

# Recycling

When you see a recycling bin, the items below can now be recycled.



## RECYCLE IT!

### PAPER - FOOD

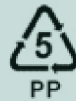
- ◆ milk and juice cartons (*remove straw first*)
- ◆ cereal, pasta and other food boxes  
(*except frozen food boxes, which go into the trash*)
- ◆ pizza boxes (*if not grease- or food-stained*)

### PAPER - NON-FOOD

- ◆ newspapers and inserts
- ◆ journals
- ◆ junk mail and envelopes
- ◆ office paper
- ◆ confidential paper  
(*hospital: use dedicated confidential paper recycling bins. campus: shred and place in regular recycling bins*)

### PLASTIC

- ◆ flavored drink bottles
- ◆ water and soda bottles  
(*place in "Returns" slot, if available*)
- ◆ juice bottles



### GLASS AND METALS

- ◆ bottles
- ◆ jars
- ◆ foil (*remove food traces*)

# starts with you!



## TRASH IT!

- ◆ items not on the recycle list
- ◆ plastic eating utensils
- ◆ drinking straw
- ◆ styrofoam items  
(cups, plates, packaging materials, trays)
- ◆ food waste
- ◆ Plastic food wrap and some trays  
(frozen food trays, candy trays, cake, cookie containers)

UPSTATE MEDICAL UNIVERSITY

**think**  
**green**  
green.upstate.edu

**Thank you for pitching in!**  
For more green and recycling tips check out our web site:  
[www.green.upstate.edu](http://www.green.upstate.edu)