

A to Z of recycling

Aerosols

Re-use.

Aerosol deodorants are not reusable, however there are many alternatives deodorant products that are reusable by being refillable. Reusable deodorants are made with stylish durable plastic and aluminium cases and can be refilled with refill packs that are also recyclable

Reduce

Before thinking about re-use, recycling or disposal options for your aerosols, have you considered switching to an aerosol product that is more widely and easily recyclable? Switching could reduce any aerosols that may not be able to be recycled.

Recycle

You can recycle aerosols (however please remove plastic lids and caps first):

in your recycling bin, if they are empty and not squashed

in metal containers at any Suffolk Recycling Centre if they are empty

at most can banks if empty and do not squash them.

If the aerosols contain hazardous material, do not place them in your bin or the metal banks/containers. Please see Hazardous Waste page for disposal advice.

If the aerosols contain a plastic lid please remove it, if the plastic lid is over 4cm this can go in your recycling bin. However, if it's smaller than 4cm then please place in your non-recyclable bin.

Air beds

Reduce

Before thinking about reuse, recycling or disposal options for your air bed, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

If your air bed is in a good condition, offer to charity shops or through an online re-use network.

You can also take old or unwanted gently used items to any Suffolk Recycling Centre and to put them in the orange re-use containers at site. These items can then be used to support local charities. Check which items are accepted (PDF, 2MB).

Sell it through a car boot sale, jumble sale, or online market place. You could also give it to friends, neighbours or relatives.

Disposal

This plastic is not currently recycled. You can dispose of it:

in your rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Air fresheners

For advice on aerosol air fresheners, see "Aerosols" entry above

For advice on hard plastic air fresheners, see "Plastic (Hard)"

For advice on electric air fresheners, see "Small electrical items"

Ash

Recycle

Place natural untreated wood ash in the hardcore rubble container or there may be a separate bin for this at any Suffolk Recycling Centre.

Home compost

You can home compost wood ash:

in your home compost bin. by digging it into your garden as a fertilizer. by adding it to a compost heap. It can help to keep slugs and snails off your vegetable patch.

Re-use

Wood ash can be re-used for many household cleaning tasks. When wood ash has cooled it can be used to polish silverware, simply mix the ash with a little water and polish the silver with a brush, after rinse the item.

Wood ash can also be re-used to clean fireplace glass. When the wood ash has cooled, simply dab a damp sponge or rag into the ash and begin to scrub the glass. Wearing gloves is advisable and you will need to scrub harder than a store bought cleaner. Once the glass door is free of soot wipe with a damp cloth or paper towel and you will now be able to enjoy looking at your fireplace without sooty marks

Disposal

You cannot compost coal ash or re-use it. When ash has cooled, you should wrap it and put in your rubbish bin or

put it in the ashes only bin at any Suffolk Recycling Centre.

Asbestos

Disposal

Asbestos is an extremely hazardous material so you cannot take it to any Suffolk Recycling Centre.

Please do not attempt to do anything which disturbs it.

Be aware that it may be exposed inadvertently when carrying out renovation or extension work.

For further advice on the disposal of asbestos, read about [Asbestos in the home \(PDF, 753KB\)](#) or contact your local district or borough council.

Astroturf

Re-use

Before thinking about recycling or disposal options for your astroturf have you considered whether it could be reused? Astroturf can be taken up and placed again in another garden, perfect if you're moving home. Alternately advertise your astroturf online on community "buy & Sell pages" and you may be able to find someone who can re-use it in their garden.

Recycle

There are some specialist companies that can recycle astroturf and you can search for them online.

Disposal

Astroturf can't be recycled by your council services so:

if you have small quantities it can go in your rubbish bin

for larger quantities it can go in the non-recyclable container at any Suffolk Recycling Centre

Balloons

Reduce

Balloons are so engrained in our minds when we think of celebrating but is there an alternative to avoid buying these non-recyclable balloons? How about paper chains, fabric-scrap bunting, tissue paper bouquets? The back of old wallpaper rolls makes great banners, or even a draw-able table cover. Pinterest has loads of inspiration!

Re-use

Mylar (foil type) balloons do not degrade, so you can re-use them in art and craft projects, as gift wrap or even to keep the birds away. You can find lots of re-use ideas online.

Disposal

You cannot recycle balloons, so do not place them in your recycling bin.

Put old deflated balloons:

in your rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Bathroom suite

Recycle

You can take toilets, sinks and baths made out of porcelain and/or ceramic to any Suffolk Recycling Centre and place them in the hardcore and rubble container. There will be a charge for disposing of these. Please see the pricing chart for fees.

You can recycle any metal, glass and rigid plastic bathroom suite items at Suffolk Recycling Centres for free.

Batteries

Many items such as tv remotes, toothbrushes, vapes, shavers, chargers and toys contain batteries which are not always obvious. Batteries can cause fires if not disposed of correctly. Where batteries are sealed and cannot be removed, please place these items in the small electricals (WEEE) container at your local recycling centre when you next visit.

Reduce

Why not consider using re-usable batteries instead of disposable ones?

Recycle

Household batteries

You can recycle household batteries at any Suffolk Recycling Centre or place them in battery containers which are often found in supermarkets. Find your nearest recycling point.

Leaking batteries can also be brought to the recycling centre if these are sealed in a plastic bag or wrapped in clingfilm.

Car batteries

You can recycle car batteries at any Suffolk Recycling Centre in the car battery container.

(For advice on other car parts & oil, see entries for "car parts", "car seats" and "engine oil".)

Disposal

You must not throw away batteries in your rubbish bin.

They contain small quantities of hazardous material as well as precious metals and should be properly recycled

Bedding (pillows, cushions, duvets)

Re-use

Stuffed textiles such as old pillows, quilts, duvets or cushions could be re-used as pet beds or to kneel on whilst gardening.

Vets or animal sanctuaries may accept clean, unwanted bedding.

Disposal

If bedding is not in a re-usable condition, you can put it:

in your rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Beer barrels

Recycle

Small store brought beer barrels can be recycled in the appropriate container (e.g. metal/ plastic) at any Suffolk Recycling Centre.

Normal beer barrels are the property of the brewery and as such should be returned to them.

Bicycles

Reduce

Before thinking about reuse, recycling or disposal options for your bicycle, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

You can donate unwanted bicycles to local bicycle projects such as Re-cycle or the Green Bike Project. Alternatively, you can advertise bikes on a free online re-use network such as Freegle.

You can also take old or unwanted gently used items to any Suffolk Recycling Centre and to put them in the orange re-use containers at site. These items can then be used to support local charities. (Check which items are accepted)

Recycle

If a bicycle is beyond repair or in parts, you can recycle it in the metal container at any Suffolk Recycling Centre.

Binoculars

See "Telescopes"

Biscuit (and chocolate/sweet) tins

Re-use

These tins are a great storage container so try and reuse before you recycle.

Recycle

Empty metal and plastic biscuit/sweet tins can be put in your:

in your household recycling bin (Please note that plastic film/seals as well as mixed plastic and metal sweet wrappers can't be recycled in your household recycling bin, however some supermarkets have plastic film recycling bins in store that might accept some of these materials).

Alternatively the tins can be taken to our recycling centres and the metal tins can go in the scrap metal container and the plastic tubs can go in the plastic tubs and trays container. Please ask staff on site if unsure which container to use.

Biscuit wrappers

Recycle

Biscuit wrappers are made from a plastic that cannot currently be recycled in your household recycling bin or at any recycling centre.

However, there are other recycling schemes that will take them:

Terracycle has a scheme where you can send in your biscuit and cracker wrappers and they will be recycled. Find out how to get involved here. The Co-op and other large supermarkets are now offering soft plastic recycling schemes to collect items like biscuit wrappers. Please see 'Plastic film' in the A-Z.

Disposal

If none of the recycling options above are available to you then:

You can put them:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Blister packs (pills/medicine- packaging only)

This entry is for 'blister packs' - the plastic/foil packaging that pills/tablets use. See 'Medicines' for disposal of actual pills/tablets.

Recycle

Blister packs which comprise of aluminium foil with plastic backing CANNOT be recycled in your household recycling bin . Blister packs where the entire pack is made from aluminium foil CAN be placed in your household recycling bin.

Branches of Superdrug with pharmacy services collect all types of pill blister packs for recycling (please call branch in advance).

Disposal

If you are unable to use the recycling options above then please dispose of packaging in your general rubbish bin .

Boats

See "Fibreglass"

Board games (puzzles)

Reduce

Before thinking about reuse, recycling or disposal options for your board game, have you considered whether it could be repaired?

Searching for replacement game pieces online can be lowcost and can give that board game a new lease of life.

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Offer items in good condition to charity shops or through an online re-use network, or sell through a car boot sale, jumble sale, or online market place.

You can also take old or unwanted gently used items to any Suffolk Recycling Centre and to put them in the orange re-use containers at site. These items can then be used to support local charities. Check which items are accepted (PDF, 2MB).

Recycle

Take board games to any Suffolk Recycling Centre and place it in the container appropriate to the material it is made of (for example, box cover in cardboard container).

Books

Reduce

By reducing the number of books we buy, the less of a problem there will be in disposing of them later on.

Do consider using libraries, who stock the latest titles as well as DVDs and CDs.

You could also consider getting a e-reader, such as a Kindle.

Re-use

Local charity shops will also be pleased to accept books in good condition, or you could pass onto friends and colleagues.

Recycle

If books are beyond re-use, you can put them:

in your household recycling bin

in the media bank at any Suffolk Recycling Centre

Bottle tops (metal)

Recycle

Leave metal lids on empty glass bottles and jars for recycling at glass bottle banks.

You can put metal bottle tops in the scrap metal container at any Suffolk Recycling Centre.

Bottle tops (plastic)

Re-use

Charities and organisation that work with young children often ask for people to save up plastic bottle tops. They can be used in art and craft projects and provide low-cost fun activities that promote creativity.

Recycle

Loose bottle tops are too small to survive the pre-sorting process at the recycling facility.

Bottle tops won't get recycled unless you wash and squash your empty plastics bottles and then place the top back on.

You can then put whole bottle either:

in your household recycling bin

in the plastic container at any Suffolk Recycling Centre

Disposal

Trigger spray tops (commonly found on cleaning products) cannot be recycled due to mix of materials used to make them.

