



# Accepted in recycling

## Containers



Plastic containers



Metal containers



Cartons

## Paper and cardboard

Shredded paper in a clear bag.



Paper



Cardboard



Newspapers and catalogs

Not accepted



Organics



Toys



Diapers



Ceramics



Hard and soft cover books



Pots and pans



## 2025/2026 recycling guide

### Capital region



Learn more:  
[circularmaterials.ca/capitalregion](http://circularmaterials.ca/capitalregion)



White foam packaging



Glass



Flexible plastics

Bring these to a participating redemption centre near you: [circularmaterials.ca/redemptioncentres](http://circularmaterials.ca/redemptioncentres)