



Recycling & Waste Removal LLC  
PO Box 155  
Milford, NH 03055  
603-672-4803

## Welcome, thank you for participating in our NO-SORT recycling program! *Together we can make a difference.*

There are a few important points that will help make recycling collection as easy and efficient as possible:

- 1) Please rinse food containers
- 2) Please **do not bag** the recyclables (bags make the recycling process less efficient)
- 3) Please break down cardboard and place under the lid of the barrel. If there is not enough space under the lid place broken down boxes outside the barrel; the recycle driver will know to take them. *Please note, if excessive amount of cardboard there will be an additional charge.*
- 4) **Please have the barrel curbside by 7a.m.** Reference the provided calendar to determine what week recycling pickup is. The recycling calendar can also be found online at [www.mdstrashremoval.com](http://www.mdstrashremoval.com)

**PLEASE SEE REVERSE SIDE FOR LIST OF ACCEPTABLE  
AND NOT ACCEPTABLE RECYCLABLES**

If you have any questions or would like further information, please call or email our office.

**Monday – Friday from 8:00am to 5:00pm.**

**(603) 672-4803**

**mdstrashremovalnh@gmail.com**

## Accepted Items:



**Magazines, Soft-Cover Books, Etc.**  
(such as catalogs & phone books, etc.)



**Newspaper**  
(including inserts, fliers & brochures)



**Paper/Junk Mail,**  
(any color & any texture, window envelopes can be recycled too)



**Brown Paper & Cardboard**  
(such as boxes, paper bags, & beverage holders)



**Paperboard Boxes**  
(such as cereal, pasta, & facial tissue boxes)



**Paper Cartons**  
(such as milk, juice & egg – including pour spout cartons)



**Plastic Containers**  
(showing recycle symbols #1 through #7)



**Metal Cans**  
(aluminum, tin, steel & clean tin foil)



**Glass Bottles**  
(all colors)

## Items Not Accepted:

- ✘ Cardboard/recycling with grease stains or food remains (like greasy pizza boxes and un-rinsed containers)
- ✘ Hazardous waste (paint, spray paint, oil, lawn chemicals, etc.)
- ✘ Medical waste (syringes, rubber gloves, etc.)
- ✘ Paper towels and tissues (new or used)
- ✘ Plastic bags (grocery bags, trash bags, etc.)
- ✘ Scrap metal (old pots/pans, etc.)
- ✘ Styrofoam/packing peanuts
- ✘ VCR tapes/CDs/DVDs
- ✘ Window glass, mirrors, light bulbs, dishes, Pyrex, or ceramics

**When in doubt, *please throw it out!***

