



# What Can I Recycle?



## Cardboard/Paper/Junk Mail

recycling 1 ton of cardboard can save enough water to wash 230 loads of laundry

## Aluminum and Steel Cans

recycling 1 ton of aluminum saves enough energy to charge over 2 million smart phones

## Plastic Bottles and Caps

recycling 1 ton of plastic is equal to saving enough gas to fill up the average car 90 times

## NO Styrofoam

recycling styrofoam would use more energy than it could save

## NO Used Pizza Boxes

Contaminants from just one pizza box is enough to send an entire load of recyclables to the landfill

## NO Plastic Bags

It only takes one plastic bag to entangle in machines and halt the system for hours

For more information please visit:  
[www.recyclenassau.org](http://www.recyclenassau.org)