

# We Recycle and Compost at School



**Compostable  
PAPER**

**FOOD**  
NO WRAPPERS

**RECYCLE**  
EMPTY - NO FOOD

**TRASH**  
EVERYTHING ELSE

**LIQUID**

RECYCLE and COMPOST  
to protect animals and nature!

# We Recycle and Compost at School



**LIQUIDS**



**TRASH**

EVERYTHING ELSE



**RECYCLE**

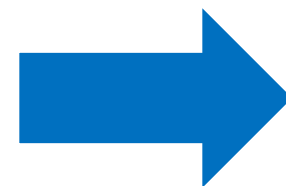
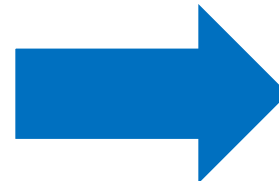
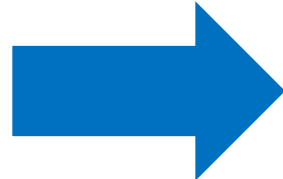
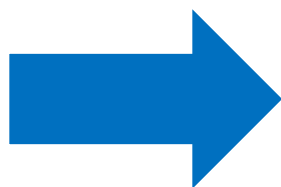
EMPTY - NO FOOD



**FOOD**



**COMPOSTABLE  
PAPER**





# RECYCLE and COMPOST



to protect animals and nature! 



# We Recycle and Compost at School



## Compostable PAPER

Trays  
Plates, Bowls  
Napkins  
Paper Towels  
Waxed Paper

## FOOD

NO WRAPPERS

All Food  
(Napkins OK!)

## RECYCLE

EMPTY - NO FOOD

Plastic Cups  
Cereal Bowls  
Bottles  
Cans  
Foil  
Paper Bags  
Boxes

## TRASH

EVERYTHING ELSE

Forks, Spoons, Knives  
Wrappers  
Chip Bags  
Milk Cartons, Juice Boxes  
Yogurt Cups\*  
Mini Plastic Cups  
Black Plastic Containers

\*Too much food on it to recycle it at school. At home, rinse and recycle it.

## LIQUID

Drinks  
Soup  
Cereal Milk  
Ice

*Thank you!*  
You are helping protect  
animals and nature when  
you recycle and compost!

# We Recycle and Compost at School



## LIQUIDS



## TRASH

### EVERYTHING ELSE

Forks, Spoons, Knives  
Wrappers  
Chip Bags  
Milk Cartons, Juice Boxes  
Yogurt Cups\*  
Mini Plastic Cups  
Black Plastic Containers



## RECYCLE

### EMPTY - NO FOOD

Plastic Cups  
Cereal Bowls  
Bottles  
Cans  
Foil  
Paper Bags  
Boxes



## FOOD

All Food  
(Napkins OK!)



## COMPOSTABLE PAPER

Trays  
Plates, Bowls  
Napkins  
Paper Towels  
Waxed Paper

\*Too much food on it to recycle it at school. At home, rinse and recycle it.

# Get Ready to Clean Up!

While at your table:

DRINK IT, OPEN IT

- Try to finish your drink.
- Make the opening bigger so it pours out faster.

EAT IT, UNWRAP IT,  
SHAKE IT (FOIL)

- Try to eat all your food.  
The best place for your food is your stomach!
- Take food out of wrappers.
- Shake foil to get off as much food as you can. Foil goes in RECYCLE unless there's a lot of food on it.

GATHER IT

- Put all trash items together -- forks, plastic wrappers, mini cups, straws, etc.
- Then you can grab them all at once and put them in the TRASH.

Then...

LIQUIDS → TRASH → RECYCLE → FOOD → COMPOSTABLE PAPER

START  
HERE

Thank you!

You are helping protect animals and nature when you recycle and compost!



Questions?

Contact Meryl Brott:

617-349-4836

[mbrott@cambridgema.gov](mailto:mbrott@cambridgema.gov)

UNWRAP

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**unwrap**

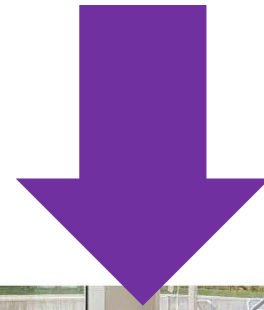
# ~ Exit Strategy ~

While at your table:

- ✓ Take food out of wrappers.
- ✓ Put all the trash items together.