You can put it:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Bubble wrap

Re-use

You can use bubble wrap for insulating wormeries (with air holes) or for packaging fragile items.

Disposal

This item is currently not recyclable so needs to go in your general rubbish bin at home or in the non-recyclable container at Suffolk Recycling Centres.

A to Z of recycling - C

Camping gas bottles and canisters

Camping gas bottles are different to normal aerosols such as deodorant cans because they contain up to 3 times the pressure which could cause serious damage at the re-processing facility! For this reason, gas canisters must not be placed into your rubbish or recycling bin at home.

Reuse

If you are frequently using gas bottle for camping, or outdoor heaters then it may pay to use refillable gas bottles. These can be purchased at DIY stores and many petrol stations across Suffolk. Re-useable gas canisters work by signing an agreement in store and paying an agreement fee. At B&Q this is £10. Once this is signed you can now buy gas when you need and return the empty canister for a full canister. If you no longer want to top-up a Re-useable gas canister you can redeem the initial £10 agreement fee in store. Find out more details at you local DIY & camping store.

Recycle

You can bring gas canisters to any Suffolk Recycling Centre.

Empty "pierced-top" style canisters can be recycled in the metal container at the recycling Centre.

"Valve-top" style canisters (like those shown above) can go in the gas bottle cage at the Recycling Centres. Please ask site staff for assistance.

Draining Gas Canisters:

To fully drain any residual fuel, take your stove outdoors, attach the canister, and safely burn off any remaining gas. Be aware that the final fraction of fuel burns at a very slow rate due to low canister pressure, and that it can take a surprising amount of time to completely empty a canister. Even after the burner flame sputters out, keep the can open a while longer to ensure any final residual vapours escape. For valve top canisters, then contact the manufacturer for further advice.

For larger gas cylinders see "gas bottles and cylinders"

Cans and foil (metal)

Recycle

You can recycle clean cans, tins, metal bottle/jar tops, takeaway carton bases and aluminium foil:

in your recycling bin

in any metal recycling bank.

or in the scrap metal container at any Suffolk Recycling Centre

It would be helpful if you could roll aluminium foil up into a tennis sized ball.

Car parts

Re-use

If you have any car parts and components suitable for re-use, consider selling them or exchanging them on an online trading website.

You can also donate cars so the cash will go to UK charities using the Give A Car scheme.

Disposal

You need to dispose of car parts and components through a garage or licensed scrap dealer.

Car seats (for children)

Re-use

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Recycle

If you can take your child's car seat apart to its different component parts first, then the materials can be placed in the appropriate recyclable container at any Suffolk Recycling Centre.

The hard plastic base would go in rigid plastics container and metal clasps can be recycled in the metal container.

The foam and textile materials are not recyclable and will need to go in your general rubbish bin or in the non-recyclable container at the Recycling Centre.

Disposal

You can take whole children's car seats to your local Suffolk Recycling Centre and place them in the non-recyclable container. Please cut the straps on it to make sure the seat cannot be re-used.

Seats from cars and other vehicle parts are not accepted at any Suffolk Recycling Centre.

Cardboard

Re-use

Cardboard boxes are ideal for moving and often in demand. Try advertising boxes for re-use on online re-use networks such as Freecycle or Freegle.

Recycle

You can recycle cardboard: Please make sure cardboard is flat, and remove tape and staples from the cardboard

in your recycling bin

in the cardboard container at any Suffolk Recycling Centre

Recycle as home compost

You can put cardboard into your compost bin as a particularly good way of reducing smells and increasing the effectiveness of your compost bin, since it provides air pockets. It's more effective if scrunched into handful sized bits.

Cards (greetings cards, Christmas cards)

Re-use

Re-use cards in crafty activities such as making gift tags, bookmarks and notebooks!

Recycle

You can recycle cards (apart from glittered, foil affect or plastic sleeve & embellishments) in either:

in your recycling bin

in the paper container at any Suffolk Recycling Centre

Recycle as home compost

Small scraps of card which may get lost in the recycling process can be put in some household composting bins or in your home compost bin.

Disposal

Do not put glittered, silver and gold type cards and wrapping paper in the recycling bin, because they can contaminate the paper product for the recycling mills.

You can put these type of cards either:

in your general rubbish bin

in the non-recycling container at any Suffolk Recycling Centre

Cardboard egg boxes, toilet and kitchen roll tubes

Re-use

Egg boxes and tubes can be used for a range of crafty activities e.g. wrap long wires/ cords in them, decorate and close off one end of them to store stationary, make up brushes, paint brushes or glue sticks in them or you can create an inexpensive bird feeder by covering them in peanut butter and rolling them in bird seed.

Recycle

Cardboard toilet and kitchen roll inner tubes

Cardboard toilet and kitchen rolls can be recycled in your Suffolk household recycling bins

or in the cardboard container at any Suffolk Recycling Centre

Cardboard egg boxes

Cardboard egg boxes can be put in your household recycling bin but it is better to use them for home composting.

Home compost

If scrunched up and placed in a home compost bin they provide a good source of carbon into the compost mix and create natural air-pockets which help the composting process.

Cardboard tubes (with metal bases)

Re-use

Cardboard tubes with metal bases (such as Pringles, gravy, hot chocolate) can be used for craft activities. Try searching the internet for lots of great ideas e.g. storage in the kitchen, stationary, money boxes, vases etc.

Recycle

Empty foil lined cardboard tubes with metal ends are accepted along with cartons (e.g. Tetra Pak) at Suffolk Recycling Centres.

Please remove foil seal and plastic lids .

Foil seals can be recycled (rolled along with other clean foil into a tennis sized ball) in household recycling bins along with plastic lids (greater than 5cm diameter).

Carpets

See A - Z flooring "Flooring" entry

Cartons (Tetra Pak, drink cartons)

Reduce

When possible, please choose products sold in easily recyclable packaging.

Reuse

There are a number of re-use options for cartons here.

Recycle

Drink and food cartons (known as 'tetrapak') can be recycled at any Suffolk Recycling Centre the cartons should be squashed first before placing the lid back onto the carton.

If you can't get to a recycling centre to recycle your cartons, you can recycle the carton lids by placing them in another plastic bottle (e.g. a plastic milk bottle) and putting them in your household recycling bin. Please do not place them separately in your recycling bin as small items get lost in the recycling process and will not be recycled.

Disposal

If none of these options work for you then cartons should be placed in your rubbish bin.

We are no longer able to accept cartons in your household recycling bin. This is because:

We are unable to remove them mechanically and it is not cost effective to remove them by hand. There is a limited market for cartons as they are a 'mixed content' material, making them difficult to recycle. If you can't get to a recycling centre to recycle these the bottle tops can be recycled if you placed these into another container e.g. milk container to recycle these

We did investigate whether it would be possible to introduce carton banks at other public locations (such as alongside bottle banks at Supermarkets and Village Halls). Unfortunately, this option was very expensive and would not have provided value for money for Suffolk taxpayers.

When was this change introduced?

The Materials Recycling Facility (known as the MRF), where recycling collected from Suffolk households is sorted, underwent a major refurbishment during 2019. This state-of-the-art facility has the latest mechanical and optical sorting equipment with far less reliance on hand-sorting. The refurbishment was necessary because the companies that turn our recyclable items back into new products and packaging are now demanding much higher quality materials from us. This means that cartons can no longer be recycled with paper (as they previously were). As we cannot separate cartons mechanically nor cost effectively remove them by hand, we can no longer accept them in the recycling bin. It is worth noting however that cartons accounted for less than 1% of all the materials delivered to the MRF between 2015 – 2019.

Changes to carton recycling have been communicated online and via social media since 2019. Due to the increasing levels of spoiled recycling, particularly since the start of lockdown, the new (2021) campaign has been launched to remind people of what they can and can't recycle at home. Last year the cost to remove and dispose of spoiled recycling was in excess of £1million.

Carton lids

Re-use

Re-use carton lids in crafty activities such as making Photo frames and collages made up of different colour carton lids!,

Recycle

Carton lids can be placed back on the original cartons after they have been washed and squashed and recycled at Recycling Centres.

If you can't get to a recycling centre to recycle your cartons, the carton lids can be placed inside another plastic bottle (e.g. milk bottle) and placed in your household recycling bin. Please do not place them separately in your recycling bin as small items get lost in the recycling process and will not be recycled.

Cassettes (tapes, videos)

Re-use

Some charity shops may accept music or video cassettes. Alternately get in touch with your local music store. Cassettes and Vinyl are having a revival amongst the younger generations, your old cassettes may be sought after by a keen music enthusiast

Recycle

Cassette tape gets tangled in the recycling process, therefore only empty (pull out the magnetic tape) cassettes can be recycled in the rigid plastic container at any Suffolk Recycling Centre. The easiest way to remove tape is to unscrew the cassette and remove the reels!

Some recycling companies will accept unwanted tapes for recycling through postal collection.

Disposal

You must put cassettes with tape:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Cat and dog waste (cat litter, dog poo, non-vegetarian pet waste)

Disposal

You cannot recycle or compost waste from meat eating animals.

You should be double-bag waste and put it in your household rubbish bin. You cannot take it to any Suffolk Recycling Centres.

There are a number of commercial dog loos available to buy - try searching online for 'dog loo'.

Chopping boards

For advice on hard plastic chopping boards, see "Plastics (Hard)"

For advice on wood chopping boards, see "Wood"

Christmas crackers

Re-use: Reusable Christmas crackers, made of cardboard or cloth. can be more personable and be a festive activity for children to prepare.

Reduce

If your family or friends don't particularly like Christmas crackers (and the waste they can create), consider not having them and having an alternative table activity or homemade gift for your guests?

Reuse

Instead of using single use Christmas crackers why not try reusable Christmas crackers, made of cardboard or cloth. These festive decorations can be more personable and tailored to guests. Reusable Christmas crackers can be purchased or made at home. Searching for "How to" videos online can provide for a festive activity for children to get ready and take part in for the festive period.

Can you save the cardboard of the crackers to make Christmas cards or decorations next year?

