Recycling at home

Food waste

All sorts of food waste
Potatoe peel, fruit rind and vegetables
Coffee grounds and filters, tea leaves and tea bags
Egg shells
Fish trimmings and shellfish
Meat and smaller bones
Sandwiches, cakes, snacks and sweets
Cut flowers and leaves
Kitchen roll paper, paper napkins, printed or not

Roll up your paper bag and put in your brown bin.
If your food waste is wet, let it dry in the sink. Another tip is to fold a side from your newspaper and put it in the bottom of your bag. You can also use double bags.

Cooking oil

Wipe your pan with kitchen roll paper. Then put the paper in your food waste.
Pour used oil and runny fat in a bottle or other container. Bring it to the recycling centre. That way the oil will be recycled.
You can also put it in the bin.

General waste (bin bag)

- Dishcloths and dishbrushes
- Toothbrushes
- Pieces of rubber and plastic
- Chewing gum
- Snus/snuff and cigarette ends
- Envelopes, sticky notes
- Candle ends
- Litterbox sand
- Nappys and menstrual pads
- Condoms
- Hair tufts
- Hoover bags
- Lint from your dryer

There will not be a lot left in your bin bag after you have recycled. Above are examples of general waste.

Welcome to the recycling centre!

At the recycling centre you leave your bulky waste. That is movable property that will not fit in your bin bag. For example, bicycles, garden waste, tiles, furniture and push chairs. Here are more examples:

- Hazardous waste, for example
  - Paint, solvent, glue
  - Weed killer
  - Batteries
  - Low energy bulbs
  - Fluorescent tubes
  - Oil waste
  - Cosmetics
  - Mercury thermometer
  - Mark the container with what it contains.

- Electrical waste, for example
  - Cookers
  - Fridge and freezers
  - Mobile phones
  - Coffee makers
  - Flashlights
  - Headphones
  - Anything with a cord or battery.

- Cooking oil
  - Wipe your pan with kitchen roll paper. Then put the paper in your food waste.
  - Pour used oil and runny fat in a bottle or other container. Bring it to the recycling centre. That way the oil will be recycled.
  - You can also put it in the bin.

- Reuse
  - Leave whole and clean items, clothes and furniture for reuse.

- Broken textiles
  - Leave torn or worn out textiles for recycling.
Eco clever - Eco friendly

Today we are consuming a lot more than our planet can provide. That does not work. Even if you can afford to buy clothes and gadgets it costs too much for the environment. Consume eco friendly!

Rent yourself free
When you rent machines and sports equipment you are being eco clever. When we share things there is less waste.

Make some money
When you sell and buy second hand, you are being eco clever.
Gadgets and clothes of good quality can be bought second hand and then sold again when you do not need it anymore.

Share the cost
A lot of the things we own we tend to use only now and then. When we own things together we reduce the waste.

Repair with love
The best thing for the environment is to repair and restore the things we already have. That way the planet does not have to contribute with new material.

To bring food and gadgets home
Packaging is needed to bring food and gadgets home. By law, everybody in Sweden has to recycle them. Luckily you will not be fined if it gets wrong.

Förpackningsinsamlingen i Sverige AB (FTI) is responsible for the recycling stations in Sweden. www.ftiab.se

Here are some examples of containers and packaging:

**Paper container**
- Toilet rolls
- Pasta packages
- Milk cartons
- Juice cartons
- Sugar bags
- Shoe boxes
- You sort the plastic cap you as a plastic container. The plastic bracket is left on. It will be strained out in the recycling process.

**Plastic container**
- Schampon bottles
- Plastic bags
- Coffee bags
- Cling film
- Styrofoam
- Creme fraiche tub
- Make it simple: Rinse the container in cold water or use the last of your dishwater. Got room in the dishwasher? Put the container in the washer.

**Glass container**
- Glass bottles
- Glass jars
- Sort the glass by coloured and transparent glass.
- If there is a metal ring around the neck of the bottle you leave it on. It will be sorted out in the recycling process.
- The cap is sorted as metal.

**Metal container**
- Tin cans
- Tin foil
- Metal tubes
- Bottle caps
- Empty your container and put the lid back on, it will reduce the smell.
- The lid will burn in the recycling process.

**Papers**
- Advertisement
- Drawing and colouring books
- Magazines
- Newspapers
- The staples and coils from papers and note pads does not need to be removed. There is a magnet that will catch them in the recycling process.

Do you prefer to rent sportsequipment or keep them in your storage?
Do you buy clothes and shoes you think will last for years?
Would you offer a neighbour your ladder or lawn mower?
Are you handy or do you get help from a professional?