

# Recyclable material list

## October 1, 2026

### Paper/Fibre



Material & examples	What to know	
	<p><b>Cardboard boxes</b></p> <p>Pizza boxes, direct mail boxes, moving boxes, shoe boxes.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Flatten. No larger than 60 x 60 cm.</li> <li><input checked="" type="checkbox"/> Empty.</li> </ul>
	<p><b>Boxboard</b></p> <p>Cereal boxes, tissue boxes, egg cartons, rolls from toilet paper and paper towel.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Flatten.</li> <li><input checked="" type="checkbox"/> Empty.</li> </ul>
	<p><b>Paper</b></p> <p>Any colour, including flour bags, prescription bags, paper produce bags.</p> <p>Notepads, white or coloured loose paper, file folders, other printed materials.</p> <p>Community newspapers, flyers, brochures and magazines.</p> <p>Greeting cards and envelopes, gift boxes.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Place shredded paper in a tied clear plastic bag.</li> <li><input checked="" type="checkbox"/> Separate from plastic bags used to cover items, remove elastic bands.</li> <li><input checked="" type="checkbox"/> Remove rope handle from bags.</li> <li><input checked="" type="checkbox"/> Do not include soft or hard covered books/novels.</li> </ul>

For details on what goes where, visit [circularmaterials.ca/AB](https://circularmaterials.ca/AB).

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Material & examples	What to know	
	<p><b>Paper laminate packaging</b></p> <p>Pet food bags, food service paper bags, and plates.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empty.</li> </ul>
	<p><b>Paper laminate containers</b></p> <p>Spiral cans, cookie dough containers, ice cream containers and hot and cold beverage cups.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empty.</li> <li><input checked="" type="checkbox"/> Remove lids.</li> </ul>
	<p><b>Cartons</b></p> <p>Molasses and sugar cartons, laundry and cleaning cartons, soup and sauce cartons.</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empty.</li> <li><input checked="" type="checkbox"/> Lids and caps on.</li> </ul>

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### Plastic packaging and containers



Material & examples	What to know
	<p><b>Plastic containers</b></p> <p>Laundry detergent and household cleaner jugs, shampoo, body wash, salad dressing, condiment, dish soap, mouth wash bottles.</p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Empty.</li><li><input checked="" type="checkbox"/> Lids and caps on.</li></ul>
	<p>Food trays, salad, yogurt, peanut butter, bakery and egg containers, plastic cups, plastic tubs and lids.</p>
	<p>Toothpaste tubes, deodorant, hand cream tubes.</p>
	<p>Small item packaging, hand sanitizer bottles, plant pots.</p>



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### Plastic and foam packaging

Material & examples	What to know	
	<p><b>Flexible plastic packaging</b></p> <p>Bags used for dry cleaning, bread, newspapers and flyers. Overwrap (paper towel &amp; toilet paper, beverage containers). Coffee bags or deli pouches, chip bags, bubble wrap, snack wrappers, cereal liner bags, plastic gift bags.</p>	<p><input checked="" type="checkbox"/> Empty.</p>
	<p><b>Foam packaging</b></p> <p>Meat trays, takeout containers, cups, plates, bowls, foam packaging.</p>	<p><input checked="" type="checkbox"/> Empty.</p> <p><input checked="" type="checkbox"/> Remove film wrap and absorbent pads from meat trays.</p>




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### Metal containers

Material & examples	Material & examples	What to know
	<p><b>Metal</b></p> <p>Food cans, metal lids, candle, cookie, coffee and tea tins.</p>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Rinse and dry.</li></ul>
	<p><b>Aluminum (foils and trays)</b></p> <p>Aluminum foil, pie plates, frozen food trays.</p>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Empty.</li><li><input checked="" type="checkbox"/> Ball up aluminum foil.</li></ul>
	<p><b>Aerosol containers</b></p> <p>Food spray, hairspray, air fresheners, shaving cream, deodorant.</p>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Empty.</li><li><input checked="" type="checkbox"/> Lids and caps on.</li></ul>


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### Glass

Material & examples	What to know
	<p><b>Glass containers</b></p> <p>Clear and coloured glass. Food containers, jars and bottles. Cosmetic containers, spice bottles, oil and vinegar bottles.</p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Empty.</li><li><input checked="" type="checkbox"/> Lids and caps off.</li></ul>