Recycle

You can recycle the cardboard element of crackers (apart from glittered or foil effect and please remove any ribbons and the cracker snaps):

in your household recycling bin

in the paper container at any Suffolk Recycling Centre

Disposal

Do not put glittered, or foil effect crackers in the household recycling bin, because they can contaminate the paper product for the recycling mills. You can put these types of crackers:

in your general rubbish bin

in the non-recycling container at any Suffolk Recycling Centre

Christmas decorations

Re-use

If you no longer need your decorations and they are in good condition, consider donating to Reuse shops, charity shops or online networks like Freecycle and Freecycle. They are a great place to buy second hand decorations too.

Disposal

Christmas decorations can't be recycled so if they are beyond reuse or repair, please put them:

in your general rubbish bin

in the non-recycling container at any Suffolk Recycling Centre

Christmas lights

Please see 'fairy lights'

Christmas trees

Recycle

Real Christmas trees

You can recycle real Christmas trees in your household compost bin.

If your real tree is too large or its stem is too thick, then you may find it easier to take it to any Suffolk Recycling Centre, which accept whole Christmas trees in the garden waste container.

Artificial Christmas trees

You can recycle artificial trees at any Suffolk Recycling Centre.

These will be accepted in either the metal or hard plastic bin depending on the main materials it is constructed from - please ask site staff if you are unsure.

Christmas wreaths

Natural materials on wreaths, such as ivy, fir cones, mistletoe and holly, can be composted as long as they are not covered with excessive glitter.

Simply remove the greenery from the base and add to your garden waste collection, or put in the garden waste container at your local household waste recycling centre.

Artificial decorations such as ribbons and plastic flowers will need to be removed as these cannot be recycled. Keep hold of these and reuse them next year!

Chocolate/sweet tins

See 'biscuit tins'

Cleaning products (washing and detergent bottles)

Reduce

When available, consider using refills rather than buying a new container.

Recycle

You can recycle all cleaning product bottles and plastic containers.

Loose bottle tops are too small to survive the pre-sorting process at the recycling facility. They won't get recycled unless you wash and squash your empty plastics bottles and then place the top back on.

You can then recycle:

- in your household recycling bin

- in the plastic bottle container at any Suffolk Recycling Centre

To find more information about which plastics you can and can't recycle see our "plastic" entries

Clinical waste (bandages, dressings, plasters)

Disposal

Generally, non-infectious waste such as dressings or incontinence pads may be double bagged for hygiene and placed in your household rubbish bin.

Contact your local district or borough council for advice about the safe collection and disposal of clinical waste generated in your home.

Clothes

See "Textiles"

Coat hangers

Reduce

Say no to coat hangers when buying new clothes if you have spare ones at home already.

Reuse

Offer unwanted items to friends, neighbours or relatives. Coat hangers in good condition could be offered to charity shops or through an online reuse network. Find your nearest charity shop.

Recycle

You can recycle metal, wood and plastic coat hangers in the appropriate container at any Suffolk Recycling Centre according to the main material they are made of (i.e. in the Scrap Metal, Wood or Hard Plastics

containers).

Coat hangers made from any material are not accepted in the household recycling bin.

Coffee cups

Reduce

Why not buy yourself a reusable coffee cup instead? There are lots of different styles and sizes on offer.

Some businesses may even offer money off if you bring your own cup.

Recycle

You can recycle any coffee cup at your local Costa & Starbucks. Simply take your coffee cup in their store and ask where to put the empty cup for recycling.

MacDonald's coffee cups can be recycled in any MacDonald's outlet in their own recycling bin

You can recycle the cardboard sleeve and plastic lid:

- in your household recycling bin

- in the cardboard and plastic containers at any Suffolk Recycling Centre

Recycle as home compost

- If the cup has a compostable symbol on it, you can compost it at home in your garden.

Disposal

You cannot recycle non-compostable coffee cups due to the mix of materials in them.

You will need to put them in your household rubbish bin or in the non-recyclable container at any Suffolk Recycling Centre.

Coffee grounds

See "Tea bags and coffee grounds"

Coffee pods

Re-use

Why not empty the coffee grounds from the pod and use them to provide added benefit to your compost around the garden.

Recycle

If you live in Ipswich, you can recycle your coffee pods alongside your household bin collection. – for all the details click [here](#).

If the household collection scheme isn't in your area, you might be able to drop off your pods at a drop off location. Enter your postcode into the following website to find out if there is one near you - <https://www.podback.org/>

You can also recycle coffee pods from the following brands: Nespresso, Nescafé Dolce Gusto, Starbucks by Nespresso, Starbucks by Nescafé Dolce Gusto, Tassimo, L'OR and Cru Kafe

at any Suffolk Recycling Centre.

Disposal

If your coffee pods are not any of the brands listed above which can be recycled, please put them:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Colanders

For advice on hard plastic colanders, see "Plastic (Hard)"

For advice on metal colanders, see "Metal"

Compost bin (Home composting)

Reduce

Home composting is a great way to help reduce your waste at home - over 30% of household waste can be composted when combined with organic waste from the garden.

There are currently offers for a range of different types of home composting systems - including some which deal with cooked food waste. See the latest offers on compost bins.

Compostable packaging

Home compost

Many everyday household items are now packaged in compostable materials made from natural plant starches, such as corn-starch, which can be used as an alternative to plastic polymers.

These include types of food packaging (e.g. some brands of sandwich packets) and food and waste bags. Although giving the appearance of plastics packaging, items labelled with this leaf symbol will break down eventually in a home compost bin.

Please note: Due to operational restrictions at large-scale composting facilities compostable packaging cannot be accepted in household composting collection bins.

Cooking oil

Recycle

You can recycle used cooking oil at any Suffolk Recycling Centre.

Corn starch packing peanuts

Reduce

Consider using scrunched up newspaper, plain dry popped corn or breaking down old polystyrene packaging for posting fragile items rather than buying new packaging.

Recycle as home compost

These 'peanut' or 'Wotsit' shaped materials are used to package many fragile items and can be made from compostable natural corn-starch. These look virtually identical to polystyrene packing peanuts but can easily be identified by making them wet - the corn-starch variety will begin to dissolve whereas the polystyrene will remain the same.

Corn-starch versions can be home composted - either dissolve in water and add the 'slurry', or bury in the compost pile to dissolve naturally.

Please note - the polystyrene versions unfortunately cannot be recycled. Please place these in a bag and dispose of in your household rubbish bin or at any Suffolk Recycling Centre, in the non-recyclable container.

COVID tests- home testing kits

Please place these in your household rubbish bin. Further advice on disposal of COVID tests are found on [Home Disposal PDF](#)

Crisp packets

Terracycle recycling scheme

Walkers and Terracycle have partnered together to create a crisp recycling scheme so you can drop off any used crisp packets at public drop off points. Popcorn bags, crisp tubes, pretzel bags and meat snack bags are not accepted.

Find more information and your nearest drop off point.

Crisp packets are now also accepted in the Co-op's soft plastic recycling scheme. Find out more [here](#).

Disposal

Crisp packets are made from mix of plastic and metal materials which can't easily be recycled. Please place them:

in your general rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Crockery (plates, mugs, bowls, plant pots)

Reduce

Before thinking about reuse, recycling or disposal options for your crockery, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit

this page to find out more.

Re-use

Offer items in good condition to charity shops or through an online re-use network.

Sell through a car boot sale, jumble sale, or online market. Offer unwanted items to friends, neighbours or relatives.

You can also take old or unwanted gently used items to any Suffolk Recycling Centre and to put them in the orange re-use containers at site. These items can then be used to support local charities. (Check which items are accepted)

Recycle

If they are chipped, broken, or otherwise beyond re-use, please take them to any Suffolk Recycling Centre and place in the bin for hardcore and rubble. There is no charge for disposing of these materials.

Cups

For advice on crockery cups, see "Crockery" entry above

For advice on hard plastic cups, see "Plastic (Hard)"

Glass cups: If these aren't suitable for re-use they will need to be put in your household rubbish bin as they cannot be recycled.

Cutlery

For advice on hard plastic cutlery, see "Plastic (Hard)"

For advice on metal cutlery, see "Metal"

A to Z of recycling - D

Dairy (cheese, cream, ice cream, milk, yoghurt)

Reduce and re-use

For food waste reduction tips and ideas for meals made from leftovers, see our Food Savvy website. Also Love Food, Hate Waste website is a great source of inspiration for this too.

Home compost

No dairy food products can be put in a standard home compost bin. Only specialist composting systems such as the HotBin or Bokashi kitchen digester can deal with all food waste. To see these and a whole range of other composting systems at subsidised prices on Suffolk Get Composting.

For advice on other types of food waste, see the "Food waste and leftovers" entry

Dental Floss

Recycle

The hard plastic casing the floss normally comes in can be recycled at any Suffolk Recycling Centre

Home compostable

You can place bamboo floss in your home composting bin. Silk floss may be compostable in smaller quantities (or why not see if you can clean & re-use this type?)

Disposal

Nylon floss is a plastic type that currently cannot be recycled. You can dispose of it:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Diesel

You cannot place diesel in your household rubbish bin and it is not accepted at any Suffolk Household Waste Recycling Centres.

Find advice and information about hazardous waste collection and disposal [here](#).

Discs (DVDs/CDs and cases)

Re-use

Offer CDs and DVDs to charity shops or through an online re-use network. Sell at a car boot sale, jumble sale or online market. You can also offer them to friends, neighbours, relatives or re-gift unwanted discs.

You can also take old or unwanted gently used items to any Suffolk Recycling Centre and to put them in the orange re-use containers at site. These items can then be used to support local charities. (Check which items are accepted)

Recycle

You can recycle discs in their cases in the media bank at any Suffolk Recycling Centre and empty DVD and CD cases in the hard-plastic container at any Suffolk Recycling Centre.

Disposable coffee cups

Reduce

Why not buy yourself a reusable coffee cup instead? There are lots of different styles and sizes on offer.

Some businesses may even offer money off if you bring your own cup.

Recycle

Why not ask in store if the coffee shop (Costa & Starbucks are two we have heard of) has any take back or other re-use or recycling options for their coffee cups. (If you learn of any take back or recycling schemes, then we love to hear about it, so we can promote them.)

You can recycle the cardboard sleeve and plastic lid:

in your household recycling bin

in the cardboard and plastic containers at any Suffolk Recycling Centre

Recycle as home compost

If the cup has a compostable symbol on it, you can compost it at home in your garden.

