








# STICK WITH THESE SIX

Social Media Guide to the most reliably recyclable items in North Carolina and the ones to avoid

The N.C. Division of Environmental Assistance and Customer Service (DEACS) has developed *Stick with These 6* to educate the public on accurate recycling. The social media posts below coordinate with the *Recycle Right NC* information campaign materials designed for use by local recycling programs and private recycling collectors.

Together, we can recycle more and recycle better. #RecycleRightNC

IMAGE	TEXT FOR FACEBOOK AND TWITTER CAPTION
 <p>STICK WITH THESE 6</p> <p>EVERYTHING isn't recyclable. However, these six items are recyclable in most of N.C.</p> <p>DON'T TANGLE OR CONTAMINATE! RECYCLE RIGHT FOR A GREENER STATE!</p>	<p>EVERYTHING isn't recyclable. However, these six items are recyclable in most of NC: plastic bottles, jugs and jars; metal cans; paper; and cardboard. That's it! That means all of those other plastic items (pouches, cups, to-go containers, etc.) are trash! #RecycleRightNC</p>
 <p>STICK WITH THESE 6</p> <p>Only six items are reliably recyclable and just three of them are plastic! A sure bet: plastic BOTTLES.</p> <p>DON'T TANGLE OR CONTAMINATE! RECYCLE RIGHT FOR A GREENER STATE!</p>	<p>Most plastic items have a recycling symbol on them. That is just a resin code and doesn't mean the item can be recycled. So which plastics can go in the recycling? Plastic bottles are a sure bet for the recycling bin. Rinse and toss it in the bin for the win! #RecycleRightNC</p>
 <p>STICK WITH THESE 6</p> <p>Only six items are reliably recyclable and just three of them are plastic! Plastic JUGS are always a safe bet.</p> <p>DON'T TANGLE OR CONTAMINATE! RECYCLE RIGHT FOR A GREENER STATE!</p>	<p>Most plastic items have a recycling symbol on them. That is just a resin code and doesn't mean the item can be recycled. So which plastics can go in the recycling? Bottles, jugs and jars can - and should - be put in the recycling bin. When in doubt, keep it out! #RecycleRightNC</p>
 <p>STICK WITH THESE 6</p> <p>Only six items are reliably recyclable and just three of them are plastic! Plastic JARS are great to recycle...just make sure they are clean.</p> <p>DON'T TANGLE OR CONTAMINATE! RECYCLE RIGHT FOR A GREENER STATE!</p>	<p>Most plastic items have a recycling symbol on them. That is just a resin code and doesn't mean the item can be recycled. So which plastics can go in the recycling? Bottles, jugs and jars can - and should - be put in the recycling bin. Rinse and toss it in the bin for the win! #RecycleRightNC</p>
 <p>STICK WITH THESE 6</p> <p>Only six items are reliably recyclable and one of them is metal! Metal CANS are recyclable...just rinse and toss them in the recycling bin!</p> <p>DON'T TANGLE OR CONTAMINATE! RECYCLE RIGHT FOR A GREENER STATE!</p>	<p>You CAN never go wrong recycling cans. Give it a rinse and pop it in the recycling bin: CAN-tastic! #RecycleRightNC</p>

STICK WITH THESE  
**6**



Only six items are reliably recyclable and paper is one of them! Office paper, newspaper, envelopes, etc. can all be recycled.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Most paper can be recycled, including boxes, bags, office paper, newspaper and magazines. Wrapping paper or paper lined with plastic/foil/bubble wrap goes in the trash. Paper smaller than a business card, paper towels and tissues belong in the compost. When in doubt, throw it out!  
#RecycleRightNC

STICK WITH THESE  
**6**



Only six items are reliably recyclable and cardboard is in high demand! Break down that box and recycle it.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Ordering a lot online? The recycling industry NEEDS those boxes! Flatten them and put them with your curbside recycling.  
#RecycleRightNC

SEE ABOUT THESE  
**3**



EVERYTHING isn't recyclable. Plastic tubs, glass bottles and jars are sometimes recyclable. Check with your local recycling program.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

EVERYTHING isn't recyclable curbside, but plastic tubs, glass bottles and jars sometimes are! Check with your local recycling program if these three can be recycled in your cart or if they must be taken to a drop-off site.  
#RecycleRightNC

