

Recycling Quick Guide

When you recycle, materials that would otherwise be burned in an incinerator are diverted from the waste stream.

Recycling conserves resources, supports local businesses, protects our environment, and saves taxpayer money - and it's easy!

Mixed Paper (also Newspaper)

- No waxed cardboard containers (like milk cartons)
- Shredded paper is ok!

Cardboard

- Greasy pizza boxes are ok - no food chunks, though!
- Break down boxes
- No staples, but tape is OK

Glass bottles & jars

- No lids
- All wine bottles go in colored glass

Metal cans & containers

- Aluminum foil/trays/containers: Ensure it's clean, then roll it into a ball.

Plastic bottles & containers

- No plastic bags/film/wrap - recycle at the grocery store
- No black plastic

Food Waste Composting

Eastham partners with Black Earth Compost to offer residential food waste drop-off. Look for the bins at the Transfer Station.

What to Bring

- Food scraps, bread/cereals
- Coffee grounds/filters
- Eggshells, dairy, meat/fish, bones, shells
- Non-synthetic tea bags (no staples!)
- Paper towels, napkins
- Compostable bags and containers are OK if certified compostable by BPI, TUV, or CMA with a printed logo.

What NOT to Bring

- Plastic bags, produce stickers, soiled tissues, pet waste

Swap Shop

Before you throw it away—see if someone else can use it!

The Swap Shop at the Transfer Station is a free, community exchange where residents and visitors can leave gently used items and pick up treasures at no cost.

- **Drop off:** household goods, books, small furniture, toys, kitchenware, and more.
- **Take home:** anything you find useful—free of charge.

It's recycling at its best—reducing waste, saving money, and keeping useful items in circulation.

Massachusetts Waste Bans: What You Can't Put in the Trash

Massachusetts law requires that many materials be kept out of the trash. These rules protect the environment, conserve resources, and keep harmful items out of the waste stream.

Visit:

<https://recyclingworksma.com/waste-bans-and-compliance/>

Textiles **MUST** go in the separate bin

- Clothing and Shoes
- Linens and Fabric

Use special areas for

- Propane tanks must NOT go in the trash
- NiCd batteries
- Auto batteries
- Fluorescent bulbs
- Mercury devices
- Motor oil
- Scrap metal
- Yard waste (leaves, grass, brush)

Hazardous Waste Days

Twice a year collection days for certain household toxic waste such as cleaners, chemicals, stains, pesticides.