Disposal

You cannot recycle non-compostable coffee cups due to the mix of materials in them.

You will need to put them in your household rubbish bin or in the non-recyclable container at any Suffolk Recycling Centre.

Disposable Gloves

Personal protective equipment (PPE) items such as disposable face masks and gloves cannot be recycled in Suffolk, so need to be placed in your general rubbish bin.

Please follow the link below for more information on how to safely dispose of any PPE or other COVID-19 related waste:

<https://suffolkrecycling.org.uk/waste-services-and-coronavirus-covid-19>

Doors

Re-use

Old doors are often sought after by individuals looking to renovate a property, especially doors from older properties and old PVC doors. Try listing your old door on an online marketplace as free. In some cases you will often see used doors being purchased. You never know you may be able to turn an old door into a few pounds!

Recycle

When possible, please try to remove any glass so this can go to the sheet glass container. If this isn't possible please ask site staff where you should place your door as it depends on the type of material it is made from.

A to Z of recycling - E

E-cigarettes

E-cigarettes (vapes) contain batteries which can cause fires if placed in any of your bins and should be disposed of responsibly.

Re-use

Disposable vapes are very damaging to the planet and use huge amount of resources to manufacture. Often disposable vapes are much harder to recycle due to the variety of materials found in the very small devices. 1.2 million disposable vapes are thrown away each week. This is the equivalent to 1200 electric car batteries! This is not sustainable and is causing numerous fires at recycling plants putting workers and facilities at risk.

Reusable vapes that can be filled up with vape juice are much easier to be recycled when they need to be replaced, and have less of an environmental impact compared to disposable vapes such as Elf Bars and Geek Bars.

Recycle

If possible, remove the battery for recycling at most large stores or at a recycling centre. Only do this if it is easily removed and be careful not to puncture the battery.

E-cigarettes (vapes) can be recycled in the small domestic appliance container at any Recycling Centre with and without removal of batteries. Ensure that they are free from any E-Liquid.

In addition, retailers have a responsibility to take back the used vapes that they sell. Ask your retailer about their vape take-back scheme when purchasing a vape.

Find your nearest electrical and battery recycling point here.

Disposal

Empty e-cigarette cases (without batteries) can be disposed of in your rubbish bin.

You should not place vapes containing batteries in ANY household bin.

Egg boxes

For cardboard egg boxes, see "Cardboard egg boxes, toilet and kitchen roll tubes"

For plastic egg boxes, see "Plastic bottles and food packaging"

Electrical items

For advice on larger electrical appliances (fridge, freezer, oven etc), see "Large electrical appliances"

For advice on smaller electrical items (hairdryer, toaster, laptop, microwave etc), see "Small electricals items"

Engine oil

Recycle

You can recycle used engine oil at any Suffolk Recycling Centre.

It is important that all waste oil is contained securely, and disposed of appropriately to avoid contamination.

For further information on the disposal of waste engine oil and further disposal points please see Oil Bank Line. (<http://www.oilbankline.org.uk/>)

Facemasks

Personal protective equipment (PPE) items such as disposable face masks and gloves cannot be recycled in Suffolk, so need to be placed in your general rubbish bin.

Please follow the link below for more information on how to safely to dispose of any PPE or other COVID-19 related waste:

<https://suffolkrecycling.org.uk/waste-services-and-coronavirus-covid-19>

Fairy lights

Reduce

Before thinking about reuse, recycling or disposal options for your fairy lights, have you considered whether they could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

If you no longer have a need for your fairy lights and they are in good working order, offer them to charity shops or through online networks like Freecycle and Freecycle.

Recycle

If they are beyond repair or reuse take them to any Suffolk Recycling Centre and place in small electricals items container. Make sure any batteries are removed and recycled in battery container.

Electrical items (mains and battery powered) must not be thrown away in your rubbish bin. They contain small quantities of hazardous material as well as precious metals and should be properly recycled.

Fibreglass (boats)

Disposal

You can take solid fibreglass panels and/or sections as well as soft insulation rolls of fibreglass to any Suffolk Recycling Centre and put in the non-recyclable container.

You cannot take whole boats to the recycling centres. Find advice on how to dispose of fibreglass boats. (<https://uk.boats.com/how-to/how-to-dispose-of-an-old-fibreglass-boat/>)

Fire alarms

See "Smoke Detectors"

Fire extinguishers

Recycle

You can take fire extinguishers from your home to any Suffolk Recycling Centre, except Halon and BCFs

(dispose of these types through the manufacturer or through the hazardous waste collection service provided by district councils).

If the fire extinguishers are not from your household or are from a business, you can either:

contact the manufacturer or supplier who may collect them take them to a Suffolk Household Waste Recycling Centre for a charge

To transport waste you will need a waste carriers license.

Fireworks

Disposal

Never put fireworks, even those which are fully spent, on the bonfire.

Never dispose of them by burying.

Soak fully spent fireworks in a container of water after use (till soaked right though, this could take several hours), then put in your household rubbish bin.

Soak misfired or partly spent fireworks in a container of water in an area where they cannot be tampered with (preferably away from the display site) and contact the manufacturer or supplier for advice on disposal.

Fishing lines

Re-use

Why not use unwanted fishing lines for DIY projects in the house or in the garden. Practical for holding up plants to canes and encouraging climbers to a post or fence. In the house unused fishing lines make a great hanging line for cards and decorations at Christmas time!

Recycle

Nylon monofilament and braided fishing lines can be recycled as part of the Angler's national line recycling scheme. You can find your nearest recycling point and more about the scheme on the ANLRS website. (<https://www.anglers-nlrs.co.uk/>)

Disposal

If the fishing lines cannot be taken by the above scheme, they are not recyclable, so please place in:

your household rubbish bin

your non-recyclable container at any Suffolk Recycling Centre

Flares

Disposal

Flares cannot be disposed of in your black bin or in the non-recyclable container at the recycling centres.

Please contact the manufacturer for advice on how to dispose of these.

Flooring (carpet, vinyl flooring, wooden flooring, underlay)

Re-use

Consider re-using the flooring in sheds or cupboards.

Carpets can also be used as under pond liners, or in the garden as a mulch mat (if it is hessian backed).

Recycle as home compost

You can place small amounts of carpet on top of compost heaps to keep in the heat. This makes the organic material break down more quickly.

Disposal

If the flooring is not suitable for re-use, you can take it to any Suffolk Recycling Centre.

You can recycle wood flooring in the wood container. However, you will need to dispose of carpet, vinyl or underlay in the non-recyclable container on site.

Floppy discs

Re-use

You could offer them up through an online re-use network or make use of them in your own home as drinks mats!

Recycle

You cannot put floppy discs in your household recycling bin.

However, you can recycle floppy discs in the rigid plastic container at any Suffolk Recycling Centre.

Foil

Recycle

You can recycle clean aluminium foil:

in your household recycling bin

It would be helpful if you could roll aluminium foil up into a tennis sized ball before placing in your household recycling bin.

Folders

Re-use

Unwanted folders in good condition could be advertised online on sites such as Facebook Marketplace or Freecycle. A student could benefit from them for their studies.

Recycle

Cardboard only folders can be recycled in household recycling bin or in the cardboard container at any Suffolk Recycling Centre.

If a folder has any type of metal in it then it can be recycled in the metal container at any Suffolk Recycling Centre (including ringbinders).

Hard plastic only folders can be placed in the rigid plastic container at any Suffolk Recycling Centre.

Disposal

If the folders are made from thinner plastic, plastic film or mixed materials (which does not include metals) it cannot currently be recycled in Suffolk and will have to go in the household rubbish bin or in the non-recyclable container at any Suffolk Recycling Centre.

Food waste and leftovers

Reduce and re-use

For food waste reduction tips and ideas for meals made from leftovers, see our Food Savvy website. Also Love Food, Hate Waste website is a great source of inspiration for this too.

You can also follow our new Food Savvy Suffolk social media channels where we will be sharing top tips, handy hints and recipe ideas.

Twitter: <https://twitter.com/FoodSavvySfk>

Facebook: <https://www.facebook.com/FoodSavvySfk>

Home Compost

Raw fruit and vegetables peelings as well as eggshells can be placed in a standard home compost bin.

Only specialist composting systems such as the HotBin or Bokashi kitchen digester can deal with all cooked food waste.

See a whole range of compost systems at subsidised prices on Suffolk Get Composting.

Disposal

Do not put any food/drink waste in your recycling bin. You can dispose of unavoidable food waste in your black bin (non-recyclable bin).

Fridges & Freezers

Only domestic type fridge and freezers will be accepted at the site, if you have a industrial type fridge or freezers it will likely be classed as trade waste and may not not accepted due to electrical take back scheme restrictions.

See "large electrical items"

Furniture (beds, chairs, chest of drawers, cupboards, desks, ottomans, sofas, wardrobes)

Reduce

Before thinking about reuse, recycling or disposal options for your furniture, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Offer furniture in good condition to charity shops (find your nearest charity here) or through an online reuse network, sell at a car boot sale, jumble sale or online market place. They can also be offered to friends, neighbours or relatives. Furniture in good condition can also be taken to any Suffolk Recycling Centre and placed in the re-use container (ask site staff for details).

Please note: If you want to donate a sofa or upholstered furniture to a charity it needs to have the fire labels still attached otherwise they will not be able to take it.

Recycle

Take to any Suffolk Recycling Centre and place it in the container appropriate to the material the piece of furniture is made of.

Alternatively, your local borough or district council offers a charged bulky waste collection service.

A to Z of recycling - G

Games console

See "Small electrical items"

Garden waste (dead plants, flowers, grass, leaves, weeds, branches, windfall fruit)

Recycle

You can recycle garden waste in your household compost bin

or at any Suffolk Recycling Centre in the green container.

All district or borough councils will only accept windfall fruit and vegetables (from the garden, not kitchen) in the household compost bin.

Branches going into the household compost bin must be a maximum of 6cm in diameter. If they are any larger, please take them to any Suffolk Household Recycling Centre and put them in green container.

Recycle as home compost

You can place all garden waste in a home composting bin.

The only exception is Japanese knotweed and Ragwort. These plants require special handling and you should not put them in your household or home composting bin.

