



Recycling & reducing your waste

Recycling is one of the easiest ways to reduce your carbon footprint. When you recycle, you help decrease air and water pollution from the manufacturing of products. One of the easiest things to recycle is paper, a product of the world's third-most, resource-intensive industry.

Mainers do a good job of recycling, but when you look at what's going to our landfills and waste-to-energy plants, it's easy to see that we can do better.

If we recycled all of our discarded paper and cardboard, we could easily meet Maine's goal to recycle 50% of what we throw away. Right now we are recycling about 36% of our waste. Incredibly, even though 42% of what we recycle in Maine is some form of paper, there are still 300,000 tons of recyclable paper and cardboard that never make it the bin and instead are buried or burned.

Recycling works!

Our recycled paper is used to make newspapers, books, boxes, bags, insulation, packaging, tissue products, office paper, coffee cups, plates and much more. The trees we save when we recycle are more than just pretty – they help our planet breathe!

Let's start thinking of waste as a resource.

Recycle.

To learn more about recycling:

visit www.mainerecycles.com.

Not sure where to recycle in your community?

The Maine Recycling Program publishes a list of recycling facilities by town, including which items are collected at each site.

Check it out at www.state.me.us/spo/recycle/docs/recycling_programs.pdf.

Not sure what to do with that old couch, grill, box spring?

Freecycle it!

Freecycle™ is a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns, including several communities in southern Maine, with the goal of keeping items out of landfills.

Find the Freecycle list for your town at www.freecycle.org.





FRISBEE PLAYERS recycle

Recycling Works. Every day we use things made from recycled materials. Did you know plastic milk and juice containers can be used to make Frisbees? **Recycle. After all, everything deserves a second chance.**

To learn more visit
www.MaineRecycles.com **MAINE RECYCLES**

PLASTICS AND RECYCLING

Recycling is an exciting industry these days. Thanks to technology, we are seeing tremendous changes in how we handle recyclable materials. Mechanical sorting and simplified collection have made recycling easier than ever.

The list of things we can make from recyclables continues to grow. Manufacturers are spinning polyester fiber from recovered soda bottles into textiles, and converting milk jugs, yogurt tubs and shopping sacks into furniture, decking, tools and much more. You can even buy a kayak made from 100% recycled plastic.

Plastics are no longer just sorted by hand. There is now sophisticated equipment such as optical sorters to separate plastics by color and type. Domestic and overseas factories are eager to convert our recycled plastic into new products. And with rising oil prices, forecasters expect this trend to continue.

To learn more about recycling, visit www.mainerecycles.com. For specific details about your community recycling program, contact your local transfer station, town hall or public works department directly, or go to the www.mainerecycles.com site for contact information.



COMPOSTING

Growing your own food is a good way to go for many reasons. And using compost will ensure that your plants and soil have the nutrients they need to produce a bounty of nutritious produce today and for years to come. See for yourself how much happier your garden will be when you plant using generous amounts of this nutrient-rich soil amendment. If you're trying to eat more local foods, it doesn't get much more local than your own backyard!

There are plenty of options for compost bins today. A simple bin constructed out of pallets or scrap wood, such as the one pictured below will work just fine. Or, if you don't have a lot of space, look for a compact compost bin for the yard or even a worm bin for the house.

Compost! It's a better way to manage your organics and help reduce your carbon footprint. To learn more, visit www.maine.gov/spo/recycle/residents/composting.htm.

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NO!

Meat, fish or chicken
Dairy products
Plastic bags, wrap, straws
Animal or human waste
Pet litter
Facial or toilet tissue
Diapers
Soil, rocks
Stumps, limbs
(over 6' long, 4" wide)
Lumber or fencing
Metal, plastic, glass
Hazardous waste
Grease or liquids
Styrofoam

**COMPOST
BIN**

NEED wooden bin graphic

YES! Yard Waste

Grass & leaves
Weeds
Prunings
Houseplants
Branches
(under 4' long, 4" wide)

Food-Soiled Paper

Paper towels & napkins
Paper plates & cups
Paper food wrap
Paper take-out cartons
Greasy pizza boxes
Milk cartons *containing food scraps*
Paper bags *containing food scraps*
Shredded paper

Food Scraps

Fruit & vegetables
Bread, pasta & grains
Eggshells, nutshells
Coffee grounds & filters
Tea bags

Contractors Recycle