

# Bathroom Recycling: *The smallest room in the house offers big opportunities*

Provided by your Recycling Block Captain, Summer 2016. More guides at <http://tiny.cc/wpatcapt>.

## Why Are We Talking About the Bathroom?

Most of us try to recycle as much as we can, but research shows there's one room in the house that's often missed: the bathroom!

- Only 20% of Americans consistently recycle items from the bathroom.
- 24% admit they've never considered recycling bathroom products.
- 47% who don't recycle in the bathroom say it's because there's no bin in that room.

Wow! These facts show that we can gain a lot of recycling when we set up recycling in our home bathrooms!

## How Can We Recycle in the Bathroom?



### Common Recyclables

Increase our community's recycling rate and decrease the amount going to the landfill by recycling these commonly-used bathroom items:

#### Plastic Containers:

Just like recycling in the rest of the house, in the bathroom we go by the shape of the container for plastics recycling – bottles, tubs, jugs and jars only (learn more at <http://tiny.cc/plastic-shapes>). All containers should be clean and dry, pumps and screw top lids should be removed and thrown away. Examples:

- Shampoo/conditioner bottles
- Lotion bottles or tubs
- Mouthwash bottles
- Body wash/soap bottles
- Baby powder bottles
- Vitamin/aspirin-type bottles

#### Paper:

- Toilet paper roll
- Tissue box
- Toothpaste box
- Soap box
- Bandage boxes

#### Metal:

- Empty shaving cream cans



### Keep These Out of the Recycling...



The best way to remember what to put in the trash is to simply learn what is accepted in the recycling and discard the rest. But **here are some items that often cause confusion and belong in the trash**: paper towels, tissues, razors, plastic wrappers, toothpaste tubes, cosmetics containers, and dental floss containers.

### What About Medicines?



Orange prescription containers are not recyclable, so consider asking your pharmacy if they will refill your bottles (e.g. offered by Rice's Pharmacy).

Medicines you no longer need can be safely disposed of at a Benton County Sheriff's Office collection event or at OSU's Dept. of Public Safety office. See our previous handout for details: <http://tiny.cc/med-disposal>.



A key way to recycle more in your bathroom is to add a recycling bin. One possible setup is pictured above.

## How About Reducing & Reusing?

The 3 R's (reduce, reuse, recycle) are a hierarchy, meaning it's better for the environment to reduce and reuse before you recycle. It's easier than you think and can be cheaper too!

### Tips to Reduce & Reuse

- Purchase items (e.g. soap) in bulk and store in reusable containers.
- Buy items with no or minimal packaging.
- Buy razors and toothbrushes with replaceable heads.
- Avoid non-recyclable, single-use products.
- Seek durability and good functionality in consumables to avoid frequent replacement.