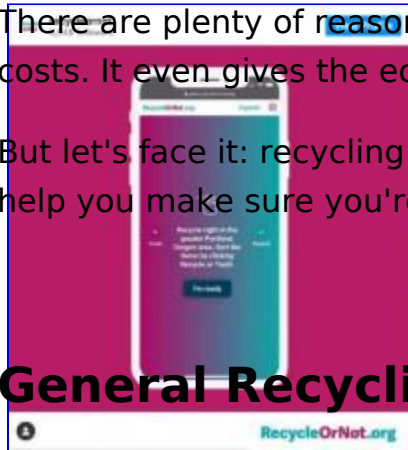


# Recycling Resources

There are plenty of reasons to recycle. It saves energy. It saves water. It reduces production costs. It even gives the economy a boost.

But let's face it: recycling can be tricky and the rules confusing. Here are some resources to help you make sure you're recycling right.



## General Recycling

**Recycle or Not** – Admittedly, trying to remember all of the rules of recycling can be a bit overwhelming and it's difficult to remember every little detail. So Metro launched their Recycle or Not campaign to help you easily confirm out what you can and cannot recycle at home. And if you're still not sure if something can be recycled, you can send a photo to the Recycle or Not Instagram page and they'll let you know!

**Recycling at Home** – This page from Metro is the resource for everything you need to know about recycling in our region. You can find answers to all your recycling questions and get the whats, hows and whys of residential recycling, from which bin it goes in to where it all ends up.

**Find a Recycler** – There are still options if something can't go in one of your recycling bins. Recycling depots take many items that can't go in your home container. Check Metro's database to find one near you.

## Food Waste

**Don't Let Good Food Go Bad** – Find a library of the best cost-saving tips and resources to save you money.

**Food Waste Prevention Week** – Get information and tips on how you can cut food waste and save money.

**Home Composting** – Compost can be easy to make and offers many benefits, from helping your garden grow greener – for free – to lightening the load in your curbside yard waste bin.

# Hazardous Waste and Medication

**Household Hazardous Waste** – Metro holds free neighborhood collections across the region from March through November. There's no charge and you can see the schedule and a list of what you can bring.

**Medication Disposal** - The Oregon Drug Take-Back program became effective July 1, 2021, and this website provides resources to help find a drop-off location, order mail-back supplies, and a phone number to call for more information about getting rid of unwanted medicine.

## Further Education

**Master Recycler Program** – Join a corps of recycling enthusiasts who learn from the experts then share in their own communities.

**Recycling 101** – Learn about recycling, composting, and waste reduction in this online, self-paced course created in partnership with the Association of Oregon Recyclers.

*Questions about about service, missed pick-ups and bills? Call Waste Management's customer service line at (800) 808-5901. Call hours are Monday-Friday, 7:00 a.m. - 5:00 p.m., and Saturday, 9:00 a.m. - 1:00 p.m.*

From collection at the curb to sorting and bailing at the Material Recovery Facility (MRF), watch the video to learn about one part of the journey recyclables make before eventually becoming a new product.

Where your recycling goes from [oregonmetro](#) on [Vimeo](#).