

# What can we throw in our recycle bin?

This is a question that people ask me all the time. So, here's a list that I made and got it checked by **Mr. Rich Dubiel, General Manager, Fremont Recycling and Transfer Station.**



[Fremont Recycling and Transfer Station](#) is located at 41149 Boyce Road, Fremont, CA – 94538  
– Ph: (510) 252 0500

If you have any questions about recycling, check out

[StopWaste.Org](#) – Reducing the waste stream for Alameda County, CA

## Fremont City provides the following bins for our waste management:



**The following items can be thrown in the recycle bin, unless otherwise specified:**

Note: Please remove all plastic caps from any item, collect it separately, and drop it at the plastic Caps collection centers. For the list of drop-off locations check: <http://greenkidsnow.org/PlasticCaps.html>

**Paper and Cardboard products:**

1. Juice cartons (note: Some juice boxes have aluminum or other linings inside, which cannot be recycled)
2. Milk cartons
3. Cardboard boxes
4. Wrapping papers
5. Shredded papers
6. Newspapers
7. Magazines
8. Books
9. Phone book
10. Greeting cards
11. Cardboard egg cartons
12. Binder paper
13. Calendar
14. Toilet roll cardboard
15. Paper towel cardboard
16. Soap, toothpaste cardboard boxes
17. Pizza boxes – remove food scraps and if clean, then it can be placed in the recycle bin. Otherwise, all food stained cardboard must be thrown in the green compost bin.
18. Laminated paper
19. Laminated cardboard /toys packaging
20. Old/unwanted photos with plastic coating
21. Photo albums

**These items cannot be recycled.  
Throw these in your blue trash bin**

**Glass:**

1. Glass bottles
2. Glass kitchenware – plates, cups, bowls
3. Mirrors
4. Glass jars
5. Milk bottles
6. Cooking oil bottles
7. Light bulbs – Do not throw in your bin; drop these off at proper collection facility

**Metals:**

1. Drink cans
2. Food cans
3. Aluminum foil
4. Foil packaging
5. Pots and pans
6. Metal toys
7. Paint cans – empty clean cans only
8. Garden tools
9. Cooking tools – knife, spoons, forks, ladle
10. All copper, brass, bronze and steel things can be recycled

**Clothing and accessories:**

Note: Reuse / Donate good shoes and clothes.

For ragged textiles and shoes that are NOT good for reuse, drop it at the proper collection centers. To find the closest center, check the US Textile Recycling directory at <http://www.wipingrag.net/usa/>

Most Charity organizations that receive ragged clothing in their donation box, collect it and then send it to the proper collection centers. Check if your local charity centers like Good Will, Hope, and Salvation Army will also receive ragged clothes and shoes.

**Garden waste/Food Scraps:**

(Fremont City, CA, offers separate GREEN compost bin for garden waste)

1. All plant/garden waste must be thrown in the GREEN Compost bin
2. Food scraps - Must be thrown in the GREEN Compost bin

3. Bricks
4. Soil
5. Building rubbles

**Do not throw in the bins. Take these items to the Fremont Recycling and Transfer Station**

**Liquids and Chemicals:**

1. Unused Engine oils
2. Unused or old paints
3. Unwanted cooking oil in cans or bottles



**Do not throw in the bins.  
Take these items to the Fremont  
Recycling and Transfer Station**

**Unused medicines/pharmaceutical waste:**

Note: Do NOT throw these in any of the bins or flush it in the drain. Drop it off at your nearest Pharmacy or hospital in the proper collection bins.

**Electronic Waste (eWaste):**

**Do not throw the below items in the bins. Please take it to the nearest e-waste recycling/ collection centers or to the Fremont Recycling and Transfer Station**

1. Car batteries
2. Old Batteries
3. Household items – Dishwasher, fridge/freezer, washing machine, dryer, stove, microwave
4. Household iron, iron boards
5. Computer, monitors, keyboard, mouse, etc.
6. Old cell phones and accessories
7. Home electronics – TV, DVD/VCR players, CD players etc.
8. Wires and cables
9. USB drives, external hard-drives, or any accessories
10. Printers or Printer Cartridges

**Miscellaneous:**

- 1. Unwanted CDs
- 2. Unwanted Tapes
- 3. Unwanted DVDs

Please drop it off at proper collection centers

- 4. Beds and mattress
- 5. Bicycles
- 6. Carpets
- 7. Chairs
- 8. Keys
- 9. Musical Instruments
- 10. Sofas
- 11. Spectacles
- 12. Tables
- 13. Toys

Donate these items if it is good.  
Otherwise, take it to the Fremont Recycling and Transfer Station or call them and request bulk pickup.

**Plastics:**

Note: Plastic bottles and Caps are NOT made from the same type of Plastic materials, so it cannot be recycled together.

- Remove the plastic caps before placing the bottles in the recycle bin
- Rinse and clean the plastic caps
- Collect the plastic caps separately in your house
- Drop it off at the plastic caps drop-off locations

For more details and drop-off locations, check: <http://greenkidsnow.org/PlasticCaps.html>

- 1. Plastic bottles
- 2. Shopping plastic bags
- 3. Vegetable/Produce plastic bags

Put all plastic bags together in one bag and tie it

- 4. Six pack drink holder plastic rings – **cut the rings before throwing – it cannot be recycled. Throw it in the trash bin**

- 5.  PET - Water bottles, Milk gallon can, egg cartons
- 6.  HDPE - Lotion bottles, shampoo/conditioner bottles
- 7.  HDPE and  PP - Plastic toys
- 8.  PP - Yogurt cans and lids
- 9.  OTHER - Baby plastic food container
- 10.  PS - Vegetable containers
- 11.  HDPE - Cooking oil cans

**Plastic Identification Code:**

There are 7 plastic identification codes. You'll find these codes on the base or on the sides of the plastic products.

