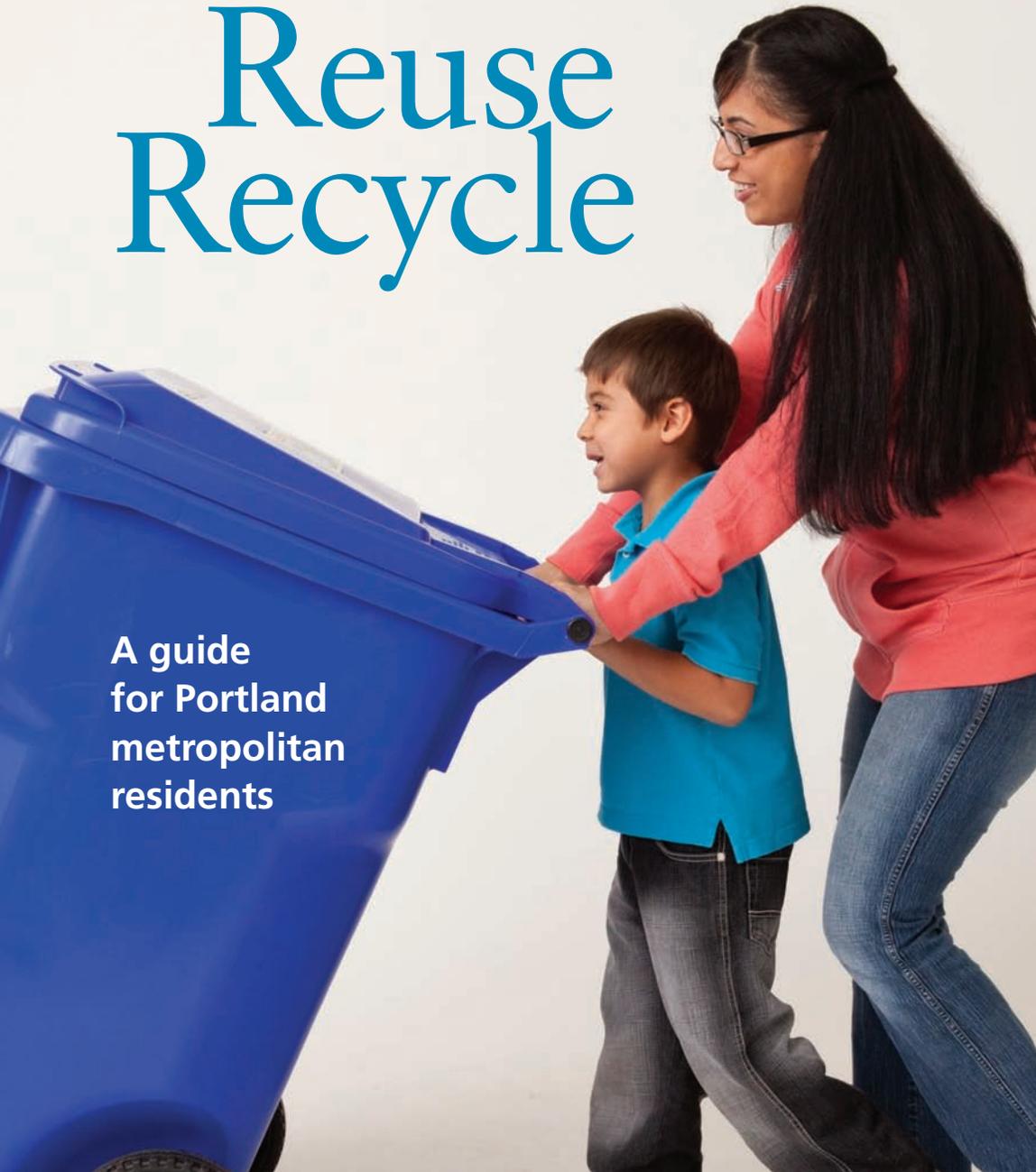




Metro

# Reduce Reuse Recycle

A guide  
for Portland  
metropolitan  
residents





- **Donate, give away or sell** still-good clothing, tools, equipment, household goods and other items you no longer want.
- **Use both sides of paper** – especially scrap paper for notes and lists – before recycling it.
- **Reuse** empty boxes, jars, bottles and plastic tubs for storage.
- **Donate surplus** pens, pencils, paper clips and other supplies to a local school, or check with nonprofit organizations such as School and Community Reuse Action Project (SCRAP), which collects and sells materials for art projects.