# Pour out all liquids.





# LIQUIDS

POUR IN THE BUCKET



# LIQUIDS

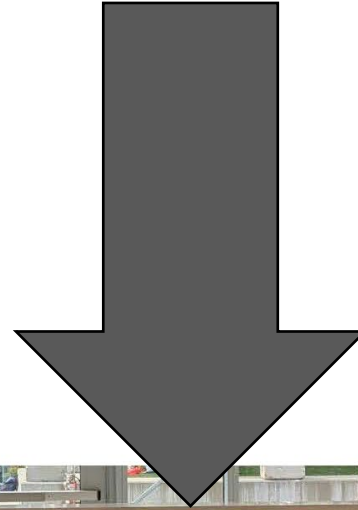
POUR IN THE BUCKET



- Milk
- Juice
- Water
- Cereal Milk
- Ice
- Soup



# Put all TRASH here.



**BRUTE**

Or here



**TRASH**

EVERYTHING ELSE



Utensils • Straws



Plastic Bags • Plastic Wrappers



Milk Cartons • Juice Boxes



Yogurt Cups • Smoothie Cups

\*Too dirty at school.  
At home, rinse and recycle it.



Condiment Packets  
Mini Plastic Cups





# TRASH

EVERYTHING ELSE



## Utensils • Straws

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## Plastic Bags • Plastic Wrappers

---



## Milk Cartons • Juice Boxes

---



## Yogurt Cups • Smoothie Cups

---

\*Too dirty at school.  
At home, rinse and recycle it.



## Condiment Packets Mini Plastic Cups

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What about the mini plastic cups? **TRASH**

They're too small to recycle.

What about yogurt cups? **TRASH**

They're too dirty at school. At home, rinse and recycle!

What about other plastic cups  
with food on them? **TRASH**

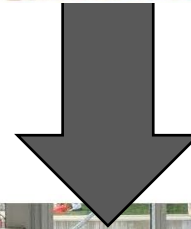
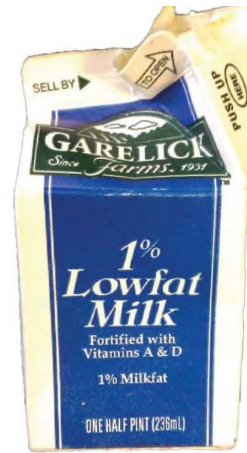
They're too dirty at school.

At home, rinse and recycle!



# REMINDER:

## Milk cartons are TRASH.





Containers must be EMPTY. No food.

### **Plastic Cups & Bowls**

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### **Bottles & Cans**

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### **Foil**

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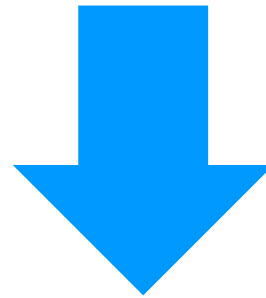
### **Paper Bags & Boxes**

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# Pour out all liquids. Containers must be empty.



“It’s gotta be empty  
to go in recycling!”



# ♻️ RECYCLE ♻️

Containers must be EMPTY. No food.

## Plastic Cups & Bowls



## Bottles & Cans



## Foil



## Paper Bags & Boxes



Containers  
must be empty



**RECYCLE**

EMPTY - NO FOOD

Plastic Cups  
Cereal Bowls  
Bottles  
Cans  
Foil  
Paper Bags  
Boxes





FOIL can go in recycling!

While at your table:

- Take food out of foil

If there's A LOT of food on it, put it  
the TRASH.



# FOOD



## All Food



No liquids. No wrappers. No containers.

## Napkins • Paper Towels



✓ NO WRAPPERS

JUST FOOD

**FOOD**

All Food



Napkins • Paper Towels

No liquids. No wrappers. No containers.



and... napkins are OK!

# All FOOD. No wrappers.

## Napkins are OK!





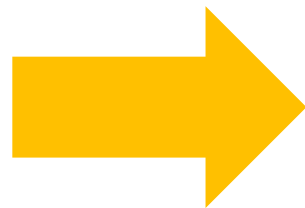
ONLY  
FOOD

and...  
napkins are OK!



*Here's a tip!*

Put your trash in a pile before heading to the waste station.



Then it'll be easy to grab it and throw it out.

# While at your table:

- ✓ Take food out of wrappers.



Take all food out of wrappers. It can't go into the FOOD barrel if it's wrapped up.



TAKE THE CHEESE STICK  
OUT OF THE WRAPPER



- ✓ Put all the trash items together.



With all the trash items together you'll be able to easily grab them and put them in the trash.





After you have recycled and thrown out your trash, most of the time the only things left on your tray are your **FOOD** and **NAPKIN**.



# TIP:

Put your tray  
into the  
barrel and  
turn it  
sideways...





...and tap it  
against the  
side of the  
barrel.

This helps  
food come  
off easily.



