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**WELCOME TO**

# **SUSTAINABLE SATURDAY**

**WITH KINETRIC WELLNESS**

**LEARN HOW TO MAKE**

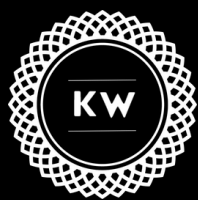
**(SMALL)**

**CHANGES**

**THAT  
MAKE A BIG**

**IMPACT**

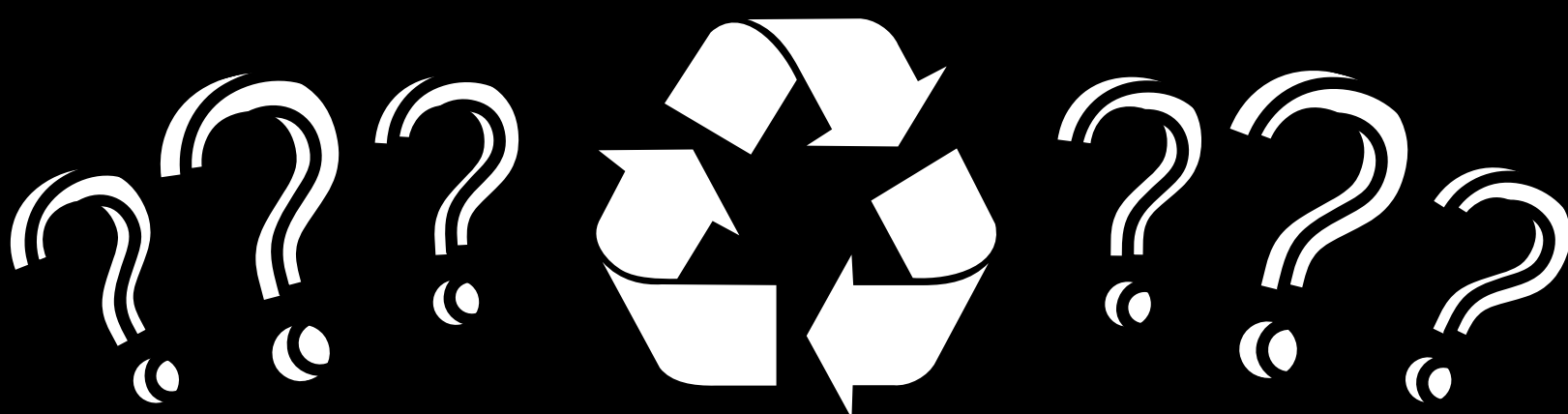
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**LET'S PLAY A GAME!**

**CAN YOU RECYCLE IT?**



**Remember our Friday poll?**

**Did you have a moment of  
"Huh...CAN you recycle this?"**

**Let's see what can and what  
can't be recycled and why!**

**(AND where you can find the  
info for your county)**

#sustainableaturdays



## CAN. YOU. RECYCLE IT?

# PIZZA BOXES

Answer: No, but...sometimes...

Technically, for Monmouth County, issa no.

**Some places** do take half of the pizza box if its unsoiled or are equipped to recycle a greasy box. According to a 2020 study it's possible, since most recycling programs are not equipped to handle that, double check your local center.





## CAN. YOU. RECYCLE IT?

# TIN CANS

Answer: Yes!

**But** make sure you get most of the food off of your cans before recycling. Doesn't have to be spotless. Remove the lid from the can.

Some centers require labels to be removed.\*

\*Monmouth Count Recycling allows labels to stay on cans.





## CAN. YOU. RECYCLE IT?

# STYROFOAM

Answer: No

(Not with the regular recycling).

BUT there are places you can take your large Styrofoam that recycle them specifically!

For NJ, rigid white styrofoam can be taken to:

Foam Pack Industries

72 Fadem Road, Springfield, NJ 07081

[WWW.FOAM-PACK.COM](http://WWW.FOAM-PACK.COM)





## CAN. YOU. RECYCLE IT?

# BOTTLE CAPS

Answer: **For Monmouth County, NJ**  
**the answer is No** BUT, for some places  
the answer is ...SORTA.

**Because they're so small caps don't get sorted properly in the recycling process.**



To avoid this, **in SOME PLACES,**  
you can do the following:

- Leave your plastic caps on your bottles when you recycle them
- For metal caps, you can fill a tin can of the same metal with caps until its full. Crimp the can closed and toss the whole can in the recycling.



## CAN. YOU. RECYCLE IT?

# GLASS BOTTLES

Answer: Yes!

**But** some glassware like cookware (ie. Pyrex), drinking glasses, window panes etc. have different melting points so they cannot be mixed with regular recycled glass. That ceramic pot that broke goes in the trash.





