

# We Recycle and Compost!



RECYCLE and COMPOST  
to protect animals and nature.

# RECYCLE and COMPOST



to protect animals and nature! 

# We Recycle and Compost at School



## LIQUIDS

Drinks  
Soup  
Cereal Milk  
Ice

## 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

## FOOD

NO WRAPPERS

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.

Thank you!

You protect animals and nature when you recycle and compost!



Contact Meryl Brott: 617-349-4836  
[mbrott@cambridgema.gov](mailto:mbrott@cambridgema.gov)

# 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 → RECYCLE → TRASH → FOOD → COMPOSTABLE PAPER



**Thank you!**

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



Questions?

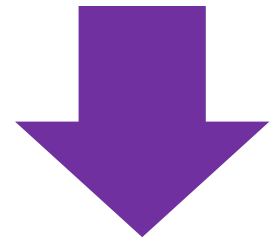
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# Have unopened food or drink you got at school?

Put it on the share shelf!



# LIQUIDS



# 液体

# LIQUIDS

POUR IN THE BUCKET



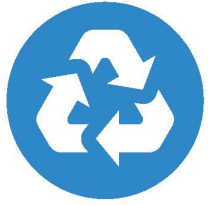
- Milk
- Juice
- Water
- Cereal Milk
- Ice
- Soup

Pour out all liquids.  
Containers must be empty.

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







# RECYCLE



# 回收

Containers must be EMPTY. No food.

必须清空容器中的东西。不含食物。

## Plastic Cups & Bowls

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## Bottles & Cans

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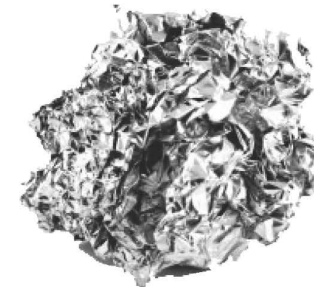
## Paper Bags & Boxes

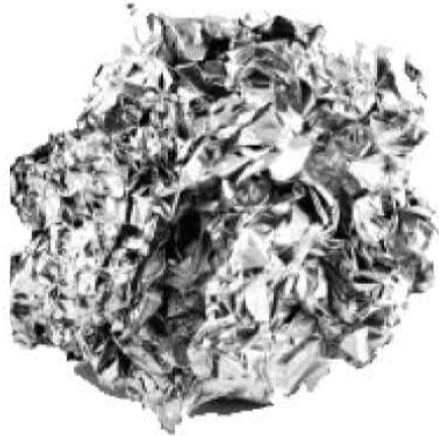
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## Foil

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FOIL can go in recycling!

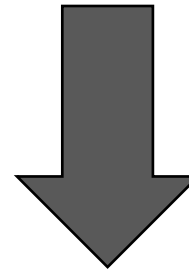
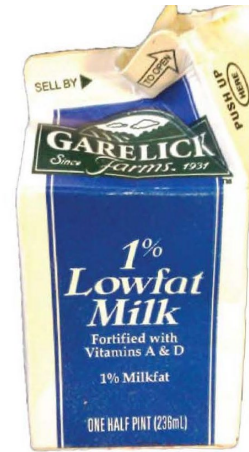
While at your table:

- Take food out of foil

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

# REMINDER:

# Milk cartons are TRASH.





# TRASH



# 垃圾

## Utensils • Straws

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## Milk Cartons • Juice Boxes

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## Plastic Bags • Plastic Wrappers

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## Yogurt Cups • Smoothie Cups

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\*Too dirty to recycle.  
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!



# While at your table:

- ✓ Take food out of wrappers.



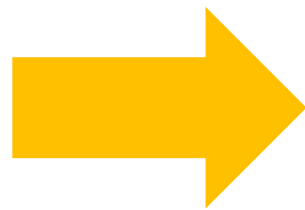
Take all food out of wrappers. It can't go into the FOOD barrel if it's wrapped up.



TAKE THE CHEESE STICK  
OUT OF THE WRAPPER

# Pro 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.





# FOOD

## 食物



### All Food



### Napkins • Paper Towels



No liquids. No wrappers. No containers.  
不要放入液体。不要放入包装纸。不要放入容器。



✓ NO WRAPPERS


JUST FOOD

FOOD

All Food







Napkins • Paper Towels



No liquids. No wrappers. No containers.

and... napkins are OK!

UNWRAP

UNWRAP

UNWRAP

UNWRAP

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UNWRAP

**unwrap**



# COMPOSTABLE PAPER

可堆肥的纸



## Trays • Plates • Bowls



## Napkins • Paper Towels



## Waxed Paper



No plastic-coated items.



# COMPOSTABLE PAPER



## Trays • Plates • Bowls

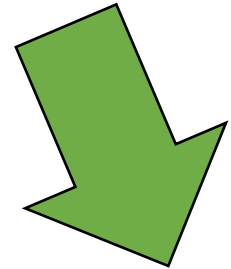


No plastic-coated items.

## Napkins • Paper Towels



## Waxed Paper



# RECYCLE and COMPOST



to protect animals and nature! 



# 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

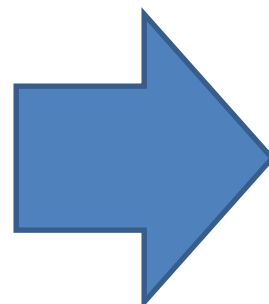


# What happens to our recycling?

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](#).



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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  
unopened, uneaten  
food that you got at  
school?**

What do you do with unopened, uneaten food that you got at school?

**PUT IT ON THE SHARE TABLE**

This includes uneaten fruit. But always try to eat all your food.



**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.

Does your juice or  
water cup need to be  
empty to go in the  
recycling?

Does your juice or water cup 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 can't be recycled in Massachusetts.



**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 and recycle!

**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.

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