If you are interested in finding out how to compost food waste, see "Food waste and leftovers".

Gas bottles and cylinders

Disposal and re-use

You should return gas cylinders to the agent or company that you purchased them from for re-use or disposal. Find out more here.

Recycle

You can bring any domestic gas bottles to Suffolk Recycling Centres. Please see site staff who will store the bottle safely.

For smaller gas cylinders used for portable stoves, see "Camping gas bottles".

Nitrous Oxide Canisters

Small or large nitrous oxide canisters should be taken to recycling centres and disposed of with gas cylinders on site.

Please DO NOT place these items in your rubbish or recycling bins as they can explode when crushed and be dangerous for staff dealing with waste and recycling.

Grass Clippings

Recycle

You can recycle garden waste in your household compost bin

or at any Suffolk Recycling Centre in the green container, For grass containing soil (see turf)

Recycle as home compost

You can place all garden waste in a home composting bin.

Glass (sheet glass, glass panes, window panes, glass fish tanks)

Recycle

You can recycle glass panes, sheet glass and fish tanks in the flat glass container at any Suffolk Recycling Centre.

If your window/door is in a frame if possible please try to remove any glass so this can go to the sheet glass container. If this isn't possible please ask site staff where you should place your door as it depends on the type of material the frame is made from

You cannot recycle these items in glass bring banks.

Glass (drinking glasses)

Reuse

If you have old drinking glasses that you no longer need but are still in good condition, please donate to a charity or reuse shop.

Recycle

You can recycle broken wine glasses and drinking glasses in the flat glass container at any Suffolk Recycling Centre.

You cannot recycle these items in glass bring banks.

Glass bottles and jars

Re-use

Glass bottles and jars can have many uses around the home such as vases for flowers or for storing spices and dry foods. If you know someone who makes their own jams and marmalades, perhaps offer your unwanted Glass jars, you never know you may have it returned full with a homemade Treat!

Recycle

You can recycle glass bottles and jars:

at any Suffolk Recycling Centre

or at any glass bring bank

Tips for glass recycling:

Make sure that bottles are empty and have been rinsed out - you can put any metal caps and lids in the glass bank but no corks please. Don't put window glass, light bulbs, reading glasses, cooking dishes or glass crockery items in glass bins and banks, however they can all be recycled in different containers at any Suffolk Recycling Centres. Pyrex glass items can be re-used or donated if suitable, it can also be recycled at recycling centres only in the flat glass container.

Glasses

See "Spectacles"

A to Z of recycling - H

Hair

Home compost

Hair (including human and from pets/animals) is a natural fibre and can be home composted.

Try not to introduce it in clumps as the fibres will break down quicker if they are spread out.

Hardcore (rubble, bricks, tiles, masonry, stone)

Reuse

Hardcore and rubble could be donated to a local community project or offered on Freecycle or Freegle.

Recycle

There is a charge for disposing of hardcore, rubble and soil at any Suffolk Recycling Centre.

This includes: breeze blocks, bricks, ceramics (e.g. sinks/toilets), concrete, tiles, flagstones, gravel, sand, soil/turf and stones.

Volume Charge

Up to ten (25L) bags or equivalent £2 per 25L (min charge £2)

Over ten (25L) bags or equivalent £2.50 per 25L

Half transit van or equivalent £25

Full transit van or equivalent £50

Double wheeled van or equivalent £100

For large amounts you could also hire a skip, a skip bag, or dispose of the waste at a commercial waste transfer station (a charge may apply).

Hazardous chemicals (pesticides, bleach, pest treatment, poisons, white spirit)

Disposal

You cannot place hazardous waste in your household rubbish bin and it is not accepted at any Suffolk Household Waste Recycling Centres.

Hazardous waste includes:

syringes poisons corrosive/flammable liquids household and garden chemicals (including bleach)

Find advice and information about hazardous waste collection and disposal.

Healthcare equipment (crutches, walking sticks, non-electric wheelchair, zimmer frames)

Re-use and recycle

You can take unwanted NHS provided healthcare equipment such as crutches and wheelchairs back to Medequip's collection depots in Bury St Edmunds, Beccles and Ipswich. (<https://www.medequip-uk.com/contact/>)

Contact Medequip for further details or to arrange a collection either by phone 01473 351805 or email suffolk@medequip-uk.com.

You can also currently take healthcare equipment to three of the Suffolk Recycling Centres where they are collected for return to the NHS:

Bury St Edmunds Foxhall Lowestoft

Please ask site staff where these items need to be placed.

Hearing aids

Re-use and recycle

Hearing aids issued by the NHS are the property of the NHS and if no longer needed should be returned to your NHS trust.

Other hearing aids can be recycled at some charities or organisations (e.g. The Lions Club).

One organisation which you can take or post hearing aids to in Ipswich is the Hearing Care Centre.

Recycle

You can recycle hearing aids in the small electrical items container at any Suffolk Recycling Centre.

Helium gas bottles and cylinders

Recycle

You can take helium gas bottles and cylinders to any Suffolk Recycling Centre only if you have de-pressurised them as per the manufacturer's instructions first.

Heating oil

See "Oil tanks"

Hot water bottle (rubber insert)

Reduce

Hot water bottles need to be replaced every 2-3 years to ensure they do not degrade and potentially cause scolding or other injuries. Replacing a hot water bottle with a wheat bag can decrease the risk of scolding as well as stay warmer for longer. Wheat bags can be warmed in the microwave and have a longer life date than hot water bottles.

Disposal

The rubber hot water bottles are made from is not currently recyclable. You can dispose of it:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

A to Z of recycling - I

Ink cartridges (printer cartridges, laser printer cartridges, toner cartridges)

Re-use

Ink cartridges can be refilled at less cost than buying new ones. This saves both waste and money.

When you purchase a printer consider the ink usage and the ink system. New technologies such as built in ink tanks can do away with ink cartridges although and provide low running costs.

Recycle

You can also recycle your ink, laser or toner cartridges at any Suffolk Recycling Centre.

Many charities and some companies now collect ink cartridges for recycling, such as the British Red

Cross, some will also collect laser printer cartridges and toners from both householders and businesses on behalf of charities. Usually these services are free of charge by supplying freepost return envelopes or by arranging collections for larger quantities. These companies often collect unwanted mobile phones alongside ink cartridges. Try typing "recycling print cartridges" into your internet search engine.

Inhalers

Recycle

Many pharmacies collect old inhalers for recycling with the 'Complete the Cycle' Scheme.

A to Z of recycling - J

Japanese knotweed

Disposal

Invasive plants such as Japanese knotweed need to be eradicated correctly. For more information and to arrange disposal contact your local borough or district council.

For further details on how to identify and deal with Japanese knotweed, see the Environment Agency website. (<https://www.gov.uk/guidance/prevent-the-spread-of-harmful-invasive-and-non-native-plants>)

Jiffy bags (padded envelopes)

Re-use

Wherever possible, re-use padded envelopes to send items, or offer them to others through an online re-use network.

Disposal

You cannot recycle jiffy bag envelopes.

You will need to put them in your household rubbish bin or at any Suffolk Recycling Centre in the non-recyclable container.

Jigsaw Puzzles

See "board games"

A to Z of recycling – K

Knives

Reuse

Before thinking about, recycling or disposal options for your knives, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit

this page to find out more.

Knives as well as other bladed tools can be sharpened, Repair cafes often provide sharpening services.

Recycling

Make sure these are disposed of safely and be aware some places may not take these due to safety reasons.

See 'metals items' for disposal information of metal/ steel knives

A to Z of recycling - L

Laminated paper

Disposal

Laminated paper is made of 2 different bonded materials so you cannot recycle it.

Put laminated paper:

- in your household rubbish bin

- in the non-recyclable container at any Suffolk Recycling Centre

Large electrical appliances (washing machines, ovens, dishwashers, fridges, tumble dryers etc.)

Re-use

Some charities will accept large electrical items for re-use. Find your nearest charity shop.

Recycle

You can recycle large electrical items at a Suffolk Recycling Centre in the large domestic appliance section.

Alternatively, your local district or borough council offers a charged bulky waste collection service.

If you are purchasing a new electrical item to replace an old one, ask whether the shop offers a takeback scheme to recycling your old item. Please make sure any fridge or freezers have been cleared of any contents.

Only domestic type fridge and freezers will be accepted at the site, if you have a industrial type fridge or freezers it will likely be classed as trade waste and may not be accepted due to electrical take back scheme restrictions.

Laundry pegs

Reduce

Repair broken wooden and hard plastic pegs wherever possible.

Re-use

If in good condition, you could offer them to charity shops or through an online re-use network.

Sell through a car boot sale, jumble sale, or online market, as well as offering them to friends, neighbours or relatives.

Recycle

Wooden: You can take wood and items made from wood to any Suffolk Recycling Centre and put in the wood container.

Hard Plastic: You can take hard plastic items to any Suffolk Recycling Centre and put in the rigid plastic container.

Lawnmowers

For advice on petrol lawnmowers, see "Petrol Lawnmower"

For advice on electric lawnmowers, see "Small electrical items"

Light bulbs (florescent tubes, Halogen lightbulbs, LED lightbulbs, neon lightbulbs)

Recycle

You can take all type of light bulbs including Halogen, fluorescent light bulbs and energy saving light bulbs to any Suffolk Recycling Centre for recycling.

Several supermarkets and electrical retailers in Suffolk have collection points for low energy and LED light bulbs. Find locations of these collection points. (<https://www.recolight.co.uk/>)

Lime

Disposal

Hardened lime can be put in the hardcore container at any Suffolk Recycling Centre. Charges will apply.

Lime in powder form cannot be taken to a Suffolk Recycling Centre or placed in your rubbish bins.

Litter

If you find small amounts you can put it in your household bins (try and separate recycling and non-recyclable items out).

If you come across a large amount of litter (or if it contains clinical/ hazardous waste) please report it to your local waste collection authority.

Organised litter picks happen across Suffolk all year round - why not see if there is one near you or even find out how organise one yourself? Find out more on our Suffolk litter picking webpage.

Loft insulation

Reduce

The best thing you can do is top up old insulation rather than remove it, unless it is damaged.

Disposal

You cannot recycle loft insulation. However, you can dispose of it at any Suffolk Recycling Centre in the non-recyclable container.

