



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



White foam packaging



Glass



Flexible plastics

Bring these to a participating redemption centre near you: circularmaterials.ca/redemptioncentres