Plastic products are assigned different numbers to grade them for recycling.

Usually, #1, #2, #4, #5, and #6 can be recycled. **#7 for mixed plastics sometimes are recyclable in Fremont City, CA. (Some cities do not recycle #7 plastic) Note: #7 plastic is expensive to recycle, so it is only recycled when crude-oil prices are very high.**

**Here's a table to help you understand the plastic types:**

Codes	Descriptions	Properties	Packaging Applications	Recycled Products
 PET	<a href="#">Polyethylene Terephthalate</a> (PET, PETE). PET is clear, tough, and has good gas and moisture barrier properties. Commonly used in soft drink bottles and many injection molded consumer product containers. Other applications include strapping and both food and non-food containers. Cleaned, recycled PET flakes and pellets are in great demand for spinning fiber for carpet yarns, producing fiberfill and geo-textiles. Nickname: Polyester.	Clarity, strength, toughness, barrier to gas and moisture, resistance to heat.	Plastic soft drink, water, sports drink, beer, mouthwash, catsup and salad dressing bottles. Peanut butter, pickle, jelly and jam jars. Ovenable film and ovenable prepared food trays.	Fiber, tote bags, clothing, film and sheet, food and beverage containers, carpet, strapping, fleece wear, luggage and bottles.



**High Density Polyethylene (HDPE).** HDPE is used to make bottles for milk, juice, water and laundry products. Unpigmented bottles are translucent, have good barrier properties and stiffness, and are well suited to packaging products with a short shelf life such as milk. Because HDPE has good chemical resistance, it is used for packaging many household and industrial chemicals such as detergents and bleach. Pigmented HDPE bottles have better stress crack resistance than unpigmented HDPE bottles.

Stiffness, strength, toughness, resistance to chemicals and moisture, permeability to gas, ease of processing, and ease of forming.

Milk, water, juice, cosmetic, shampoo, dish and laundry detergent bottles; yogurt and margarine tubs; cereal box liners; grocery, trash and retail bags.

Liquid laundry detergent, shampoo, conditioner and motor oil bottles; pipe, buckets, crates, flower pots, garden edging, film and sheet, recycling bins, benches, dog houses, plastic lumber, floor tiles, picnic tables, fencing.



**Vinyl (Polyvinyl Chloride or PVC).** In addition to its stable physical properties, PVC has excellent chemical resistance, good weatherability, flow characteristics and stable electrical properties. The diverse slate of vinyl products can be broadly divided into rigid and flexible materials. Bottles and packaging sheet are major rigid markets, but it is also widely used in the construction market for such applications as pipes and fittings, siding, carpet backing and windows. Flexible vinyl is used in wire and cable insulation, film and sheet, floor coverings synthetic leather products, coatings, blood bags, medical tubing and many other applications.

Versatility, clarity, ease of blending, strength, toughness, resistance to grease, oil and chemicals.

Clear food and non-food packaging, medical tubing, wire and cable insulation, film and sheet, construction products such as pipes, fittings, siding, floor tiles, carpet backing and window frames.

Packaging, loose-leaf binders, decking, paneling, gutters, mud flaps, film and sheet, floor tiles and mats, resilient flooring, cassette trays, electrical boxes, cables, traffic cones, garden hose, mobile home skirting.



**Low Density Polyethylene (LDPE).** Used predominately in film applications due to its toughness, flexibility and relative transparency, making it popular for use in applications where heat sealing is necessary. LDPE is also used to manufacture some flexible lids and bottles and it is used in wire and cable applications.

Ease of processing, strength, toughness, flexibility, ease of sealing, barrier to moisture.

Dry cleaning, bread and frozen food bags, squeezable bottles, e.g. honey, mustard.

Shipping envelopes, garbage can liners, floor tile, furniture, film and sheet, compost bins, paneling, trash cans, landscape timber, lumber



**Polypropylene (PP).** Polypropylene has good chemical resistance, is strong, and has a high melting point making it good for hot-fill liquids. PP is found in flexible and rigid packaging to fibers and large molded parts for automotive and consumer products.

Strength, toughness, resistance to heat, chemicals, grease and oil, versatile, barrier to moisture.

Catsup bottles, yogurt containers and margarine tubs, medicine bottles.

Automobile battery cases, signal lights, battery cables, brooms, brushes, ice scrapers, oil funnels, bicycle racks, rakes, bins, pallets, sheeting, trays.



**Polystyrene (PS).** Polystyrene is a versatile plastic that can be rigid or foamed. General purpose polystyrene is clear, hard and brittle. It has a relatively low melting point. Typical applications include protective packaging, containers, lids, cups, bottles and trays.

Versatility, insulation, clarity, easily formed

Compact disc jackets, food service applications, grocery store meat trays, egg cartons, aspirin bottles, cups, plates, cutlery.

Thermometers, light switch plates, thermal insulation, egg cartons, vents, desk trays, rulers, license plate frames, foam packing, foam plates, cups, utensils



Other. Use of this code indicates that the package in question is made with a resin other than the six listed above, or is made of more than one resin listed above, and used in a multi-layer combination.

Dependent on resin or combination of resins

Three and five gallon reusable water bottles, some citrus juice and catsup bottles.

Bottles, plastic lumber application

**If you have any feedback or comments regarding this article, please send an email to:**  
**[info@greenkidsnow.org](mailto:info@greenkidsnow.org)**



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