Then you can  
put the tray in  
**COMPOSTABLE  
PAPER.**



# We Recycle and Compost at School



**LIQUIDS**



**TRASH**

EVERYTHING ELSE



**RECYCLE**

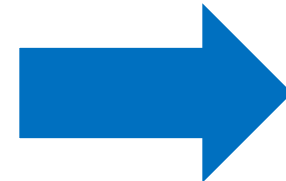
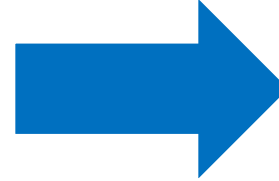
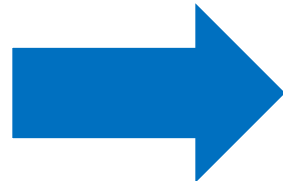
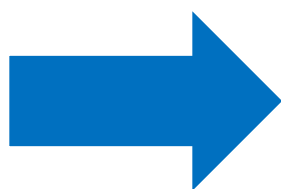
EMPTY - NO FOOD



**FOOD**



**COMPOSTABLE  
PAPER**





# All these items can go in!



## COMPOSTABLE PAPER



### Trays • Plates • Bowls



### Napkins • Paper Towels



### Waxed Paper



No plastic-coated items.





# COMPOSTABLE PAPER



## Trays • Plates • Bowls

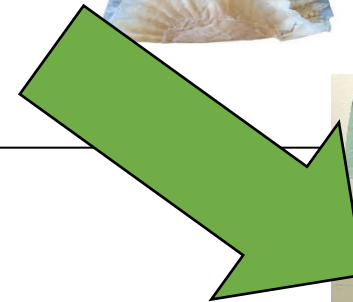
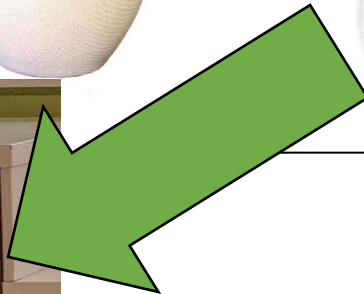


No plastic-coated items.

## Napkins • Paper Towels



## Waxed Paper



# RECYCLE and COMPOST



to protect animals and nature! 



# We Recycle and Compost at School!



# THANK YOU!



# Why do we compost?

Food in the landfill is bad for the earth. Food in the landfill creates methane, a powerful greenhouse gas.



# What happens to the food?

It's a special kind of composting. The food is used to make energy!

Food goes to a special kind of composting at a facility called an Anaerobic Digester.

Teeny tiny bugs called MICROBES eat the food. When they eat the food, they make gas.

The gas is used to make ENERGY!





Containers must be EMPTY. No food.

#### Plastic Cups & Bowls



#### Bottles & Cans



#### Foil



#### Paper Bags & Boxes




# What happens to our recycling?

First, your recycling goes to be sorted. Different items are sorted by the material they are made from (metal, glass, paper, plastic).

Then, they are sold to companies. The companies use them to make new things, like metal cans, cereal boxes, and fleece jackets.

Watch a video of how your items get sorted [here](#).



Quiz  
Time!

**Where's the BEST  
place for your food?**



*Where's the BEST place for your food?*

**IN YOUR STOMACH**

Try and eat all your food and drink all your drink.

**What do you do with  
trash items while  
you're still at your  
table?**

*What do you do with trash items while you're still at your table?*

**PUT THEM IN A PILE**

Then you can easily pick up all the trash items and put them in the trash can.

**Do you start at the  
LIQUIDS first?**



*Do you start at the LIQUIDS first?*

**YES!**

Start at the LIQUIDS.

Deal with your drink first.

**Do your water and juice  
cups and water bottles  
need to be empty to go  
in the recycling?**

*Do your water and juice cups and water bottles need to be empty to go in the recycling?*

**YES!**

It's got to be empty to go in the recycling!

**Do cartons go in the  
recycling?**



*Do cartons go in the recycling?*

**NO.**

Cartons go in the trash. They aren't accepted in the recycling bins.

**Do we recycle yogurt  
cups at school?**

*Do we recycle yogurt cups at school?*

**NO.**

Yogurt cups are too dirty at school, so they go in the trash.

At home, rinse them out and recycle them!

**Does food have to be  
unwrapped?**



*Does food have to be unwrapped?*

**YES!**

Unwrap your food while at your table.  
Then it's easy to put plastic wrappers in  
the trash and food in the compost.

A green starburst shape with a purple outline, containing two lines of text.

**Thanks for taking  
the quiz!**

Thanks for recycling  
and composting! You  
are making a difference!