

# Curbside Recycling Guide

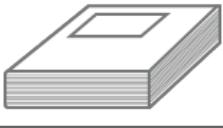
## 103/105 Mile and 108 Mile

Included Items	Description	But Don't Include
Plastic bottles & caps 	Bottles and caps for: <ul style="list-style-type: none"> <li>○ Mouthwash, shampoos, conditioners, etc.</li> <li>○ Food</li> <li>○ Pills and vitamins</li> <li>○ Dish soap, laundry products, household cleaners</li> <li>○ Windshield washer fluid, etc.</li> </ul>	<ul style="list-style-type: none"> <li>○ Deposit beverage bottles (return for deposit refund)</li> <li>○ Stand up pouches (take to depot)</li> <li>○ Containers for motor oil, vehicle lubricant, or antifreeze products (visit <a href="http://rcbc.ca">rcbc.ca</a> for nearest drop off location)</li> <li>○ Container contents (rinse first)</li> <li>○ Spray pumps attached to containers (remove and recycle loose in recycling tote)</li> </ul>
Plastic jars & lids 	Plastic jars and lids for: <ul style="list-style-type: none"> <li>○ Peanut butter, jam, nuts, condiments</li> <li>○ Vitamins and supplements</li> <li>○ Personal care products and cosmetics</li> <li>○ Pharmaceuticals, etc.</li> </ul>	<ul style="list-style-type: none"> <li>○ Dirty plastic jars (rinse first)</li> </ul>
Plastic jugs with screw tops 	Jugs and lids for: <ul style="list-style-type: none"> <li>○ Cooking oil</li> <li>○ Laundry detergent, fabric softener, cleaning solutions, and cleaning products</li> <li>○ Body care products</li> </ul>	<ul style="list-style-type: none"> <li>○ Deposit jugs for milk, flavoured tea, juice, and other beverages (return for deposit refund)</li> <li>○ Dirty jugs (rinse first)</li> </ul> <p>Deposit beverage containers will be recycled if included in curbside totes, but deposits will not benefit local depots or charities. <i>Please consider donating your containers if you do not want the deposit.</i></p>
Plastic clamshells  <small>Containers are clear with hinged or click-closed tops.</small>	Clamshells for: <ul style="list-style-type: none"> <li>○ Baked goods</li> <li>○ Fruit and produce</li> <li>○ Eggs, etc.</li> </ul> <small>Labels are OK.</small>	<ul style="list-style-type: none"> <li>○ Packaging labelled biodegradable or compostable</li> <li>○ Liquid-absorbing pads</li> <li>○ Dirty clamshells (rinse first)</li> </ul>

**Please use this guide as a reference for your recycling**

# Curbside Recycling Guide

## 103/105 Mile and 108 Mile

Included Items	Description	But Don't Include
Flyers & newspapers 	<ul style="list-style-type: none"> <li>○ Daily and community newspapers and advertising flyers</li> </ul>	<ul style="list-style-type: none"> <li>○ Plastic bags used to cover newspapers/flyers</li> <li>○ Rubber bands</li> <li>○ Nylon banding</li> </ul>
Magazines, catalogues & telephone books 	<ul style="list-style-type: none"> <li>○ All types (staples ok)</li> <li>○ Phone books and directories</li> </ul>	<ul style="list-style-type: none"> <li>○ Hardcover or paperback books (donate or sell)</li> </ul>
Paper party decorations 	<ul style="list-style-type: none"> <li>○ Paper bunting, pennants, and streamers</li> </ul>	<ul style="list-style-type: none"> <li>○ Items made from plastic</li> <li>○ Items that have glitter</li> <li>○ Balloons or tinsel</li> </ul>
Paper gift wrap & greeting cards 	<ul style="list-style-type: none"> <li>○ All types of paper gift wrap</li> <li>○ Paper gift bags</li> <li>○ Paper gift boxes</li> </ul>	<ul style="list-style-type: none"> <li>○ Non-paper gift wrap (i.e. foil wrap)</li> <li>○ Ribbons or bows</li> <li>○ Musical greeting cards with batteries</li> <li>○ Items with glitter</li> <li>○ Items with the rope handles (remove)</li> </ul>
Writing/home office paper & correspondence 	<ul style="list-style-type: none"> <li>○ Note pads</li> <li>○ Loose leaf paper</li> <li>○ White or coloured computer, copier and printer paper</li> <li>○ Printed paper</li> <li>○ Plain and window envelopes</li> <li>○ Shredded paper</li> </ul> <p>Contain shredded paper inside a paper bag or box (preferred), or a <b>clear</b> plastic bag may be used.</p>	<ul style="list-style-type: none"> <li>○ Padded envelopes</li> </ul>

Curbside recycling service is financed by **Recycle BC**. Recycle BC is a not-for-profit stewardship agency that represents the producers of packaging and paper in BC. The Recycle BC program therefore only accepts **PACKAGING** and **PAPER**. "Packaging" includes a vast variety of plastic, metal and paper items as described in this guide, but does not include products or other non-packaging items such as: scrap metal, batteries, toys, shoes, clothing, hoses, wood, pet waste, food, electronics, Rubbermaid items, ceramics, kitchen utensils, infant car seats, etc.

