Recycling and Refuse Collections Guide

Please use your blue recycling bin for:

Paper
- Papers /magazines
- Unwanted mail
- Phone directories
- Greetings cards
- Shredded paper
- Catalogues
- Envelopes (excluding windows)

Cardboard
- Cereal boxes
- Cardboard boxes
- Egg boxes
- Toilet / kitchen roll tubes

Plastic bottles, pots, tubs, trays
- Milk bottles
- Fizzy juice bottles
- Water bottles
- Detergent bottles
- Toiletry bottles
- Food trays / punnets
- Yoghurt pots etc.
- Margarine tubs etc.

Food tins, drink cans, aerosols
- Food tins
- Fizzy juice cans
- Beer cans
- Pet food tins
- Aerosols (empty, tops removed)

Food & drink cartons
- Juice cartons
- Milk cartons
- Soup cartons

Remember all items must be:
- clean
- dry
- loose

Please do NOT put these in your blue bin:
- Glass
- Black plastic food trays
- General waste
- Plastic bags
- Food waste
- Plastic film
- Unclean items
- Polystyrene

Other recycling....
- Use Recycling Centres to recycle electrical items, wood, clothing & shoes, garden waste, and much, much more.
- Please recycle your glass bottles & jars at your nearest Recycling Point or Centre.
- Donate unwanted household items to charity – call the National Reuse Phone Line on 0800 0665 820 for larger items.

Your refuse bin....
- Excess waste will not be uplifted, all waste must be contained within your wheeled bin and the lid must close.

For more information about recycling please contact:
- 01349 886603
- recycle@highland.gov.uk
- www.highland.gov.uk/recycle
# Recycling and Refuse Collection Dates

<table>
<thead>
<tr>
<th>Recycling dates</th>
<th>Refuse dates</th>
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To request this information in an alternative format e.g. large print, Braille, computer disc, audio tape, or suitable language, please contact the Highland Council’s Service Centre on 01349 886603.