

Cambridge St Upper School RECYCLES & COMPOSTS



We Recycle and Compost at School



LIQUID

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

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

FOOD

NO WRAPPERS

All Food
(Napkins OK!)

Compostable PAPER

Trays
Plates, Bowls
Napkins
Paper Towels
Waxed Paper

Thank you!

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



Contact Meryl Brott: 617-349-4836
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



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Questions?

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UNWRAP

UNWRAP

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unwrap

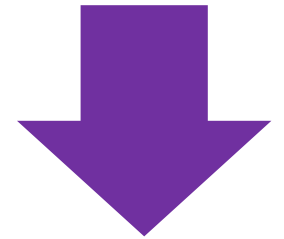
~ Exit Strategy ~

While at your table:

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

Have unopened food or drink you got at school?

Put it on the shelf!



LIQUIDS

POUR IN THE BUCKET



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

RECYCLE

Containers must be EMPTY. No food.

Plastic Cups & Bowls



Bottles & Cans



Foil



Paper Bags & Boxes



Containers
must be empty



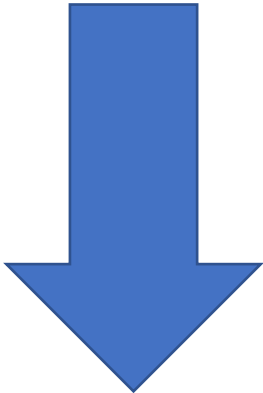
RECYCLE

EMPTY - NO FOOD

Plastic Cups
Cereal Bowls
Bottles
Cans
Foil
Paper Bags
Boxes

Pour out all liquids.

Containers must be empty.



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

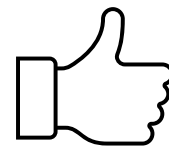


Trash in the recycling?

NOT COOL

Putting only empty recyclables in the recycle bins?

COOL





TRASH

EVERYTHING ELSE



Utensils • Straws



Milk Cartons • Juice Boxes



Plastic Bags • Plastic Wrappers



Yogurt Cups • Smoothie Cups

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



Condiment Packets Mini Plastic Cups



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!

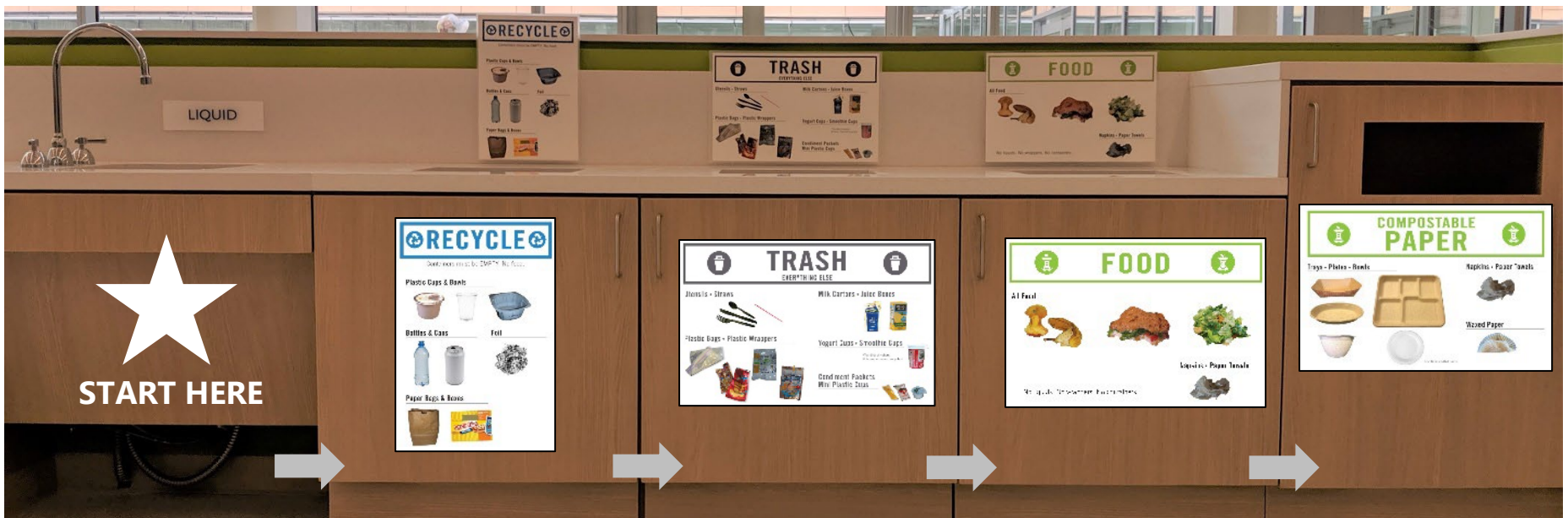
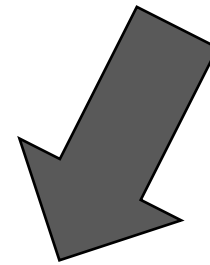
What about other plastic cups
with food on them? **TRASH**