- **Buy vintage or lightly used** clothing and home furnishings. With used items often costing significantly less than the amount charged for new ones, you'll save money and give still-good products a new life.
- **Buy products in bulk.** Bulk purchases generally end up costing less. Plus, bulk-buying helps prevent waste by allowing you to select the exact quantities desired.
- **Buy high-quality products** designed to last, rather than cheaply made items you'll have to replace within months or a couple of years. You'll end up spending and wasting less over time.
- **Ditch disposables and unnecessary packaging,** instead using your own shopping bag, coffee cup or water bottle. Many grocery stores and coffee shops offer a small discount for bringing your own bag or cup.
- **Purchase refillable** pens and pencils.
- **Choose products with more recycled content** and less or no packaging. If the product comes with packaging, first make sure the wrapping or container includes recycled content or is recyclable. Choose paper products with recycled content, and check the label for higher – rather than lower – post-consumer content.
- **Buy handmade and locally made** or grown products. They usually come with less packaging than those shipped from far away.
- **Borrow books** from the library or buy them used rather than new.



## At the store

Did you know?

Many tips for use at home and at the store also can make a difference in the workplace and on the go. For more information on living sustainably, from cleaning and gardening without toxic chemicals to expanding your travel options with public transportation, visit [www.oregonmetro.gov/sustainableliving](http://www.oregonmetro.gov/sustainableliving).

# Recycling at the curb

## Paper



Telephone books



Corrugated cardboard



Paper bags



Magazines



Newspaper



Junk mail



Cereal, cracker, cookie and shoe boxes, with liners removed



Wrapping paper and greeting cards



Envelopes, even with windows and labels



Paper towel and tissue cores, but no towels or tissues



Egg cartons, paper only



Colored or white paper, including photocopies, fax paper, stationery, file folders, notepaper, computer paper, brochures and coupons, with or without staples



Adhesive-backed notepaper



Aseptic and drink boxes, milk and juice cartons



Shredded paper, placed in paper bag for recycling

If you live in a house rather than an apartment, recycle these items at the curb, too.

**Motor oil** Leave oil next to the recycling bin in a clear, leakproof, 1-gallon-maximum container with a tight screw-top lid. Clean, empty milk jugs work well. Don't contaminate oil with other fluids, and never discard motor oil in the sink, on the ground, down a storm drain or in your garbage can.

**Yard debris** Most communities in the area offer curbside yard debris collection. For details, call your garbage hauler or the applicable local government agency listed in this brochure. Call Metro Recycling Information for locations of yard debris recycling centers.



**Glass bottles and jars, rinsed**

**Got glass?** Keep it on the side. Always put glass bottles and jars in a bin, bucket or other rigid, durable container separate from all other recyclable materials – whether you live in a house or an apartment, use recycling bins or a roll cart. When glass mixed with paper, plastics and other items breaks, it contaminates the load, potentially rendering the materials unrecyclable.

# Glass



**Foil, rinsed thoroughly**



**Steel and aluminum cans, rinsed and not flattened.** Do not place lids loose in recycling containers; place lid inside can and crimp it shut. Put scrap metal smaller than 2 inches inside cans and crimp closed.

# Metals



**Scrap metal, with all nonmetal materials removed**



**Empty aerosol cans, unflattened and unpunctured, with nozzles intact and caps removed.** Take full or partially full cans to one of Metro's household hazardous waster facilities.