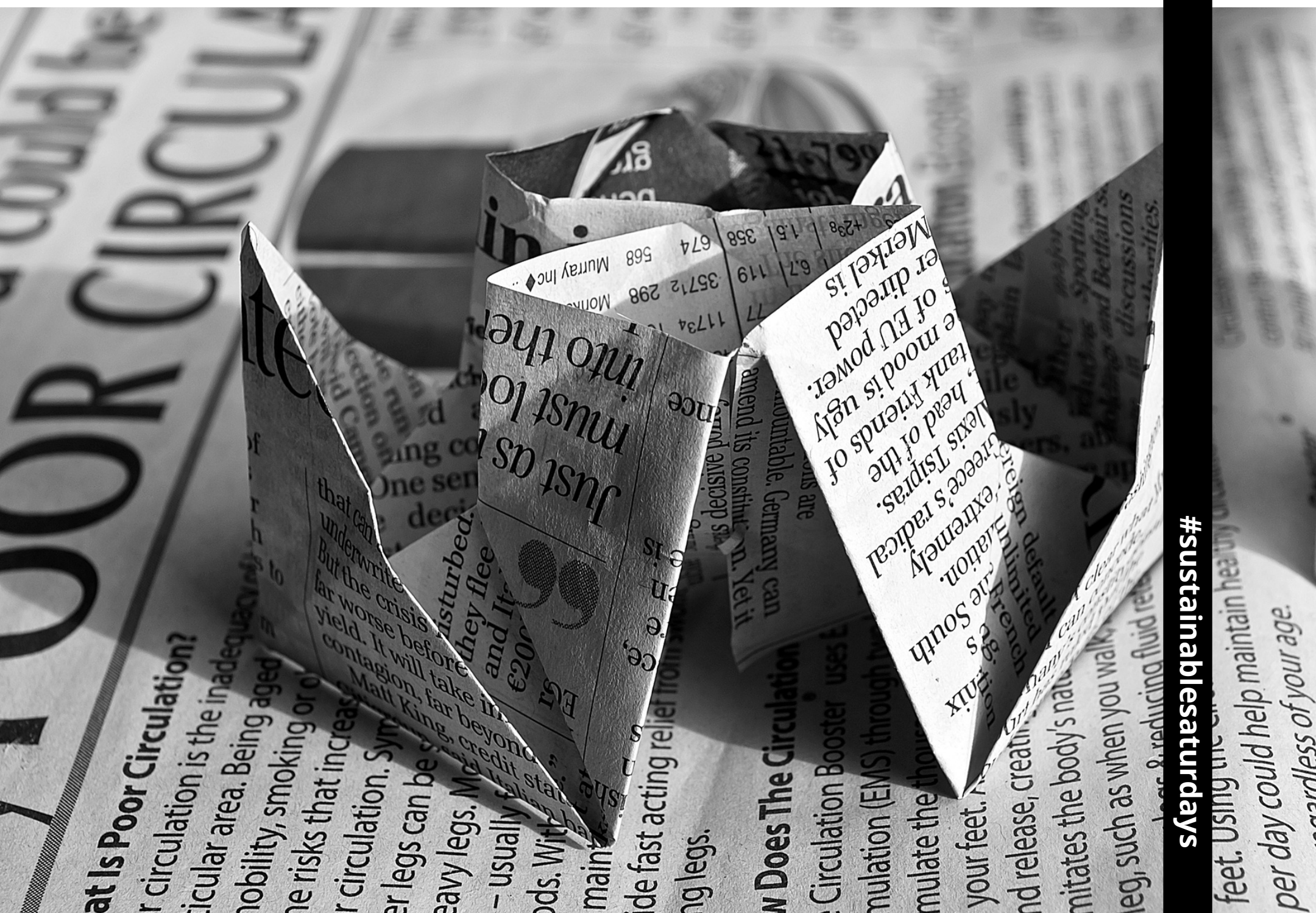
## CAN. YOU. RECYCLE IT?

# NEWSPAPERS & CIRCULARS

Answer: Yes!

**But** be sure your news paper hasn't been contaminated by anything greasy over breakfast or other oily stuff. If your newspaper is wet from the rain, that should be ok.

Also remove it from the plastic bag to recycle because....







## CAN. YOU. RECYCLE IT?

# PLASTIC BAGS

Answer: No

(Not with the regular recycling).

Because plastic bags are so flimsy, they can get caught up in the machinery and stop things from working. Like when a string or something gets caught in your vacuum's spokes.

### **However!**

Some grocery stores and other retailers have programs that recycle plastic bags specifically. Check your local:

ACME

Home Depot

Kohl's

Stop & Shop

Wegmans

Whole Foods

**If possible, do not bag other recyclables in plastic bags to toss in the recycle bin.**





## CAN. YOU. RECYCLE IT?

# ALUMINIUM FOIL

Answer: For Monmouth County - No

For some places, maybe!

The big problem with aluminium foil is that most often you use it with food, which as we've mentioned is a no no for recycling.

In some places if you clean your foil well you can put it in the bin.

In other places, you may want to consider other options for clean foil like removing static cling from clothes or using it instead of a scouring pad on dishes.