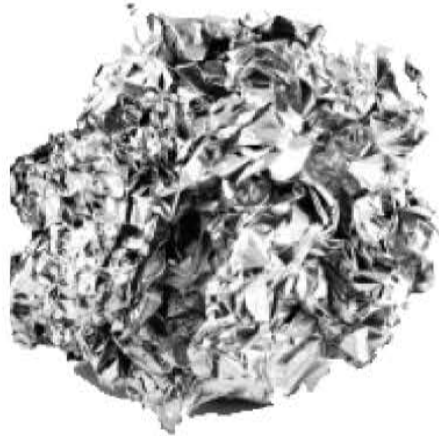
They're too dirty at school.
At home, rinse and recycle!



REMINDER:

Milk cartons are TRASH.





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



Napkins • Paper Towels



No liquids. No wrappers. No containers.

✓ NO WRAPPERS

JUST FOOD

 **FOOD** 

All Food

Napkins • Paper Towels



No liquids. No wrappers. No containers.

and... napkins are OK!

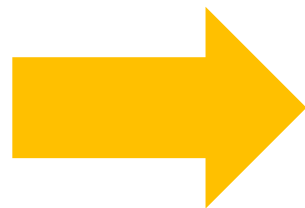
All FOOD. No wrappers.

Napkins are OK!



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.

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**.





COMPOSTABLE PAPER



Trays • Plates • Bowls

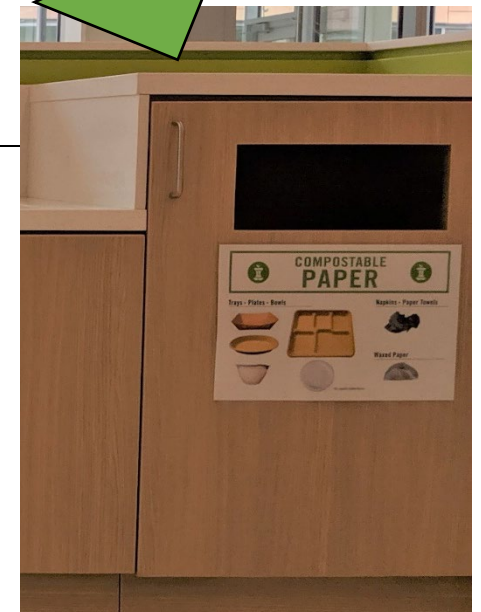
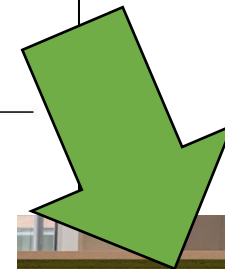


No plastic-coated items.

Napkins • Paper Towels



Waxed Paper



We Recycle and Compost at School!



THANK YOU!

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](#).



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.



**Thanks for taking
the quiz!**

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