## Recycle plastic bags?

**Not at home.** Never place them curbside with your recycling bin or roll cart. They are hard to separate once mixed with other items and can jam sorting equipment at recycling facilities. Instead, take them to one of the many stores and recycling depots that accept plastic bags and film, including shrink wrap, bubble wrap, dry-cleaner bags and other stretchy plastic film. Keep plastic bags apart from other materials.

# Plastics

**Unless listed here, keep plastic materials out of your recycling container. When in doubt, leave it out.**



**Plastic bottles, jugs and jars with a threaded neck (for a screw-on lid) or a neck narrower than the base, rinsed, lids removed – including milk jugs, peanut butter jars, shampoo bottles and the like**



**Plastic tubs, rinsed, lids removed, at 6-ounce or greater capacity and marked "2" or "5"**



**Planting and nursery pots, rinsed, larger than 4 inches in diameter and made of rigid plastic neither crinkly nor flexible**



**Clean buckets, rinsed thoroughly, 5 gallons or smaller, with or without handles**

# Recycling beyond the curb

## Recycle at Work

If it's recyclable at home, it's recyclable at work. The region's Business Recycling Requirements, passed in 2008, help ensure that businesses do the following:

- recycle paper, cardboard and containers, including aluminum cans, plastic bottles and glass
- provide containers to collect the recyclable materials
- post signs at collection areas, describing which materials should be recycled.

Metro's Recycle at Work program, conducted in partnership with local governments, provides free materials, education and technical assistance to businesses launching or expanding their waste-reduction programs. Call Metro Recycling Information, visit [www.recycleat-work.com](http://www.recycleat-work.com) or contact your local solid waste and recycling representative listed in this brochure to connect with a business recycling specialist.

Many electronic items, including computers, monitors and televisions, contain hazardous materials – lead or mercury, for example – and require proper recycling. Oregon prohibits disposal of computers, monitors and TVs in the garbage or at landfills, transfer stations and

**Electronics** incinerators. Businesses participating in Oregon's E-Cycles program accept up to seven televisions, laptops, central processing units and monitors at a time for free. Also, many electronics recyclers take products such as mice, keyboards, printers and other computer peripherals; cell phones; VCRs; DVD players; fax machines; and handheld devices. Call Metro Recycling Information at 503-234-3000 for details.

Call your hauler to ask about collection for a fee. Also, some businesses accept appliances for recycling.

Call Metro Recycling Information at 503-234-3000 for details, including preparation requirements on specific appliances.

## Appliances

**Tires** For a fee, Metro's two transfer stations, a few depots, and garbage haulers take tires for recycling or proper disposal. Call Metro Recycling Information for details on recycling or proper disposal.

Haulers can provide drop boxes for separated scrap wood, metal, cardboard, land-clearing debris and rubble for recycling. Rates vary; call your hauler for details. Construction recycling is encouraged throughout the Metro region and required in the city of Portland on projects valued at more than \$50,000. Call Metro Recycling Information for a free directory of more than 100 area recycling sites that accept construction debris, or visit [www.oregonmetro.gov/toolkit](http://www.oregonmetro.gov/toolkit). For information on sustainable and recycled-content building materials, call the Green Building Hotline at 503-823-5431.

## Home improvement and construction waste

**Plastics** Plastic bottles, tubs, buckets and nursery pots are recyclable at the curb and at many recycling centers. Some businesses also accept other plastic items, and a number of companies accept foam packing peanuts for reuse. Limited recycling options are available for the foam packing blocks. Call Metro Recycling Information for a list of recycling and reuse locations.



## Typical household items to keep out of the trash:

- paints and stains
- pool and spa chemicals
- pesticides and poisons
- automotive products such as motor oil, oil filters and antifreeze
- thinners and solvents
- household cleaners and disinfectants
- batteries
- art and hobby chemicals
- aerosol spray products
- sharps, including medical syringes and lancets
- mercury-containing products such as fluorescent light bulbs, thermometers and thermostats.