SEE ABOUT THESE  
**3**



Plastic TUBS are sometimes accepted curbside. Check with your local recycling program.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Check with your local recycling program to find out if plastic tubs can be recycled in your cart or if they must be taken to a drop-off site.  
#RecycleRightNC

SEE ABOUT THESE  
**3**



Although Glass BOTTLES are infinitely recyclable, they are not always taken at the curbside or at drop-off sites. Check with your local recycling program.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Glass bottles and jars are infinitely recyclable. Check with your local recycling program to find out if you can pop them in your cart or if you have to take them to a drop-off site.  
#RecycleRightNC

SEE ABOUT THESE  
**3**



Although Glass JARS are infinitely recyclable, they are not always taken at the curbside or at drop-off sites. Check with your local recycling program.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Glass bottles and jars are infinitely recyclable. Check with your local recycling program to find out if you can pop them in your cart or if you have to take them to a drop-off site.  
#RecycleRightNC

NEVER THESE  
**9**



EVERYTHING isn't recyclable. Never put these nine items in your curbside recycling!

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

EVERYTHING isn't recyclable! The nine items you should always keep out are: plastic bags, food waste, cups, to-go containers, paper towels, tiny things, plastic packaging, Styrofoam and gloves/masks.  
#RecycleRightNC

NEVER THESE  
**9**



Plastic bags are recyclable — just not at the curbside! Return clean, dry plastic bags back to the grocery.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Plastic bags wrap around the recycling machines, shutting down the facility several times a day. Take them to the grocery store; bring your own bags; and when possible, buy products that aren't packaged in plastic.  
#RecycleRightNC

NEVER THESE  
**9**



Dispose of food waste in your compost or trash bin — never in the recycling bin!

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Food and liquids in the recycling bin contaminate all the other recyclables. Plus, it's gross for the people who sort your recycling. Empty and rinse containers before placing them in the recycling. Put other food waste in the compost.  
#RecycleRightNC

NEVER THESE  
**9**



Single-use cups belong in the trash — along with the lids and straws.

DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!

Don't toss that cup in the recycling bin! Put it in the trash. These single-use items are often contaminated with liquid. Even when clean, cups splinter in the recycling machinery. The lids and straws can't be sorted by the equipment either.  
#RecycleRightNC

**NEVER THESE 9**



Ordering more takeout? Those to-go containers and utensils never belong in the recycling bin.

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Remember: most single-use to-go containers are trash. If it isn't a plastic bottle, tub, jug or jar, DO NOT recycle it. #RecycleRightNC

**NEVER THESE 9**



Single-use gloves and masks are not recyclable! Put them in the trash.

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Personal protective equipment like masks and gloves aren't recyclable. They also don't belong in the parking lot or on the side of the road. Put them in the trash. #RecycleRightNC

**NEVER THESE 9**



Don't put paper towels, tissues or receipts in the recycling bin!

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Paper towels, tissues and napkins are often dirty, but even when clean, they are too thin to be recycled into paper. Put them in the compost or trash. Receipts contain non-recyclable layers and chemicals. Refuse receipts or put them in the trash. #RecycleRightNC

**NEVER THESE 9**



Don't put small paper pieces and packaging, or shredded paper in the recycling cart!

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Tiny items can't be easily sorted by recycling machines or people. Don't put paper smaller than a business card or shredded paper in the recycling cart! #RecycleRightNC

**NEVER THESE 9**



Don't put plastic packaging in the recycling cart! Bubble wrap, pillows and puffy mailers are recyclable with your plastic bags at the grocery — but not in your curbside recycling.

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Plastic packaging wrap around the recycling machines, shutting down the facility several times a day. Take them to the grocery store; bring your own bags; and when possible, buy products that aren't packaged in plastic. #RecycleRightNC

**NEVER THESE 9**



Don't put Styrofoam products in the recycling bin!

**DON'T TANGLE OR CONTAMINATE!  
RECYCLE RIGHT FOR A GREENER STATE!**

Styrofoam doesn't belong in the recycling bin. Instead, reduce your single-use! Put it in the trash where it belongs. Don't tangle or contaminate. Recycle right for our state! #RecycleRightNC