A to Z of recycling - M

Mattresses

Re-use

If your mattress is in good condition, charity shops may be to take them or alternatively advertise them on an online re-use network.

Disposal

If the mattress is not suitable for re-use, you can take it to any Suffolk Recycling Centre and place it in the non-recyclable container.

Alternatively your local borough or district council offers a charged bulky waste collection service.

Medicines (tablets)

Disposal

Take unwanted medicines to a pharmacy, where they can be disposed of safely.

Never throw unused or expired medicines in the rubbish bin or flush them down the toilet.

Children could take the medicine from the bin, and medicines that have been flushed down a toilet could end up in the drinking water system or harm the environment.

Also see "Needles"

For recycling/disposal of pill packaging see 'Blister Packs'

Metal pots, pans and trays

Reduce

Before thinking about reuse, recycling or disposal options for your metal pots, pans or trays, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Recycle

You can recycle your metal pots, pans and trays:

in the metal container at any Suffolk Recycling Centre

Disposal

You cannot place glass pan lids in your household bin. Glass pan lids rimmed with metal can go into the scrap metal container at any Suffolk Recycling Centre.

Metal pots, pans and trays can no longer go in the household recycling bin because they cause blockages at the Materials Recycling Facility and accepting these materials leads to other metal items ending up in the recycling bin such as brake discs, coat hangers and even engine blocks, which can cause further problems.

For information on cans and aluminium foil see information [here](#).

Metals (scrap metal, knives, keys, metal bucket)

Reduce

Before thinking about reuse, recycling or disposal options for your metal item, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit [this page](#) to find out more.

Re-use

Metal items in good condition could be offered to charity shops or through an online re-use network. Find your nearest charity shop.

You might also be able to sell some metal items through a car boot sale, jumble sale, or online market.

Offer unwanted items to friends, neighbours or relatives.

You may be able to sell some types of metal (such as cars) to your local scrap metal dealer.

Recycle

You can recycle any metals item in the metal container at any Suffolk Recycling Centre.

For information on cans and aluminium foil see information [here](#).

Metal puree/spread tubes

Recycle

Metal tubes such as tomato puree can be placed in your recycling bin if they are clean and dry. Cut the bottoms and open flat to remove residue and ensure that the tubes don't fall through the small holes in the sorting drum at the recycling facility (items under 45mm diameter can't be recycled). Lids should be removed and placed in rubbish bin.

You can recycle the whole tube in the metal container if they are clean and dry at Recycling Centres, with lids removed the lid can go in the hard plastics container.

Mirrors

Re-use

Offer mirrors in good condition to charity shops or through an online re-use network, sell at a car boot sale, jumble sale or online market place.

You can also be offer mirrors to friends, neighbours or relatives. If it is in good condition, you can also take it to any Suffolk Recycling Centre and placed in the re-use container (ask site staff for details).

Recycle

Take mirrors to any Suffolk Recycling Centre and place in the flat glass container.

Wherever possible, and if safe to do so, please remove glass from the frame first. If you can't remove the frame, ask a member of staff on site for advice of where to dispose of it.

Mobile phones (smart phones)

Reduce

Before thinking about reuse, recycling or disposal options for your mobile phone, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more. (<https://www.google.co.uk/search?q=charity+mobile+phones>)

Re-use

If your phone is still working (and sometimes newer broken models) can be sold to companies that will refurbish it to sell on.

Alternatively, charity shops often have envelopes for you to send the phone off as a donation.

Recycle

You can recycle older and broken phone models at any Suffolk Recycling Centre.

Find other organisations and charities which could recycle your mobile phone.

Musical instruments

Reduce

Before thinking about reuse, recycling or disposal options for your musical instrument, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Musical instruments in working condition can be passed on or sold through websites and/or music shops. Alternatively, they can be donated to charity shops.

Disposal and recycle

If you have an instrument broken beyond economic repair, please take it to any Suffolk Recycling Centre and place it in the material container appropriate to what the instrument is made from.

A to Z of recycling - N

Napkins

For advice on paper napkins and kitchen towel, see "Paper napkins".

For advice on textile and cloth napkins, see "Textiles".

Nappies

Reduce

Why not try reusable nappies to help reduce the 2.9 billion disposable nappies that are being disposed of each year in the UK?

There are environmental and health benefits as well as the possibility of saving £800!

Free hire kits and advice are available from Suffolk Cloth Nappies.

Disposal

Do not put nappies in your recycling bin. Dispose of them in your rubbish bin (black bin).

Needles

Disposal

Please do not put hypodermic needles or sharps in either your recycling bin or non-recycling household bin.

Instead, contact your local district or borough council for advice about the safe collection and disposal of needles and other clinical waste generated in your home.

Also see "Medicines"

Non-recyclable waste

Reduce

For information on how to reduce or re-use non-recyclable items see <https://www.suffolkrecycling.org.uk/reduce-your-waste>

Disposal

Non – recyclable waste that cannot be reduced, re-used or recycled can be placed in your:

household rubbish bin. If you have any issues or questions about your bins please contact your local district or borough council.

You can take excess rubbish or items that are too large to fit in your household rubbish bin to any Suffolk Recycling Centre and place them in the non-recyclable container.

Electrical and electronic items

Electrical and electronic items should not be thrown away in the rubbish bin. Electrical and electronic items contain hazardous materials and precious metals and should be recycled properly. For re-use and recycling advice on electricals see "Large electrical appliances" or "Small electrical items".

Large non-recyclable items

If you cannot get the item to a Recycling Centre, your local district or borough council offers a charged bulky waste collection service.

There are restrictions on some non-recyclable items at the Recycling Centres, so please check before taking items to a site.

A to Z of recycling - O

Oil

For engine oil, see "Engine oil"

For cooking/ vegetable oil, see "Cooking oil"

For petrol, diesel and heating oil, see "Hazardous chemicals"

Oil filled radiators

Reduce

Where possible get your broken electricals repaired.

Re-use

Offer electrical items in good condition and full working order to charity shops or through an online reuse network. You can find your nearest charity [here](#).

Sell through a car boot sale, jumble sale, or online market.

You may be able to offer some unwanted electricals items to friends, neighbours or relatives.

Recycle

If you can drain the oil out of the radiator they can be taken to any Suffolk Recycling Centre and placed in the container for small electrical items.

If you cannot drain the oil please do not take them to the Recycling Centres. They may be accepted at a scrap metal yard.

For information on how to dispose of heating oil, see the Hazardous waste page.

Oil tanks

Recycle

You cannot take oil tanks to any of Suffolk's Recycling Centres, even if they are cut up and professionally cleaned.

Most companies who service and replace tanks will take away your unwanted one upon request for it to be recycled.

You can take empty metal oil tanks to a local scrap metal company.

If professionally cleaned, empty plastic oil tanks may be accepted by recycling companies (try asking Bolton Brothers Ltd, Bramford Road, Great Blakenham).

If there is any heating oil left in the tank you will need to dispose of the oil first. You can do this through your local borough or district council's charged hazardous waste collection service. You cannot dispose of heating oil at any of Suffolk's Recycling Centres.

Re-use

Try advertising your oil tank on Freecycle, Freegle, eBay or Gumtree as somebody may need or have a use for it. We've heard of people donating plastic oil tanks to farmers and paintballing centres!

A to Z of recycling - P

Paint

Reduce

Only buy the amount you require for the job (the guidelines on the tin will help you assess this) and use it all up, to avoid leftover paint.

Re-use

Keep any leftover paint for future use, such as recoating or patching.

Read some great tips for keeping paint so it can be used again. (<http://www.paintcare.org/paint-smarter/>)

You can also offer any leftover paint to friends, neighbours, relatives if you have no use for it and are unable to store it for future use.

Disposal

Small amounts (such as less than a quarter tin-full) of emulsion or acrylic paint can, once dry and solid, can be double-bagged and disposed in the household rubbish bin.

or the non-recyclable container at any Suffolk Recycling Centre.

To aid the drying process: the lid should be left off, and sand, dirt or sawdust can be added but please ensure the paint has completely solidified before placing in the bin or taking to the Recycling Centre (you may need to leave it for a couple of weeks before disposal).

Solvent-based paints or large quantities of paint cannot be treated in this way and can only be disposed of through the hazardous waste collection service.

Paper (newspapers, magazines, envelopes, junk mail)

Re-use

Use old envelopes, or the blank sides of printed sheets, as note paper.

Reduce

Consider only printing what you actually need as hard copy.

Read the news online or on TV as an alternative to buying a daily newspaper.

The Mailing Preference Service (<https://www.mpsonline.org.uk/>) will prevent most unsolicited addressed mail by removing your name from marketing lists based in the UK. Call them on 0845 703 4599.

To stop the Royal Mail posting unaddressed mail to your home, you must opt out of their service. Contact them by email at optout@royalmail.com

Recycle

You can recycle all dry paper (apart from shredded paper, kitchen towels and tissues):

in the household recycling bin,

You can recycle all dry paper and shredded paper (apart from kitchen towels and tissues):

at any Suffolk Recycling Centre.

Recycle as home compost

Small scraps of paper and shredded paper which may get lost in the recycling process can be put in your home compost bin and in some household composting bins.

Paper napkins (kitchen towels)

Recycle as home compost

You can compost used paper napkins and kitchen towels in your home compost bin.

Personal Protective Equipment (PPE)

Personal protective equipment (PPE) items such as disposable face masks and gloves cannot be recycled in Suffolk, so need to be placed in your general rubbish bin.

Please follow the link below for more information on how to safely to dispose of any PPE or other COVID-19 related waste:

<https://suffolkrecycling.org.uk/waste-services-and-coronavirus-covid-19>

Pet waste

For cat & dog waste (including cat litter), see "Cat and dog waste"

For vegetarian pet waste (guinea pigs, rabbits, hamsters), see "Vegetarian pet bedding and waste"

Petrol

You cannot place petrol in your household rubbish bin and it is not accepted at any Suffolk Recycling Centres.

Find advice and information about hazardous waste collection and disposal here.

Petrol lawnmower

Reduce

Before thinking about reuse, recycling or disposal options for your petrol lawnmower, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Petrol lawnmowers in good condition could be offered to charity shops or through an online re-use network. Find your nearest charity shop.