## Household hazardous wastes

Let Metro's household hazardous waste program recycle or dispose of your toxic trash for free. Metro has a household hazardous waste facility at each of its two garbage transfer stations – one in Oregon City, the other in northwest Portland, open 9 a.m. to 4 p.m. Monday through Saturday. Metro also holds free neighborhood collection events across the region from March to November. Call Metro Recycling Information at 503-234-3000 or visit [www.oregonmetro.gov/hhw](http://www.oregonmetro.gov/hhw) for details.

# Multifamily service

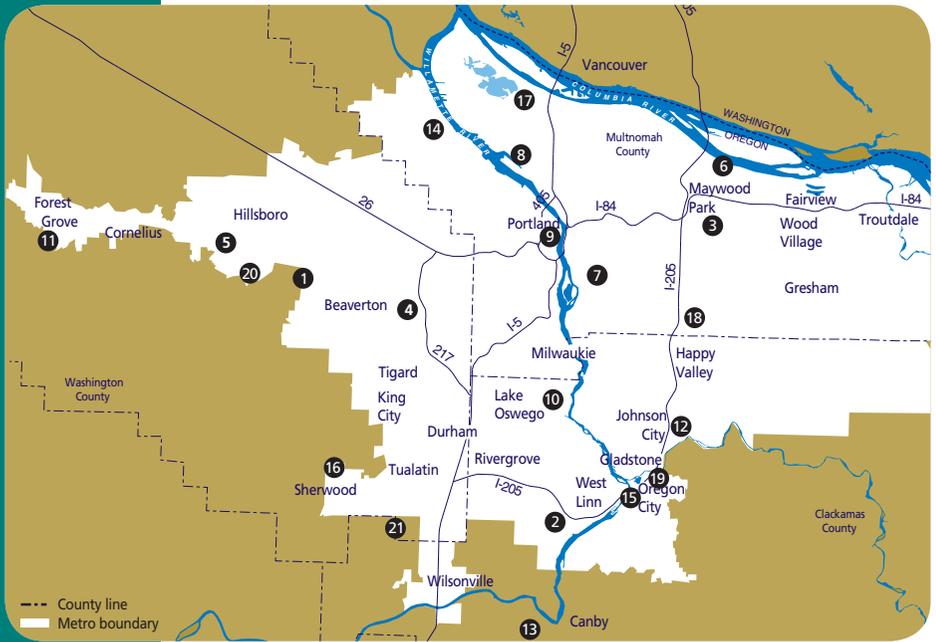
Live in an apartment or condominium? Ask your manager about recycling service. Within the region, all multifamily communities must provide such service on the premises for residents. Managers and residents can call Metro Recycling Information or visit [www.recycleathome.org](http://www.recycleathome.org) for assistance from their city or county government in establishing or improving an on-site recycling program.



Did you know?

Metro has recycled more than 1 million gallons of latex paint since 1992, helping the environment and keeping reusable materials out of the landfill. Through its hazardous waste program, Metro collects unused paint from households and businesses, turning quality leftover latex into award-winning MetroPaint. The recycled product, available in more than a dozen blendable colors, is certified by Green Seal™ and the Master Painters Institute. Call Metro Recycling Information or visit [www.oregonmetro.gov/metropaint](http://www.oregonmetro.gov/metropaint) for retailers and prices.





