

Paper

Material	Description	Do not include
Newspapers and flyers	Daily and community newspapers and advertising flyers	Plastic bags used to cover newspapers/flyers (take to Recycle BC recycling depot) Rubber bands
Magazines, Catalogues	All types	
Telephone books	Phone books; directories	Hardcover or paperback books (donate or sell)
Telephone books		Non-paper gift wrap Ribbons or bows Musical greeting cards with batteries**
Paper gift wrap and greeting cards		
Writing/home office paper and correspondence	Note pads; loose leaf paper; white or coloured computer, copier and printer paper; printed paper; plain and window envelopes; shredded paper If you live in a community or multi-family building that has separate bins or bags for paper and containers recycling, you may place shredded paper securely inside a paper bag or box (to prevent litter) and include with your paper recycling. If you live in a community or multi-family building that utilizes one bin or bag for all of your recycling, please place shredded paper inside a securely-tied, see-through, plastic bag (no opaque, coloured or black bags) and place at the curb separately.	Padded envelopes

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Paper Packaging for Dry Goods

Material	Description	Do not include
	Shipping boxes, grocery and liquor store boxes, pizza boxes Empty boxes Flatten large corrugated boxes and cut down to no larger than 30" wide (78 cm) X 30" tall (78 cm); staples and tape OK	Cardboard boxes with wax coating, e.g., empty shipping boxes made available for residents to transport their groceries home
Corrugated cardboard boxes		
	Boxes for cereal, shoes, tissues, pizza, frozen entrees, desserts, detergent, etc. Carrier trays for bulk bottled water, soft drinks, cans, food, etc. Cores for paper towel and toilet tissue Flatten and place boxboard directly into the collection container, not inside another box	Paper towels or napkins (include with green waste, if applicable) Tissues
Cardboard/boxboard	Remove liner bags and food residue	
	Egg cartons, take-out beverage trays, empty paper-based garden pots, etc.	Dirt in paper-based garden pots
Moulded boxboard packaging		
	Any colour, including brown grocery sacks, white prescription bags, brown envelopes	Padded envelopes Foil-lined bags, e.g., packaged cookies
Paper bags (kraft paper)		

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Paper Packaging for Dry Goods (cont.)

Material	Description	Do not include
	Multi-layered bags for pet food, flour, sugar, etc. Bags can include a plastic film layer	Bags with a foil layer
Multi-layer paper bags		

Cartons and Paper Cups

Material	Description	Do not include
COFFEE	For hot and cold beverages Empty and rinse cups Remove lids and place loose with container recycling Recycle paper sleeves separately	Straws
Paper cups		
MILK	For milk, milk-type beverages, cream, substitute eggs, sugar, molasses, etc. Empty and rinse cartons. If carton includes plastic screw cap, remove cap and place loose in recycling container	Juice cartons (return for deposit refund)
Gable-top cartons		
	For milk, milk-type beverages, cream, soup, broth, sauces, etc. Add loose to recycling container	Juice/drink boxes (return for deposit refund) Straws Stand up pouches
Aseptic boxes or cartons		

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Cartons and Paper Cups (cont.)

Material	Description	Do not include
	For ice cream, frozen yogurt,	
	etc.	
	Empty and rinse cartons	
Frozen dessert boxes		

Containers

Material	Description	Do not include
SPRAY	For food, air fresheners, shaving cream, deodorant, hairspray, etc. Empty cans. Remove caps and place loose in	Spray paint cans** Aerosol cans with any contents remaining** Propane cylinders**
Empty aerosol cans	recycling container.	
Spiral wound cans and metal lids	For frozen juice concentrate, potato chips, cookie dough, coffee, nuts, baby formula, etc. Remove lids and place loose in recycling container.	
	For food, e.g., seafood, cat food, etc. Empty and rinse cans. Labels OK.	Propane tanks or 1 lb. propane bottles** Deposit cans (return for deposit refund)
Aluminum cans and lids	Put metal lid inside can and squeeze slightly.	

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Containers (cont'd)

Material	Description	Do not include
Steel cans and lids	For food including pet food; tins for cookies, tea, chocolates, etc.; include metal lid Empty and rinse cans. Labels OK. Remove lids, drop into can and squeeze slightly.	Steel beverage cans (return for deposit refund) Steel paint cans** Coat hangers (return to dry cleaners) Pots, pans and baking trays** Propane cylinders ** Metal toys** Appliances** Metal hardware or other scrap metal** Wiring or metal cords, extension cords**
Aluminum foil and foil take- out containers	Foil wrap and take-out containers including pie plates, food trays, etc. Empty and rinse containers.	Chip or foil bags Foil wrap with paper backing for butter, cigarettes, etc. Foil-lined cardboard take-out containers or lids
Plastic jugs with screw tops	For milk, cooking oil, laundry detergent, fabric softener, cleaning solutions, cleaning products, body care products, windshield washer fluid, etc. Empty and rinse jugs. Labels OK.	Jugs for flavoured tea, juice, other beverages (return for deposit refund)
Plastic clamshells	For baked goods, fruit, produce, eggs, etc. Containers are clear with hinged or click-closed tops. Empty and rinse containers. Labels OK.	Packaging labelled biodegradable or compostable Liquid-absorbing pads

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Containers (cont.)

