



Recovering Our Resources



WHAT TO COMPOST:

All non-liquid food scraps, including:

Meat and bones, fats

Dairy, such as cheese, yoghurt

Nuts, eggs and their shells

Vegetables, fruit, peels, cores

Baked goods, bread, pasta

Tea bags, coffee grounds & filters

WHAT TO TRASH:

Plastics:

Any wrappers, packaging, bags

PLU stickers from fruit & veggies

Straws and utensils, package foils

Paper:

Napkins, soiled paper, paper towels

Sugar packets & other wrappers

Any other item that can't be recycled.

WHAT TO RECYCLE:

Plastics: With logo, #1-7

Corrugated cardboard

Boxboard, juice & milk boxes

All aluminum & tin cans

All bottles

Clean office paper

802-447-1300 or TAMwasteremoval.com for more information.