

# Can I Recycle This? Kitchen & Garage Cheat Sheet

Printable Quick-Reference Guide for Curbside Blue Bins, Regular Trash Carts, and Special Drop-Off Facilities

| CURBSIDE RECYCLING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | REGULAR TRASH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | DROP-OFF ONLY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Empty, Clean & Dry Only                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Household Landfill Carts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Strictly Banned from Carts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <div><b>[YES] Cardboard &amp; Paperboard</b><br/>Flatten all shipping boxes and cereal cartons.</div> <div><b>[YES] Office Paper &amp; Mail</b><br/>Envelopes, printer paper, catalogs, newspapers.</div> <div><b>[YES] Aluminum Cans</b><br/>Soda, sparkling water, beer cans (rinsed clean).</div> <div><b>[YES] Steel &amp; Tin Cans</b><br/>Soup cans, canned vegetables (labels okay).</div> <div><b>[YES] Plastic Bottles (#1 &amp; #2)</b><br/>Water bottles, soda jugs, milk jugs with caps on.</div> <div><b>[YES] Plastic Tubs &amp; Jars (#5)</b><br/>Yogurt cups, butter tubs, shampoo bottles.</div> <div><b>[YES] Glass Bottles &amp; Jars</b><br/>Clear, brown, and green beverage jars (no lids).</div> <div><b>[YES] Cartons (Aseptic)</b><br/>Milk and juice cartons (in most single-stream areas).</div> | <div><b>[TRASH] Greasy Pizza Boxes</b><br/>Food grease contaminates recycling pulp batches.</div> <div><b>[TRASH] Plastic Film &amp; Bags</b><br/>Grocery bags, bubble wrap, plastic zip pouches.</div> <div><b>[TRASH] Styrofoam / Polystyrene</b><br/>Takeout food containers and packing peanuts.</div> <div><b>[TRASH] Paper Coffee Cups</b><br/>Polyethylene plastic liners prevent paper repulping.</div> <div><b>[TRASH] Broken Glass &amp; Mirrors</b><br/>Wrap in cardboard and tape securely for safety.</div> <div><b>[TRASH] Parchment &amp; Wax Paper</b><br/>Wax and silicone coating prevents paper breakdown.</div> <div><b>[TRASH] Standard LED Bulbs</b><br/>Non-fluorescent bulbs with no mercury vapor.</div> <div><b>[TRASH] Dried Latex Paint Cans</b><br/>Dry solid with cat litter before trash setout.</div> | <div><b>[BAN] Batteries (Lithium &amp; Lead)</b><br/>Severe truck compactor fire hazard. Drop at retail.</div> <div><b>[BAN] Medical Sharps &amp; Needles</b><br/>Must encase in detergent bottle; biohazard drop.</div> <div><b>[BAN] Unwanted Medications</b><br/>Never flush; drop at DEA pharmacy kiosks.</div> <div><b>[BAN] Motor &amp; Cooking Oil</b><br/>Return motor oil to AutoZone; freeze cooking oil.</div> <div><b>[BAN] Electronics &amp; TVs</b><br/>Lead and mercury landfill ban. Retail take-back.</div> <div><b>[BAN] Propane Cylinders</b><br/>Explosion risk. Exchange at grocery or hardware store.</div> <div><b>[BAN] Mattresses &amp; Furniture</b><br/>Requires municipal bulk pickup appointment.</div> <div><b>[BAN] Fluorescents (CFL Bulbs)</b><br/>Contains toxic mercury vapor. Home Depot drop.</div> |

**THE 3 GOLDEN RULES TO PREVENT WISHCYCLING:**

1. NEVER BAG RECYCLABLES: Keep materials loose in your blue cart. Plastic garbage bags jam industrial optical sorting machinery.
2. EMPTY & DRY: A single half-full soda can or greasy pizza box can ruin hundreds of pounds of clean cardboard in the sorting bin.
3. WHEN IN DOUBT, THROW IT OUT: Putting questionable items into recycling contaminates the batch and sends more waste to landfills.

**NEED DETAILED DISPOSAL STEPS FOR PAINT, TIRES, OR CARPET?**

Read our 20 step-by-step guides and municipal search at <https://whenistrashpickup.com/how-to-dispose/>