You might also be able to sell lawnmowers through a car boot sale, jumble sale, or online market.

If it is in good condition, it can also be taken to any Suffolk Recycling Centre and placed in the re-use container (ask site staff for details).

Recycle

You can recycle petrol lawnmowers in the metal container at any Suffolk Recycling Centre. Please make sure that the petrol tank is completely empty before recycling.

Pizza boxes

Please remove the section of the pizza box that is greasy and any food waste and put this in your general rubbish bin.

The rest of the pizza box can go in your recycling bin.

Photographs

Reduce

Try to avoid printing photographs unnecessarily.

Re-use

Go to online sites such as Freecycle and Freegle to see if anyone is looking for photographs to use in craft projects or you could make a collage using them.

Disposal

Photographs are not recyclable. You will need to put them:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Plant Pots

For advice on plastic plant pots, see "Plastic (Hard)"

For advice on ceramic or terracotta plant pots, see "Crockery"

You can also take old plant pots to your local B&Q store for recycling, make sure the pots are clean

Plasterboard (gypsum)

Recycle

Only 4 Household Waste Recycling Centres can take plasterboard:

Bury St Edmunds Foxhall Lowestoft Stowmarket

You will be charged for disposing of plasterboard at the Recycling Centres:

Volume Charge

Up to 3 sheets or equivalent £2.50 per sheet

4 – 8 sheets or equivalent £5 per sheet

Half transit van or equivalent £50

Full transit van or equivalent £100

Double wheeled van or equivalent £200

Plasterboard must not be contaminated with other materials such as tiles, wood or insulation and must be kept dry. If contaminated it will not be accepted at Recycling Centres or in your general rubbish bin, it needs to be dealt with by a private waste contractor.

Plastic bottles and food packaging (fruit punnets, milk bottles, sandwich packets etc.)

Reduce

Wherever possible, try and avoid purchasing overpackaged food items (such as individually wrapped cake slices) and reuse/refill plastic drinks bottles and containers. Recycling should be empty, clean and dry and free from any food or drink residue.

Why not take a re-usable bottle with you and refill it, rather than buying a new plastic bottle on the go? The Refill scheme allows you to find your nearest re-fill station across the UK, just download the app to get started! If you come across a refill point that isn't listed or want to set one up yourself, contact them to let them know!

Recycle

You can recycle any plastic bottles (including drinks, cleaning and beauty products) and all moulded plastic food packaging (such as tubs, pots, inner trays, egg boxes and black plastic).

Loose bottle tops are too small to survive the pre-sorting process at the recycling facility. They won't get recycled unless you wash and squash your empty plastics bottles and then place the top back on.

Please don't put any herbicide or pesticide containers in your recycling bin. These could contain hazardous wastes.

You can then recycle:

- in your household recycling bin

- in the plastic bottle container at any Suffolk Recycling Centre

Plastic bags (carrier bags)

Reduce

When shopping, don't accept unwanted plastic bags - take reusable bags with you.

Re-use

Plastic bags can be re-used as bin liners or dog litter bags.

- Some charity shops may accept plastic bags for re-use.

Recycle

Tesco, Sainsburys and Co-op are all offering soft and flexible plastic recycling. Please check their websites for more information on whether your local store has a collection point:

Tesco

Sainsbury's

Co-op

Some other supermarkets have collection bins for soft plastics such as plastic bags, food bags and plastic film but you will need to check with the store in advance.

Disposal

Plastic bags and film can't be put in your household recycling bin or recycled at the Suffolk Recycling Centres.

Bags brought to the Recycling Centres will have to put in general non-recyclable due to increasing difficulty finding markets for this material or they can go in your general rubbish bin at home.

Plastic film (cling film, bread bags, food bags, plastic wrap)

Reduce

There are many alternatives to cling film such as using a plate to cover leftovers, wax wraps (look online for where to buy) and reusable zip lock bags which you could try.

Recycle

Tesco, Sainsburys and Co-op are all offering soft and flexible plastic recycling. Please check their websites for more information on whether your local store has a collection point:

Tesco

Sainsbury's

Co-op

Some other supermarkets have collection bins for soft plastics such as plastic bags, food bags and plastic film but you will need to check with the store in advance.

Disposal

Plastic bags and film cannot be put in your household recycling bin or recycled at the Suffolk Recycling Centres.

Bags brought to the Recycling Centres will have to put in general non-recyclable due to increasing difficulty finding markets for this material or they can go in your general rubbish bin at home.

Plastics (Hard)

Reduce

Before thinking about reuse, recycling or disposal options for your hard plastic item, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Reuse

Hard plastic items in good condition could be offered to charity shops or through an online reuse network. Find your nearest charity shop.

You might also be able to sell some hard plastic items through a car boot sale, jumble sale, or online market. Offer unwanted items to friends, neighbours or relatives.

Recycle

You can recycle your hard plastic in the hard plastic container at any Suffolk Recycling Centre. Hard plastics are not accepted for recycling in your household recycling collection.

Plastics (Non-recyclable such as silicone, polystyrene, plastic netting, toothpaste

Re-use

Charity or re-use shop Silicone plastic items (such as cupcake cases or cooking utensils) in good condition can be given to a local charity shop or passed onto family, friends or colleagues

Disposal

Polystyrene, plastic netting, food packets, cellophane, toothpaste tubes, silicone plastic items and hose pipes are made from a plastic that cannot currently be recycled in Suffolk.

Put non-recyclable plastics:

Kerbside rubbish bin in your **household** rubbish bin

Non-recyclable container at a Household Waste Recycling Centre in the non-recyclable container at any Suffolk Recycling Centre

tubes, hose pipes)

Re-use

Silicone plastic items (such as cupcake cases or cooking utensils) in good condition can be given to a local charity shop or passed onto family, friends or colleagues

Disposal

Polystyrene, plastic netting, food packets, cellophane, toothpaste tubes, silicone plastic items and hose pipes are made from a plastic that cannot currently be recycled in Suffolk.

Put non-recyclable plastics:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Plates (Dishes)

For advice on Ceramic plates see, "Crocery"

For advice on Plastic plates see, "Hard Plastics"

Potties

Re-use

Offer hard plastic items in good condition to charity shops or through an online re-use network.

Sell through a car boot sale, jumble sale, or online market.

Offer unwanted items to friends, neighbours or relatives.

Recycle

You cannot recycle hard plastic potties in your household recycling bin.

However, you can recycle hard plastic potties at any Suffolk Recycling Centre.

Polystyrene packaging

Reduce

Consider using scrunched up newspaper, plain dry popped corn or breaking down old polystyrene packaging for posting fragile items rather than buying new packaging.

Disposal

You cannot currently recycle polystyrene in Suffolk. Please put these:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Note - Packing peanuts can also be made from compostable corn-starch. For more information see "corn starch packing peanuts"

Pyrex glass dishes and jugs

Re-use

Offer items in good condition to charity shops or through an online re-use network.

Sell through a car boot sale, jumble sale, or online market.

Offer unwanted items to friends, neighbours or relatives.

Recycle

Pyrex items can be recycled in the flat glass container at any Suffolk Recycling Centre.

Printer and toner cartridges

See "Ink Cartridges"

For advice on printers, see "Small electrical items"

A to Z of recycling - R

Ragwort

Disposal

Ragwort is a toxic plant. You must protect your hands, keep arms and legs covered, wear sturdy footwear and a face mask when handling this plant.

Ragwort is able to seed even after being pulled, dug or cut up and should only be transported in sealed bags or enclosed containers.

Find more detailed information on ragwort and disposal options or contact your local district or borough council for advice. (<https://www.gov.uk/guidance/prevent-the-spread-of-harmful-invasive-and-non-native-plants>)

Railway sleepers (wood)

Wooden sleepers of any style (e.g. reclaimed sleepers or sleepers bought at any store typically for garden use) are not accepted at any Suffolk Recycling Centre & these can't be accepted as part of a hazardous waste collection

Instead you need to search online for railway sleepers companies who can dispose of these of like Disposal & Recycling Of Railway Sleepers | HBS Waste and Hazardous Treated Wood Disposal – Trackwork. (<https://hbswaste.co.uk/railway-sleepers/> & <https://www.trackwork.co.uk/recycling/hazardous-treated-wood-disposal/>)

If you find any other company who can take these, feel free to e-mail us so we can look into this or maybe add this to our website.

Records (Vinyls/LP)

Re-use

Charity shops may accept records or there may be some resale value with them. Find your nearest charity shop.

Recycle

You can recycle paper and cardboard record sleeves:

in your household recycling bin

at any Suffolk Recycling Centre

Disposal

You cannot recycle records that are not suitable for re-use.

Put broken records:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Ring binders

Re-use

Unwanted ring binders in good condition could be advertised online on sites such as Facebook Marketplace or Freecycle. A student could benefit from them for their studies.

Recycle

Ring binders can be placed in the metal container at any Suffolk Recycling Centre.

For advice on disposing of different types of folders, see the "Folders" entry

Roofing felt

Roofing felt is non-recyclable.

It can be disposed of by:

putting it in your black household bin at home or

taking it to the recycling centre and putting it in the general waste container.

Roll on deodorant

Recycle

Plastic roll on deodorant bottles when empty and only if both the bottle and ball are made out of plastic. You can recycle it:

at any Suffolk Recycling Centre

Disposal

If the empty deodorant bottle is made of mixed materials (plastic and glass) or completely of glass it is not recyclable. If you can separate the glass and plastic, you can recycle the plastic element as stated above.

Put these empty mixed or completely glass deodorant bottles:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

A to Z of recycling - S

Sauce bottles

For advice on Plastic sauce bottles, see "Plastic bottles and food packaging"

For advice on Glass sauce bottles, see "Glass bottles and jars"

Sawdust

Recycle

You can only recycle clean sawdust in your household compost bin. Sawdust must be from untreated wood, (unpainted or un-varnished wood) you cannot put sawdust used for animal bedding into your kerbside compost bin.

You can recycle untreated sawdust at any Suffolk Recycling Centre in the green container.

Recycle as home compost

You can compost sawdust from untreated wood in a home composting bin.

Sewing needles

For advice on hard plastic sewing needles, see "Plastic (Hard)"

For advice on metal sewing needles, see "Metal"

Shampoo, conditioner and shower gel bottles

Recycle

You can recycle all shampoo and conditioner bottles.

