

# Central Coast Disposal

*The only locally owned & operated garbage company in Florence.*

*We provide full service trash & recycling removal for commercial & residential accounts.*

**Call us today for prices,  
541-902-7554.**

**PO Box 1629, Florence OR 97439.**

## Ever wonder what you Compost from your Kitchen?

The basics of composting are simple. Most people know they can compost fruit and vegetable peels, leaves, and grass clippings. But what about:

- Coffee grounds and filters & tea bags
- Used paper napkins, paper towel rolls, paper plates
- Pizza & cereal boxes, paper bags ripped into smaller pieces
- The crumbs you sweep off of the counters and floors
- Plain cooked pasta and rice
- Stale bread, saltine crackers, cereal, pretzels
- Old herbs and spices, moldy Cheese
- Melted ice cream, old jam, jelly and preserves
- Stale beer and wine, wine corks
- Paper egg cartons, toothpicks, bamboo skewers

To learn more call

**Central Coast Disposal 541-902-7554**



*Chris, Dustin, Tony, Mike, Cameron, Gerrie, David, Joshua*



*Lynne, Clarita & David*

# YES

*These kinds of things go in the recycling cart.*

### Plastic:

Empty and rinse; no lids under 3 inches  
Milk, water, juice & pop bottles  
Yogurt, dairy & margarine tubs  
Shampoo & conditioner bottles  
Bathroom, kitchen & window cleaner bottles  
Detergent & fabric softener bottles  
Pill bottles (*non prescription*)  
Clean plastic cups Lids 3 inches or larger (*Remove from containers and rinse*)  
Clean plastic plant pots  
Aluminum & tin can: Empty and rinse out food residue. Labels OK  
Beverage cans  
Food cans  
Clean aluminum foil or foil trays  
Cardboard: Flatten (*less than 3 ft x 3 ft*)  
Mixed paper & newspaper:  
Keep it loose - don't bundle, bag or tie  
Newspaper & advertising inserts  
Advertising mail & envelopes

Shredded paper (*bagged in clear plastic bags*)  
Paperback books  
Cereal & dry food boxes (*remove liner*)  
Magazines, catalogs & phone books  
Non-foil wrapping paper  
Frozen food boxes Juice boxes  
Milk, juice & broth cartons  
Clean paper cups  
Glass jars & bottles  
Empty and rinse out food residue Labels OK

# NO

*These kinds of things do NOT go in the recycling cart.*

### Plastic:

NO Styrofoam take-out containers  
NO Styrofoam or packing peanuts  
NO Styrofoam cups  
NO Plastic caps or lids (under 3 inches)  
NO Plastic plates or utensils  
NO Plastic clothes hangers  
NO Empty motor oil or anti-freeze containers  
NO Empty prescription vials  
NO Candy wrappers or chip bags  
NO Ziploc bags

### Paper:

NO Food-soiled food boxes  
NO Disposable diapers  
NO Ribbons or foil wrapping paper  
NO Wax or plastic-coated cardboard  
NO Paper towels, plates or napkins  
NO Dirty or soiled paper or facial tissue  
NO Hardback books\* \*Tip: remove covers & binding for garbage (pages are recyclable)

### Glass:

NO Mirrors or window glass  
NO Ceramics or dishes  
NO Broken glass  
NO Light bulbs

### Metal:

NO Caps, rings or lids (under 3 inches)  
NO Empty aerosol spray cans  
NO Paint cans  
NO Sharp or greasy metal  
NO Metal clothes hangers

### Miscellaneous:

NO CDs or CD cases  
NO Household batteries  
NO Clothing, textiles or shoes  
NO Medical needles, syringes "sharps"  
NO Tires  
NO Electronics  
NO Furniture  
NO Food scraps