# The "Yes and No" of Recycling in Western Mass

**Yes - emptied, rinsed and unbagged:**

### Aluminum
- cans
- aluminum foil
- pie pans, "disposable" aluminum trays

### Steel (tin) cans
*Labels do not need to be removed.*
- food and beverage cans (metal lids OK)
- pet food cans (metal lids OK)

### Glass
*Empty and rinse. Labels do not need to be removed.*
- food and beverage bottles and jars, any color

### Plastics
*Empty and rinse. Plastic caps may be left on.*
- food bottles, tubs, jars: yogurt, cooking oil, condiments, peanut butter, margarine
- beverage bottles and jugs: water, juice, soda, milk (empty, rinse if possible, put caps back ON)
- soup bottles: dish soap, detergent, hand sanitizer
- personal care bottles: hair products, soaps
- clear plastic clamshells (no black or Styrofoam™)
- clear plastic cups, clear plastic egg cartons

### Cartons
*Recycle w/containers, not w/paper. Straws go in trash.*
- milk and juice cartons (plastic spout OK)
- soymilk, soup and drink boxes (remove straws)

### Paper and Cardboard
*Clean paper only. Flatten boxes.*
- "Windows" in envelopes, staples, paper clips, tape all OK
- newspaper, inserts, magazines, junk mail
- white, colored, glossy, and construction paper
- corrugated cardboard
- clean pizza boxes (no food)
- boxboard (i.e. cereal, pasta, tissue: windows ok)
- gift wrap, gift bags, gift tissue paper, cards (no metallic inks, foil, wire, glitter, batteries)
- paperback books and phonebooks (covers OK)

**No - do not place in municipal recycling**

### Aerosol Cans
- Holiday lights
- Holiday lights
- Holiday lights
- Broken glass
- Holiday lights
- Wine corks
- Plates
- Drinking glasses
- Plastic bags
- Small items: straws, rubber bands, syringes
- Holiday lights
- Food boxes
- Frozen food boxes
- Frozen juice cartons
- Butcher, margarine boxes
- Paper cups
- Paper plates
- Paper egg cartons
- Paper towels, napkins
- Tissues

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- Plates
- Drinking glasses
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- Frozen juice cartons
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- Paper plates
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**For more information: springfieldmrf.org**