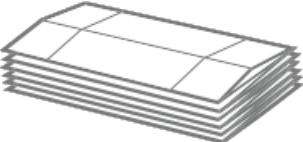
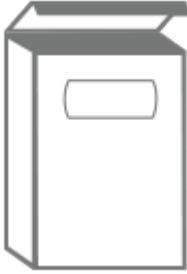
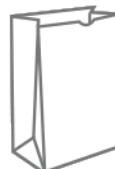


**RECYCLEBC**

250-392-3351 or 1-800-665-1636  
[cariboard.bc.ca](http://cariboard.bc.ca) [facebook.com/caribooregion](http://facebook.com/caribooregion)

# Recycle your Flexible Plastic, Styrofoam, Glass and Deposit Beverage Containers at E360S (formerly Gold Trail Recycling) or the Lac La Hache Transfer Station\*

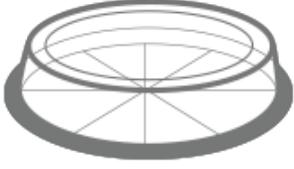
\*Donation drop box at LLH Transfer Station for beverage containers, no deposit refund provided.

Included Items	Description	But Don't Include
Corrugated cardboard boxes  	<ul style="list-style-type: none"> <li>○ Shipping boxes</li> <li>○ Grocery &amp; liquor store boxes</li> <li>○ Pizza boxes</li> </ul> <p>Staples and tape are OK, make sure boxes are empty. Flatten large boxes.</p>	<ul style="list-style-type: none"> <li>○ Cardboard boxes with wax coating, e.g., empty produce shipping boxes made available for residents to transport their groceries home</li> </ul>
Cardboard & boxboard  	<ul style="list-style-type: none"> <li>○ Boxes for cereal, shoes, tissues, pizza, frozen entrees, desserts, detergent, etc.</li> <li>○ Carrier trays for bulk bottled water, soft drinks, cans, food, etc.</li> <li>○ Cores for paper towel and toilet tissue</li> <li>○ Take-out beverage trays</li> </ul>	<ul style="list-style-type: none"> <li>○ Paper towels or napkins</li> <li>○ Tissues</li> <li>○ Food waste</li> <li>○ Liner bags</li> </ul> <p><u>Do not put recyclables inside boxes or other containers</u> - when boxes or other containers are bailed with recyclables inside them they cannot be or are very difficult to be separated at the sorting facility.</p>
Moulded boxboard packaging  	<ul style="list-style-type: none"> <li>○ Empty paper-based garden pots, etc.</li> <li>○ Egg cartons</li> </ul>	<ul style="list-style-type: none"> <li>○ Dirt in garden pots</li> </ul>
Paper bags (kraft paper)  	<p>Any colour, including:</p> <ul style="list-style-type: none"> <li>○ Brown paper bags</li> <li>○ White prescription bags</li> <li>○ Brown envelopes</li> </ul>	<ul style="list-style-type: none"> <li>○ Padded envelopes</li> <li>○ Foil-lined bags, e.g., packaged cookies</li> <li>○ Wax or parchment paper bags</li> </ul>
Multi-layer paper bags  	<p>Multi-layered paper bags for:</p> <ul style="list-style-type: none"> <li>○ Pet food</li> <li>○ Flour, sugar, etc.</li> </ul> <p>If all the layers of the bag can be torn, it is acceptable.</p>	<ul style="list-style-type: none"> <li>○ Bags with a foil layer</li> <li>○ Bags with a plastic lining</li> </ul>

