

# Vadnais Heights

## Recycling Guide

**Recycle these items together in your cart.**

### Paper

#### Recycle

- Mail, office and school papers
- Phonebooks
- Magazines, newspaper and inserts
- Shredded paper in closed paper bags

#### Boxes:

- Pop and beer boxes
- Cereal, cracker, shoe and gift boxes
- Toothpaste, medication and other toiletry boxes
- Cardboard and pizza boxes

- NO:** Paper towel or toilet paper tubes  
Refrigerated or frozen food boxes  
Napkins, paper plates or cups  
Tissue or wrapping paper



### Cartons

#### Recycle

- Rinse.
- Milk cartons
  - Juice boxes
  - Soup, broth and wine cartons

- NO:** Paper or Styrofoam™ egg cartons



### Metal

#### Recycle

- Rinse.
- Food and beverage cans
  - Decorative tins and pie tins

- NO:** Paint cans or containers that held hazardous substances such as paint thinner and automotive fluids  
Aerosol cans  
Scrap metal



### Plastics #1, 2, 5

#### Recycle

Rinse and leave caps on.

#### Bottles and Jugs:

- Water, soda and juice bottles
- Milk and juice jugs
- Ketchup and salad dressing bottles
- Dishwashing liquids and detergent jugs
- Shampoo, soap and lotion bottles

#### Containers:

- Yogurt, pudding and fruit cups
- Margarine, cottage cheese, and other containers
- Transparent "To-Go" containers
- Lettuce, berries and other plastic produce containers

- NO:** Plastic bags or film  
Motor oil or antifreeze bottles  
Colored plastic solo cups  
Plant or landscaping pots  
Plastic toys



### Glass

#### Recycle

- Rinse and remove caps and lids
- Bottles and jars

- NO:** Window glass or mirrors  
Ceramics or pottery  
Drinking glasses or cookware



#### Questions :

**RamseyRecycles.com/AtoZ**

**Ramsey County Recycling Hotline**

**651.633.EASY (3279)**

**Answered 24/7**

This guide is for those serviced by City of Vadnais Heights' recycling contract. This includes all single-family homes. Multi-unit apartments and commercial properties are not provided service under the city's recycling contract, and other guidelines may apply.