## CAN. YOU. RECYCLE IT?

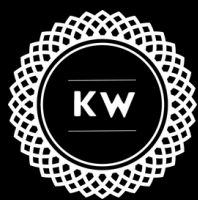
# PAPER TOWELS

Answer: Nope. Just toss this in your garbage (especially if it's contaminated with food/grease).

That may seem obvious, but there's another reason:

A lot of paper towels have ALREADY been recycled so, their fibers are too short to be woven into something new. Instead, try to reduce your paper towel usage or consider tossing your paper towel into your compost bin.





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## RESOURCES

## WHERE

## CAN YOU RECYCLE IT?

**A quick Google can give you info for your area but here are some places to start!**

### **EARTH911's Recycling Search**

You can type in a material and your zip and find out where you can recycle that item in your area!

**[search.earth911.com](http://search.earth911.com)**

### **NEW JERSEY CENTRIC INFO:**

#### **NJ Department of Environmental Protection**

You can find guides, search specific county info, check out materials and guides as far as what facilities take what items.

**<https://www.nj.gov/dep/dshw/recycling>**

#### **MONMOUTH COUNTY**

#### **Monmouth County Reclamation Center & Recycling**

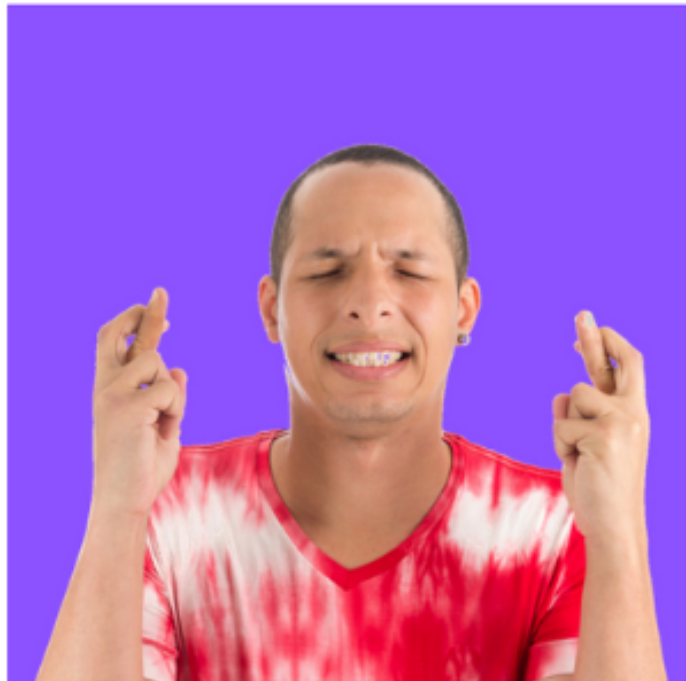
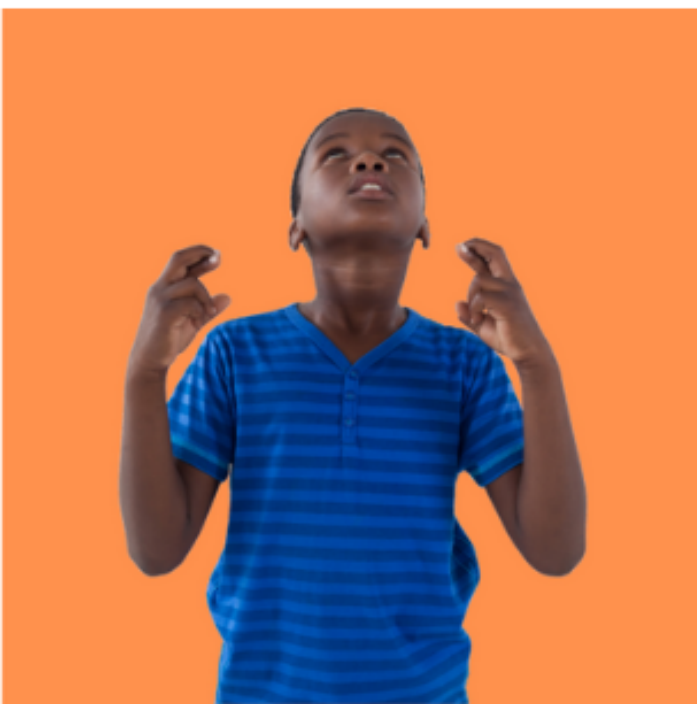
Has info about local events, like county wide shredding, a map of waste and reclamation sites and pretty thorough FAQ's.

**<https://www.co.monmouth.nj.us/page.aspx?ID=4185>**



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# FROM THE NJ DEPARTMENT OF ENVIRONMENTAL PROTECTION



## Are you a Wishful Recycler?

Wishful recyclers toss the wrong items into curbside recycling bins hoping they will be recycled.

#RecycleRightNJ



## When in Doubt

Throw it Out

#RecycleRightNJ



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# **SUSTAINABLE SATURDAY**

**WITH KINETRIC WELLNESS**

**THANKS FOR PLAYING  
HOW DID YOU DO?**

**What are some things  
you've always wondered  
how to recycle?**

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