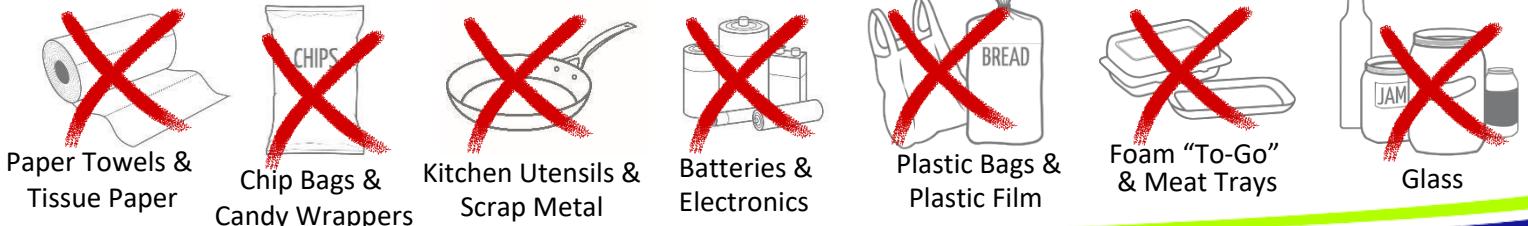
**Glass, Styrofoam and Flexible Plastic** are prohibited from disposal in curbside recycling totes. Glass and foam packaging break apart inside the collection truck and during bailing. Glass shards and foam pieces stick to other recyclables and de-grade their quality. Plastic bags and flexible plastic wrap around gears and rollers in the sorting facility or act similarly to paper during the sorting process and de-grade the paper recyclables. "Flexible plastic" includes plastic bags, chip bags, cereal bags, and bags with zipper locks. Go to [recyclebc.ca](http://recyclebc.ca) for more info.

**Recycle your old electronics, small appliances, lightbulbs, batteries, power tools, motor oil, paint/paint cans, and more at:**

**E360S (formerly Gold Trail Recycling) - 694 Sollows Crescent in 100 Mile House**

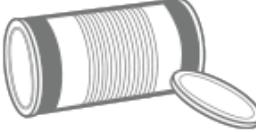
Included Items	Description	But Don't Include
<b>Plastic trays &amp; tops</b>  <i>Containers are clear or have black bottom trays with clear domes.</i>	Trays and tops for: <ul style="list-style-type: none"> <li>○ Deli chicken, single serve meals, prepared foods, and baked goods</li> <li>○ Housewares &amp; hardware, e.g. screws, picture hangers, etc.</li> </ul>	<ul style="list-style-type: none"> <li>○ White, black or colour foam trays (take to recycling depot)</li> <li>○ Soft plastic packaging (film) for perishable foods, e.g. meat, poultry, fish or cheese, etc.</li> <li>○ Plastic/foil packaging for items like chewing gum and pills</li> <li>○ Dirty items (rinse first)</li> </ul>
<b>Plastic tubs &amp; lids</b> 	Tubs for: <ul style="list-style-type: none"> <li>○ Margarine and spreads</li> <li>○ Yogurt, cottage cheese, sour cream, ice cream, etc.</li> </ul>	<ul style="list-style-type: none"> <li>○ Packaging labelled biodegradable or compostable</li> <li>○ Plastic or foil lids from coffee and tea pods</li> <li>○ Coffee grounds (compost)</li> <li>○ Dirty items (rinse first)</li> </ul>
<b>Plastic cold drink cups with lids</b> 	Take out cups for: <ul style="list-style-type: none"> <li>○ All types of beverages</li> </ul> Remove lids and recycle loose in recycling tote.	<ul style="list-style-type: none"> <li>○ Foam cups</li> <li>○ Plastic cups labelled biodegradable or compostable</li> <li>○ Napkins</li> <li>○ Straws</li> <li>○ Dirty items (rinse first)</li> </ul>
<b>Plastic pails</b> 	Pails smaller than 25L for: <ul style="list-style-type: none"> <li>○ Laundry detergent</li> <li>○ Ice cream</li> <li>○ Pet food, etc.</li> <li>○ Pet litter</li> </ul>	<ul style="list-style-type: none"> <li>○ Plastic paint cans</li> <li>○ Plastic pails larger than 25L</li> <li>○ Pails for lubricants and oils</li> </ul>
<b>Microwavable bowls &amp; cups</b> 	<ul style="list-style-type: none"> <li>○ For soups and entrees</li> </ul> Lids are OK.	<ul style="list-style-type: none"> <li>○ Bowls with metal rims</li> <li>○ Napkins</li> <li>○ Cutlery</li> </ul>

