with windows are all just fine to recycle as-is.
- 2 Foil cookware like pie plates and baking pans are recyclable. Just rinse them clean.

- 3 Recycle plastic bags at the grocery store when you go shopping.

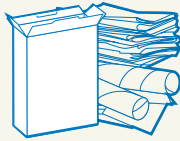
- 4 Many items not acceptable in your bins may be recycled at local drop-off centers.

- 5 Keep it clean. Please rinse your recyclables before popping them into the bin.

Plastic, metal and paper can go in the mixed recycling bin.



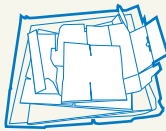
Metal Steel, aluminum and tin cans, foil, please rinse, do not flatten or crush. No lids please.



Paper Newspaper, magazines, junk mail, cereal boxes, writing and printing paper, phone books, paper bags, shoe boxes, egg cartons, paper towel and tissue cores.



Plastic bottles, jars and tubs (6 ounces or larger). Remove and discard lids, rinse well. Clean rigid plastic plant pots (4 inches or larger) and plastic buckets up to 5 gallons are also OK.



Cardboard (without water-resistant coatings) is fully recyclable and typically reusable. Please flatten all cardboard boxes before recycling.

So what about glass? Please make sure to put glass into its own bin. Why? Because when glass gets mixed with other recyclables it can break causing good recycling to become trash. It can also injure workers at the recycling facility. Remember: only glass bottles and jars can go in the recycling bin.

Questions? Contact Metro
Recycling Information by
calling 503-234-3000 or visit
www.recycleathome.org

No.

As of now, these things cannot be recycled in your on-site bins.

When in doubt, leave it out. There are certain materials that can make recycling seem a bit tricky. Don't worry, it doesn't need to be difficult. But when non-recyclables are mixed into the bins, it can turn the whole container from recyclables to trash.

Please don't put these items in the recycling bins.



Paper such as takeout containers, pizza boxes, pet food bags, paper towels, tissues, or **anything else with food on it** cannot be recycled.



Frozen food boxes have a water-resistant coating that prevents them from being recycled.



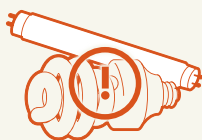
Household glass, such as cookware, drinking glasses, ceramics and flower vases cannot be recycled.



Plastic bags must *never* be put in recycling bins. They can be recycled at many grocery stores and recycling drop off centers.



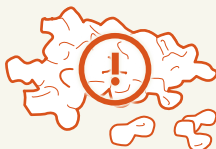
Please remember to remove **plastic lids and caps** before putting bottles or jars in recycling bins. They can be recycled at some drop-off centers, but not in your bins. Learn more about plastics on the back of this guide.



Fluorescent light bulbs can (*and should*) be recycled. Because they contain mercury, they will need to be delivered to a hazardous waste facility. It's free.



Plastic packaging such as **clean food takeout containers** can be recycled at a drop-off center, but not in your bins.



Packing peanuts and **bubble wrap** can be reused by mailing centers, or recycled at a drop-off center.

Unusual items? Furniture?
Hazardous materials? Computer
equipment? Small appliances?
Odds and ends? Let us help you
recycle or properly dispose of
the difficult stuff. Usually there's
someone who has a use for things
you no longer want or need. Call
503-234-3000 and talk to friendly
staff with fast, helpful answers to
your recycling, disposal and waste
prevention questions.

Help!



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- 1** Metro's Household Hazardous Waste facilities take your hazardous chemicals, cleaners and paint for free.
- 2** Many recycling depots in the region will accept plastics that are not collected at your home.
- 3** Computers and TVs should never be put in the trash. You can now recycle them for free in Oregon. Visit www.oregonecycles.org
- 4** If you use medical syringes at home, you must use a safe disposal system or a "sharps" container.
- 5** Confidential documents? You can shred them, but make sure to put the shreds in a paper bag before recycling.



So:

What about plastics?

Recycling plastics is easier than you think. Don't bother looking at the numbers on the bottom of the item – they're confusing and really have nothing to do with recycling. Just remember this: *bottles, jars, tubs* – if it's one of those things and it's *6 ounces or larger*, toss out lids and caps, rinse, and put in the bin. When in doubt, leave it out or call *Metro Recycling Information* at **503-234-3000**.

Examples of some plastic bottles, jars and tubs to recycle:

From the kitchen

- Ketchup and mustard squeeze bottles
- Milk, juice and other drink bottles and jugs
- Dishwashing detergent bottles
- Peanut butter, mayonnaise and honey jars
- Yogurt/pudding tubs
- Sour cream, cottage cheese, salsa tubs

From the bathroom

- Mouthwash or dental rinse bottles
- Shampoo and conditioner bottles
- Skin and body care product bottles and jars
- Vitamin and supplement bottles

From the closet

- Cleaning supply bottles
- Laundry detergent bottles
- Plastic kitty litter buckets (up to 5 gallons)

TAKE

1 Plastic bags don't mix with other items. Please keep them out of the bins.

2 Collect your plastic bags separately and drop them off at the grocery store when you shop.

3 Plastic bags jam sorting equipment at the recycling plant.

4 Cleaning plastic bags out of the recycling equipment takes 12 labor hours per day.

5 Most work-related injuries at a recycling plant involve cleaning plastic bags out of the equipment.



Your impact doesn't have to end when you put recycling in the bin. Recycling is a great start, but reducing your waste in the first place is an even better way to put the lid on your trash and conserve resources.

Reduce

Do more with less.

Small steps can lead to great strides. Simple actions you do today and tomorrow can save natural resources, energy and even money. Remember *Reduce, Reuse and Recycle*? That is exactly how we get there.