## Recycling centers

*These recycling centers accept most of the same items collected at the curb. Some centers also accept additional materials.*

*Call Metro Recycling Information for addresses, hours and accepted materials.*

*Don't have curbside collection service? Call Metro Recycling Information for the location of a recycling center near you.*

- |  |   |
|--|---|
| 1. Aloha Garbage and Recycling               | 11. Forest Grove Transfer Station                         |
| 2. Dan Davis Memorial Center                 | 12. K.B. Recycling Clackamas                              |
| 3. Environmentally Conscious Recycling (ECR) | 13. K.B. Recycling Canby                                  |
| 4. Far West Fibers Beaverton                 | 14. Metro Central Station                                 |
| 5. Far West Fibers Hillsboro                 | 15. Metro South Station                                   |
| 6. Far West Fibers Northeast Portland        | 16. Pride Disposal and Recycling                          |
| 7. Far West Fibers Southeast Portland        | 17. Recology North Portland                               |
| 8. Far West Fibers North Portland            | 18. Recology Southeast Portland                           |
| 9. Far West Fibers Northwest Portland        | 19. Recology Oregon City                                  |
| 10. Far West Fibers Lake Oswego              | 20. Tualatin Valley Waste Recovery and Hillsboro Landfill |
|  | 21. Willamette Resources                                  |

Sorting requirements may vary among cities, multifamily communities and recycling depots in Clackamas, Multnomah and Washington counties. Call your local government or Metro Recycling Information for specific information. For answers on curbside garbage and recycling services, including fees and accepted materials, call your garbage hauler or the appropriate city or county agency. Only haulers have information about your collection day.

## Getting help

### **Garbage haulers**

Call the number listed on your garbage bill.

### **Beaverton**

Garbage and Recycling Program, 503-526-2665

### **Clackamas County**

Office of Sustainability  
503-557-6363

*Includes the cities of Canby, Gladstone, Happy Valley, Lake Oswego, Molalla, Sandy, Oregon City and West Linn*

### **Fairview**

503-674-6211

### **Gresham and Wood Village**

Department of Environmental Services, Solid Waste and Recycling Program  
503-618-2656

### **Milwaukie**

503-786-7508

### **Portland**

Portland curbside hotline  
503-823-7202

### **Troutdale**

503-665-5175

### **Washington County**

Cooperative Recycling Program  
503-846-8609

*Includes the cities of Banks, Cornelius, Durham, Forest Grove, Hillsboro, King City, North Plains, Sherwood, Tigard, Tualatin and Wilsonville and unincorporated Washington County*

## Metro Recycling Information

503-234-3000

8:30 a.m. to 5 p.m. Monday through Saturday

[www.oregonmetro.gov/recycling](http://www.oregonmetro.gov/recycling)

Interactive directory of local recycler and reuse sites:

[www.oregonmetro.gov/findrecycler](http://www.oregonmetro.gov/findrecycler)

Plastics? Hazardous materials? Electronics? Appliances? Furniture? Odds and ends? Call the experts at Metro Recycling Information for friendly, helpful service six days a week. In operation since 1981, the free hotline helps residents and businesses across Multnomah, Washington and Clackamas counties sort out what's recyclable or reusable, what's not and what to do with the stuff they just want gone. Call 503-234-3000 for quick answers on recycling, disposal and waste prevention.



# Metro

600 NE Grand Ave.  
Portland, OR 97232-2736

## About Metro

Clean air and clean water do not stop at city limits or county lines.

Neither does the need for jobs, a thriving economy and good transportation choices for people and businesses in our region.

Voters have asked Metro to help with the challenges that cross those lines and affect the 25 cities and three counties in the Portland metropolitan area.

A regional approach simply makes sense when it comes to protecting open space, caring for parks, planning for the best use of land, managing garbage disposal and increasing recycling. Metro oversees world-class facilities such as the Oregon Zoo, which contributes to conservation and education, and the Oregon Convention Center, which benefits the region's economy.

## Metro representatives

*Metro Council President* – David Bragdon

*Metro Councilors* – Rod Park, District 1; Carlotta Collette, District 2; Carl Hosticka, District 3; Kathryn Harrington, District 4; Rex Burkholder, District 5; Robert Liberty, District 6.  
*Auditor* – Suzanne Flynn

[www.oregonmetro.gov](http://www.oregonmetro.gov)

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