**Keep these items out of your curbside recycling:**



# Curbside Recycling Guide

## 103/105 Mile and 108 Mile

Included Items	Description	But Don't Include
Spiral wound cans & metal lids	 <p>Cans and lids for:</p> <ul style="list-style-type: none"> <li>○ Frozen juice concentrate</li> <li>○ Potato chips, nuts</li> <li>○ Cookie dough</li> <li>○ Coffee</li> <li>○ Baby formula, etc.</li> </ul>	<ul style="list-style-type: none"> <li>○ Dirty cans (rinse first)</li> </ul>
Aluminum cans & lids	 <p>Cans for:</p> <ul style="list-style-type: none"> <li>○ Food</li> <li>○ Pet food, etc.</li> </ul> <p>Put metal lid inside can and squeeze slightly.</p>	<ul style="list-style-type: none"> <li>○ Propane tanks or 1 lb. propane bottles (visit <a href="http://rcbc.ca">rcbc.ca</a> for nearest drop off location)</li> <li>○ Deposit cans (return for deposit refund)</li> <li>○ Dirty cans (rinse first)</li> </ul>
Steel cans & lids	 <p>Cans and lids for:</p> <ul style="list-style-type: none"> <li>○ Food, including pet food</li> <li>○ Tins for cookies, tea, chocolates, etc.</li> </ul> <p>Labels are OK.</p>	<ul style="list-style-type: none"> <li>○ Dirty cans (rinse first)</li> <li>○ Deposit steel beverage cans (return for deposit refund)</li> <li>○ Steel paint cans</li> <li>○ Pots, pans and baking trays</li> <li>○ Propane cylinders</li> <li>○ Metal toys</li> <li>○ Appliances</li> <li>○ Coat hangers, metal hardware or other scrap metal</li> <li>○ Wiring or metal cords, extension cords</li> </ul>
Aluminum foil & foil take-out containers	 <p>Foil packaging including:</p> <ul style="list-style-type: none"> <li>○ Wrap (aluminum foil)</li> <li>○ Take-out, pie and food tray containers</li> </ul>	<ul style="list-style-type: none"> <li>○ Chip or foil bags (take to depot)</li> <li>○ Foil wrap with paper backing for butter, cigarettes, etc.</li> <li>○ Foil-lined cardboard take-out containers or lids</li> <li>○ Dirty items (rinse first)</li> </ul>
Plastic garden pots & trays	 <p>Plastic pots &amp; trays for:</p> <ul style="list-style-type: none"> <li>○ Bedding plants</li> <li>○ Seedlings</li> <li>○ Vegetable plants, etc.</li> </ul> <p>Remove soil.</p>	<ul style="list-style-type: none"> <li>○ Ceramic plant pots</li> <li>○ Lawn edging</li> <li>○ Tarps</li> <li>○ Plastic furniture or toys</li> <li>○ Garden hoses</li> <li>○ Plastic string or rope</li> </ul>

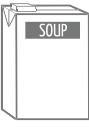
Place recyclables **loose** into curbside totes. Do not stack or stuff recyclables inside of other recyclables or inside plastic bags. Once recyclables are bailed, it is difficult to separate items if they have been placed inside of each other.


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Plastic bags are not allowed in the curbside recycling program. The exception to this rule is the use of clear plastic bags to contain shredded paper.

# Curbside Recycling Guide

## 103/105 Mile and 108 Mile

Included Items	Description	But Don't Include
Aseptic boxes or cartons	 <ul style="list-style-type: none"> <li>Cartons for:           <ul style="list-style-type: none"> <li>Milk alternatives</li> <li>Cream</li> <li>Soup, broth, sauces, etc.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Deposit juice/drink boxes (return for deposit refund)</li> <li>Straws</li> <li>Stand up pouches</li> <li>Dirty cartons (rinse first)</li> </ul>
Frozen dessert boxes and paper take out boxes	 <ul style="list-style-type: none"> <li>Containers for:           <ul style="list-style-type: none"> <li>Frozen yogurt, etc.</li> <li>Ice cream</li> <li>White or Kraft (brown) paper take-out containers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Dirty containers (rinse first)</li> <li>Wax paper, parchment paper</li> <li>Plastic or metal food containers</li> </ul>
Paper cups and paper plates	 <ul style="list-style-type: none"> <li>Hot and cold beverage cups</li> <li>Paper plates</li> </ul> <p>Remove lids and paper sleeves. Remove all food, rinse and then recycle these items loose in recycling tote.</p>	<ul style="list-style-type: none"> <li>Straws</li> <li>Liquid beverage (empty first)</li> <li>Dirty cups (rinse first)</li> <li>Compostable plates</li> </ul>
Gable-top cartons	 <ul style="list-style-type: none"> <li>Cartons for:           <ul style="list-style-type: none"> <li>Cream</li> <li>Egg substitute</li> <li>Sugar</li> <li>Molasses, etc.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Deposit juice cartons (return for deposit refund)</li> <li>Dirty cartons (rinse first)</li> </ul>
Empty aerosol cans	 <ul style="list-style-type: none"> <li>Food</li> <li>Air fresheners</li> <li>Shaving cream</li> <li>Deodorant, sunscreen</li> <li>Hairspray, etc.</li> </ul> <p>Remove caps and recycle loose in recycling tote.</p>	<ul style="list-style-type: none"> <li>Spraypaint cans</li> <li>Aerosol cans with any contents remaining</li> <li>Propane cylinders</li> <li>Attached caps (remove caps and recycle loose in recycling tote)</li> <li>Any contents, ensure cans are empty</li> </ul>

**Confused?** We know this program is not simple, but we are here to help! Call the Environmental Services Department at the CRD at the number below, or the Recycling Council of BC hotline at 1-800-667-4321 or visit [www.rcbc.ca](http://www.rcbc.ca).