Material	Description	Do not include
	For food, dish soap, mouthwash, shampoos, conditioners and other personal care products, pills and vitamins, laundry products, household cleaners, automotive cleaners, e.g., glass cleaner, windshield washer fluid, etc. Plastic bottles have screw caps, spray pump or pull-up tops. Empty and rinse bottles. Labels OK.	Beverage bottles (return for deposit refund) Stand up pouches Containers for motor oil, vehicle lubricant, or antifreeze products **
Plastic bottles and caps	Remove caps, spray pump and pull-up tops, and place loose in recycling container.	
	For peanut butter, jam, nuts, condiments, vitamins and supplements, personal care products and cosmetics, pharmaceuticals, etc. Plastic jars have wide mouths with screw-top lids. Empty and rinse jars. Labels OK.	
Plastic jars and lids	Remove lids and place loose in recycling container.	

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Containers (cont.)

Material	Description	Do not include
Plastic trays and tops	For deli chicken, single serve meals, prepared foods, baked goods, housewares and hardware, e.g. screws, picture hangers, etc. Containers are clear or have black bottom trays with clear domes.	White, black or colour foam trays (take to Recycle BC recycling depot) Soft plastic packaging for perishable foods, e.g. meat, poultry, fish or cheese, etc. Plastic/foil packaging for items like chewing gum and pills
	Empty and rinse trays.	
	For margarine, spreads, yogurt, cottage cheese, sour cream, ice cream, etc. Empty and rinse tubs. Remove lids and place loose in recycling container. For single-use coffee and tea pods: Empty and rinse pods. Remove lids	Packaging labelled biodegradable or compostable Plastic or foil lids from coffee and tea pods Coffee grounds (include with green waste, if applicable)
Plastic tubs and lids	and do not include lids with recycling. Grounds can be composted.	
Plastic cold drink cups with lids	Beverage take out cups Empty and rinse cups Remove lids and place loose in recycling container.	Foam cups (take to Recycle BC recycling depot) Plastic packaging labelled biodegradable or compostable Napkins (include with green waste, if applicable) Straws
Plastic garden pots and trays	For bedding plants, seedlings, vegetable plants, etc. Remove remaining soil from garden pots and trays.	Ceramic plant pots Lawn edging, tarps, plastic furniture or toys** Garden hoses** Plastic string or rope

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Containers (cont.)

Material	Description	Do not include
	For laundry detergent, ice cream, pet food, etc. MMBC accepts pails that are less than 25L; larger pails should be disposed of via a commercial hauler.	Plastic paint cans** Plastic pails larger than 25L** Pails for lubricants and oils**
Plastic pails		
	For soups and entrees Remove lids and place loose in recycling container.	Bowls with metal rims Napkins (include with green waste, if applicable) Cutlery
Microwavable bowls & cups		

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Glass Containers

(May be collected separately from curbside or multi-family buildings - check with your collector)

Material	Description	Do not include
Non-deposit glass bottles and jars	Clear or coloured Check with your recycling collector for instructions. Empty and rinse bottles and jars. Labels OK.	Drinking glasses, dishes, cookware, whole or broken window glass or mirrors** Ceramic mugs or other ceramic products** Deposit glass bottles (return for deposit refund) Light bulbs and light fixtures**

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Plastic Bags and Outerwrap (Depot only)

Plastic bags for groceries, dry cleaning, bread, newspapers and flyers; bags for produce, dry bulk foods, and most frozen vegetables; outer bags and wrap for diapers, feminine hygiene products, paper towels, tissues, soft drink can flats; bags for water softener salt, wood pellets and garden products; overwrap on mattresses, furniture and electronic equipment Empty bags of food Crinkly cellophane wrap, for tea, floral arrangements, etc. Stand up pouches Bags for pre-washed salad Kitchen stretch wrap or plastic wrap for meat, poultry, fish or cheese Chip or snack bags Zipper-lock sandwich and freezer bags Plastic shipping envelopes Packaging labelled biodegradable or compostable Soft packaging for perishable foods, e.g. bacon, deli meats, cheese slices, fish, etc. Lumber or construction wrap Garbage bags or any bag sold as a	Material	Description	Do not include
		dry cleaning, bread, newspapers and flyers; bags for produce, dry bulk foods, and most frozen vegetables; outer bags and wrap for diapers, feminine hygiene products, paper towels, tissues, soft drink can flats; bags for water softener salt, wood pellets and garden products; overwrap on mattresses, furniture and electronic equipment	arrangements, etc. Stand up pouches Bags for pre-washed salad Kitchen stretch wrap or plastic wrap for meat, poultry, fish or cheese Chip or snack bags Zipper-lock sandwich and freezer bags Plastic shipping envelopes Packaging labelled biodegradable or compostable Soft packaging for perishable foods, e.g. bacon, deli meats, cheese slices, fish, etc. Lumber or construction wrap

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.



Foam Packaging (Depot only)

Material	Description	Do not include
	Meat trays, foam egg cartons, foam clamshells, foam cups and bowls for take-out food; etc. Remove food residue and liquid-absorbing pads Sort white and coloured foam into	Liquid-absorbing pads Shrink wrap for meat, poultry, fish, cheese, etc. Napkins (include with green waste, if applicable)
Foam food containers and trays	appropriate collection container at depot	
Foam cushion packaging	Foam cushion packaging used to protect electronics, small appliances, etc.	Labels, tape
		Paper and cardboard (recycle separately) Foam peanuts, packing chips or noodles
	Remove labels, tape paper, cardboard	Blue or pink foam board insulation Squishy or flexible foam
	Sort white and coloured foam into appropriate collection container at depot	Foam furniture (e.g. sofa cushions)

^{* *}Some items are recyclable outside of MMBC's program. To find out where you can recycle something other than packaging or printed paper, please contact the Recycling Council of BC. In the Lower Mainland, call 604-RECYCLE or BC toll free 1-800-667-4321.