

ABC DES BACS

Optimize resources, cut down on waste, reduce impacts.

Sorting helps protect the environment in a big way.
Hold on to this checklist. You'll find it a great help
when sorting your household waste!

I recycle

Paper

Paper, newspaper, paper bags, envelopes, non-metallic gift wrap



Cardboard

Boxes, juice and milk containers, cardboard tubes, cereal boxes



Containers

Metal, glass and plastic (cans, jars, bottles)



Soft plastic

Bags, plastic wrap, sandwich bags



Tips

- Bundle plastic bags and film in a tightly closed bag.
- Put bulk recyclables straight in the bin.
- Rinse out containers.
- Put shredded paper in a clear bag.

I compost

Soiled paper and cardboard

Pizza boxes, paper towels, napkins



Kitchen waste

Meat, bones, fish, dairy products, bread, fruit peels



Garden waste

Dead leaves, weeds, plants and flowers, tiny branches



Other materials

Hair, litter, wooden sticks, toothpicks, cold ash, wood chips



Tips

- Put compostable materials straight in the bin or in a paper bag.
- Never compost plastic, glass or metal.

I throw out

Hygiene products

Feminine hygiene products, toothpaste tubes, cotton swabs, wet wipes



Multi-material packaging

Chip bags, granola bar wrappers, soup packets



Linear objects

Garland and tinsel, garden hoses, electric wire, rope



Unnumbered plastic

Straws, utensils, plastic mesh



Non-reusable items

Broken dishes, damaged shoes, soiled clothing, broken mirrors, cigarette butts



Tips

- Always look for other options before putting something in the trash.
- Never put construction, renovation or demolition waste in the trash.
- Never put household hazardous waste (HHW) in the trash.
- Never put medication in the trash.

Proper sorting is simple!

Visit abcdesbacs.com for more information.



I apply the 3R-RD principle

THE EASIEST WAY TO
MANAGE TRASH IS TO
AVOID PRODUCING IT
IN THE FIRST PLACE!

The 3RV-E principle prioritizes waste management approaches based on their environmental impact. It aims to reduce the amount of waste produced and needing to be dealt with.

Step 1

Source reduction

Assess your needs and rethink your habits.

- Do I need to use disposable cutlery?
- Could I use a rechargeable battery instead of a disposable one?
- At the grocery store, do I really need to put my fruit in a plastic bag?

Step 2

Reuse

Extend the life-span of your goods.

- Can I have the item repaired?
- Can I find another use for it?
- Can I buy a used item instead of a new one?

Step 3

Recycling

Use your blue and brown bins wisely.

- Is it paper or cardboard?
- Does the material belong in my blue or brown bin?
- Have bundled my bags in a closed bag?

Step 4

Reclamation

Find new uses for waste material or use it to produce energy.

- Can I drop it off at an ecocentre or a sorting and recovery centre?
- Can I take it to a drop-off site?

Step 5

Disposal

Only dispose of waste that can't be reclaimed.

- Is it *really* trash?

Proper sorting pays!

→ **Recyclable materials** : At the sorting centres that receive the contents of your blue bin, machinery often breaks down because of materials that NEVER should have been sent there. For example, electrical wires can get tangled up in equipment, clothing can block sorting machines and nails can break conveyor belts. It costs a lot to repair the damage.

→ **Compostable materials** : The presence of contaminants (glass shards, bits of metal, pieces of plastic, etc.) affects the quality of the compost produced at the processing centre. Contamination not only reduces the selling price of the final product, but it also requires additional processing steps.

→ **Trash** : The government charges an amount for each ton of trash disposed of. A portion of these fees is returned to the municipalities based on their performance. The less trash a municipality needs to dispose of, the more it can lower the cost of municipal waste management services.

Did you know?

76%

of materials sent for disposal should have been dealt with in another way.*

*Study conducted in the MRC de Memphrémagog in 2018.

Get all the facts on sorting!

- Our abcbdesbacs.com sorting tool
- Recyc-Québec's "Ça va où?" mobile app
- Your collection schedule
- Your municipality's website