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Start with small steps.

Tame the water and energy hog

Turn off lights when not in use. Switch incandescent bulbs to compact fluorescents. Turn off and unplug computers, monitors and televisions when not in use (power strips make this really easy). Turn off water while brushing your teeth. Simple, huh?

Shrink your transportation footprint

Gas is expensive and driving pollutes. Consider walking, biking or sharing a ride with neighbors. Our bus and rail system is among the best in the United States. Look for information about using TriMet online or call 503-238-RIDE. If bike storage is a problem, ask your property manager if there is a covered option for securing your bike on the premises.

Just say "no" to junk mail and phone books

Each year, about 675 pieces of junk mail end up in every mailbox—4 million tons nationwide. Furthermore, 500 million phone directories are printed and distributed each year. Visit the following websites for ways to reduce the amount of unwanted phone books and mail that show up at your door:

- Directmail.com
- CatalogChoice.org
- OptOutPrescreen.com
- YellowPagesGoGreen.com
- Contact Metro Recycling Information at 503-234-3000 to get a free "Say No to Junk Mail" kit.



4 Empty food tubs like sour cream containers are great for storing leftovers or for keeping snacks in your lunch box fresh.

1 Turn old clothes into new cleaning rags.

2 Challenge your kids to find a creative new use for an old item.

3 Try using cloth towels and napkins instead of paper. They're washable.

5 Borrow books, CDs, movies, and more from your local library rather than buying new.



Reuse

Think before you use.

Reuse can be as simple as bringing your own bag when you're grocery shopping, choosing a reusable mug over paper for your morning coffee stop, and using cloth towels and napkins instead of paper.

Choose durable

Choose durable over disposable items such as plates, napkins, cups, paper towels. You'll save money as well as resources. Durables create less waste, conserve resources, and reduce need for transportation, storage and collection.

- Bring reusable bags to the store so you won't end up with all those pesky plastic or paper bags.
- Maintain or repair household items rather than replacing with new ones.
- Your trash could be another's treasure. Donate or sell usable items instead of trash-ing them.

Donate usable goods and buy used in turn

There are many charitable organizations and agencies that accept reusable household items, clothing and furniture in good condition. Many will pick up. Call *Metro Recycling Information* at 503-234-3000.

Discover the fun to be found in garage sales

Thrift shopping can be fun. Who knows what hidden treasures you may find or the neighbors you'll meet at a nearby garage sale? Talk with your property manager about organizing a community garage sale or creating an area for residents to post free or "For Sale" listings for things you no longer need or want.



A handful of worms, taken from a worm bin, are used for composting food waste. Vegetable and fruit scraps from the kitchen are added on a regular basis; worms eat the food waste and turn it into compost.



and more.

Reconsider your routine.

Where you go from here is up to you. Thinking differently about recycling will translate to thinking differently about living; seemingly small decisions can translate to creating a better community and healthier environment for you, your children and your neighbors.

Start a Green Team

It's simple. Invite a few of your neighbors to create an informal team that can offer a warm welcome to new residents. Help them learn what to recycle and share knowledge about recycling and other sustainable choices. A motivated "green team" can build community among new and existing residents and make sure that your recycling efforts are successful. Ask your manager to support you and perhaps join in. Showing you care and lending a hand can help others to do the right thing.

Reduce toxics in your home

Save money, protect your family and the environment by using safer alternatives when cleaning your home. Learn more at www.oregon-metro.gov/greencleaners



Local Government Representatives

City of Beaverton

503-526-2665

www.beavertonoregon.gov/departments/recycling/
recyclingmail@ci.beaverton.or.us

Clackamas County

503-557-6363

www.clackamas.us
wasteinfo@co.clackamas.or.us

City of Gresham

503-618-2752

www.greshamoregon.gov/recycling
recycle@greshamoregon.gov

City of Portland

503-823-7037

www.portlandonline.com/osd/multifamily
wasteinfo@ci.portland.or.us

Washington County

503-846-8609

www.recyclewise.org
recycle@co.washington.or.us

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Where is the closest recycling area?

Did you remember?

- ☐ That plastic bags are **not** accepted?
- ☐ To **rinse** your containers?
- ☐ To **flatten** your card-board?
- ☐ To remove and discard **plastic lids** from bottles, jugs and jars?
- ☐ That paper and envelopes with staples, tape or clear windows are **ok** to recycle **as-is**?
- ☐ That light bulbs, drinking glasses, broken glass, or flower vases are **not** accepted?

Recycling and waste prevention resources

www.recycleathome.org

Metro Recycling Information

503-234-3000

Personal assistance with your recycling and disposal questions.

Find a recycler

www.oregonmetro.gov/findrecycler

Find places that accept materials for reuse or recycling.

Guide to hazardous waste

www.oregonmetro.gov/hhw

Dispose of toxics safely.

Sustainable living

www.oregonmetro.gov/sustainableliving

Be greener at home, in your garden, at the store and on the road.

Buying green

www.oregonmetro.gov/buyersguide

Conserve natural resources, protect wildlife, keep waste out of the landfill, complete the recycling loop, save money and create jobs.

Say "no" to junk mail

www.oregonmetro.gov/junkmail

Each year about 675 pieces of junk mail end up in every mailbox. Call us for a free kit to reduce yours.

Drive less, save more

www.DriveLessSaveMore.com

Discover options for reducing car trips. Save wear & tear on you, your wallet and the planet.

Host an eco-party

www.nwei.org

Northwest Earth Institute brings together individuals in small groups to help create a sustainable and enriching future.

Save a little, help a lot

www.conserveh2o.org

Learn more about what you can do to protect the region's water resources.