Loose bottle tops are too small to survive the pre-sorting process at the recycling facility. They won't get recycled unless you wash and squash your empty plastic bottles and then place the top back on.

You can then recycle:

- in your household recycling bin

- in the plastic bottle container at any Suffolk Recycling Centre

To find more information about which plastics you can and can't recycle see our "plastic" entries

Shower

See "Bathroom suite"

Shredded paper

Re-use

Use shredded paper as packing material to protect items of mail inside their parcel.

Soft shredded paper can be used as caged animal bedding.

It can also be used as an alternative to confetti.

Reduce

Only shred what you need to shred, such as only parts of a document that contains personal or sensitive information.

Also, signing up to get electronic statements instead of paper copies is also another good way to reduce

the need to shred documents.

Recycle

You can take shredded paper to any Suffolk Recycling Centre and place it in the paper container.

Recycle as home compost

You can home compost shredded paper.

Shredder

For advice on hard plastic shredders, see "Hard Plastics"

For advice on electric shredders, see "Small electrical items"

Sink

See "Bathroom suite"

Sink drainers

For advice on Plastic sink drainers see, "Hard Plastics"

For advice on Metal sink drainers see, "Metals"

Small electrical items (hairdryer, DVD players, coffee makers, microwaves, clocks, radios, sewing machines, torches, vacuums etc.)

Reduce

Before thinking about reuse, recycling or disposal options for your small electrical item, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Offer electrical items in good condition and full working order to charity shops or through an online re-use network.

Donate small electricals in working condition at any Suffolk Recycling Centre (by placing them in the re-use containers at site) where they are tested and sold either at The Benjamin Foundation or by local charities Gatehouse and Ipswich Furniture Project.

If you are looking to donate computers, laptops or phones please make sure you wipe the hard drives and memory or remove memory cards first as the charities may not do this.

Recycle

If electrical items are beyond repair you can:

take them to any Suffolk Recycling Centre and place in small electricals items container. Make sure any batteries are removed and recycled in battery container

check whether your retailer has a take back scheme. take items to small electrical recycling banks only if you're in Ipswich or Suffolk Coastal. Find your nearest recycling bank.

Electrical items (mains and battery powered) must not be thrown away in your rubbish bin. They contain small quantities of hazardous material as well as precious metals and should be properly recycled.

Smoke detectors (fire alarms)

Recycle

If the alarms are broken, please take them to any Suffolk Recycling Centre and place in the container for small electrical items.

You could also contact the manufacturer and ask for advice about disposing of the alarm.

Sodastream canister

Disposal

Sodastream canisters cannot go to any Suffolk Recycling Centre.

Visit the Sodastream website to find out how to exchange your empty gas canister for new ones.
(<https://sodastream.co.uk/products/refill/>)

Sofa

See "Furniture"

Soil

Re-use

Retain excess soil for planting and potting, or ask your neighbours, friends or relatives if they have any use for it.

Recycle

There is a charge for disposing of hardcore, rubble and soil at any Suffolk Recycling Centre.

Recycle as home compost

You can add small amounts of excess soil to your home compost bin.

Solar panels

Recycle

Solar panels can be taken to any Suffolk Recycling Centre and placed in small electricals items container.

Spectacles (glasses, sunglasses)

Re-use

Some opticians collect unwanted glasses for onward donation to charity.

Ask your local charity shop if they will accept reading glasses, prescription glasses, or sunglasses.

Recycle

You can recycle glasses at any Suffolk Recycling Centre.

Stamps

Re-use

Some charities accept stamps which they will sell on to raise money.

A few of examples of charities that will take your stamps are Oxfam, RNIB (Royal National Institute of the Blind) and PDSA. For a larger list, see Used Stamps for Charity.

Recycle

You can recycle stamps still attached to envelopes in your household recycling bin.

Storage heaters

If your storage heaters were installed before 1974, there is a possibility that they may contain asbestos insulation. (List of models known to contain asbestos here: <http://www.storageheaters.com/asbestos-list.htm>). Please don't dismantle the heater if you think asbestos may be present as the asbestos insulation may have frayed and therefore it will be dangerous to do so.

If you think it may contain asbestos it cannot be taken to a Recycling Centre. The weight of these will also be too much for our hazardous waste collection, however Collins Skip hire does have an asbestos landfill and they may be able to take this (please contact them directly) or you can go to any other asbestos disposal company.

If your storage heater is newer than 1974 (& not on the above list):

Take the bricks from the storage heater to any Suffolk Recycling and place in the hardcore container. There is a charge for this - for further information click [here](#).

The casing can go in the small electricals container at the Suffolk Recycling Centre, however if you are unsure you can ask on site.

Straws

Reduce

You could ask not to have a plastic straw in your drinks at a café or restaurant. If you use straws a lot you could have your own reusable alternative e.g. ones made out of hard plastic or metal.

Re-use

Plastic straws can be reused in a number of creative ways. This webpage has some great

ideas:<https://www.onegoodthingbyjillee.com/2015/02/23-practical-ways-reuse-disposable-straws.html>

Recycle

For advice on hard metal straws, see "metal"

For advice on hard plastics straws, see "Plastics (hard)"

Suitcases

Reduce

Before thinking about reuse, recycling or disposal options for your suitcase, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit [this page](#) to find out more.

Re-use

Why not donate your old suitcase to a charity shop or Freecycle then please consider donating it depending how worn out it is.

If it is in good condition, it can also be taken to any Suffolk Recycling Centre and placed in the re-use container (ask site staff for details).

Recycle

Some suitcases are made mostly from hard plastics. If this is the case then the suitcase can be recycled, at your nearest Recycling centre in the hard plastic container.

Disposal

Most suitcases are made from a mix of different materials so these cannot currently be recycled in Suffolk. They should be disposed of in the non-recycling container at Recycling centres or in your refuse bin.

Superlux

If the Superlux material contains gypsum, see "Plasterboard" for disposal advice.

If it doesn't include gypsum, the material go in the non-recyclable container at any Suffolk Recycling Centre.

A to Z of recycling - T

Tablets

For advice on medicine tablets, see "Medicine"

For advice on electronic tablets, see "Small electrical items"

Tapes

See "Cassettes"

Tea bags and coffee grounds

Re-use

Why not empty tea (loose and in bags) and use them to provide added benefit to your plants around the garden. tea leaves provide nitrogen to your soil that acts as a nutrient that plants and flowers can hugely benefit from.

Home compost

You can compost tea (loose and in bags) and coffee grounds in your home compost bin.

Tea lights

Recycle

You can recycle the metal part of tea lights

in your household recycling bin as long as the metal part is clean and rolled up over 5cm long (no wax or parts of the tea light should remain)

in the metal container at any Suffolk Recycling Centre (no wax or parts of the tea light should remain)

Disposal

If any part of wax remains on the tea light then this should be placed in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Telephone directories (Yellow pages, catalogues)

Recycle

You can recycle catalogues and telephone directories (including Yellow pages):

in your household recycling bin

in the paper bank at your local Suffolk Recycling Centre

Make sure to remove the plastic film packaging before recycling.

Telescopes (binoculars)

Reduce

Before thinking about reuse, recycling or disposal options for your telescope or binoculars, have you considered whether it could be repaired?

Re-use

The Royal Society for the Protection of Birds have a second-hand scheme which will collect unwanted working binoculars, telescopes, spotting scopes or tripods. (<https://www.rspb.org.uk/join-and-donate/other-ways-to-help/second-hand-binocular-scheme/>)

You can also offer items in good condition to charity shops or through an online reuse network, or sell through a car boot sale, jumble sale, or online market place.

Offer unwanted items to friends, neighbours or relatives, or re-gift unwanted gifts next Christmas.

Tetra Pak

For advice on tetra Pak, see "Cartons"

Textiles (clothing, shoes, wellies, belts, bags, stuffed toys, curtains etc.)

Reduce

Before thinking about reuse, recycling or disposal options for your textiles, have you considered whether they could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Reuse

Offer items in good condition and full working order to charity shops or through an online reuse network.

Pass wearable garments onto younger children as hand-me-downs. Offer unwanted items to friends, neighbours or relatives, or "re-gift" unwanted gifts next Christmas.

Sell through a car boot sale, jumble sale or online market.

Garments beyond repair can be torn up and re-used as rags and wipes.

Recycling

Take any unwanted textiles, including leather belts, to any textiles or clothing bank or to any Suffolk Recycling Centre for recycling.

Thermos flask

Re-use

Offer items in good condition and full working order to charity shops or through an online re-use network.

Sell through a car boot sale, jumble sale, or online market.

Offer unwanted items to friends, neighbours or relatives.

Disposal

You cannot recycled flasks due to the mix of materials.

Put thermos flasks:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Tiles

For advice on ceramic, roof, masonry tiles see 'Hardcore'

Tissue paper

Disposal

Tissue paper is not recyclable. You will need to put it:

in your household rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Toilet

See "Bathroom suite"

Toilet seats

For advice on hard plastic toilet seats, see "Hard Plastics"

For advice on wooden toilet seats, see "Wood"

Toothbrushes

Hard plastic toothbrush

Re-use

After your old toothbrush has been properly cleaned (soaked in bleach solution) you can use it for a range of cleaning tasks around the home. For example, it's useful for cleaning taps, tools, windows, keyboards and shoes.

Recycle

Toothbrushes are not accepted in your household recycling collection bin.

However, you can recycle them at any Suffolk Recycling Centre in the rigid plastic container.

Electric toothbrush

See "Small electrical items". You can recycle the hard plastic heads at any Suffolk Recycling Centre in the rigid plastic container.

Bamboo or wooden toothbrush

If the bristles are plastic, break them off (if they are bamboo, plant based or charcoal they can be left on) and then you can either:

put it in your home compost bin or

put them in the wood container at any Suffolk Recycling Centre

Tools

Reduce

Before thinking about reuse, recycling or disposal options for your tools, have you considered whether they could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Reuse

Offer items in good condition and full working order to charity shops or through an online reuse network, such as Tools With a Mission. Tools with a Mission is an Ipswich-based charity that collects donated usable tools, refurbishes them, packs them into trade tools kits, and sends them to African skills training centres. They can accept a wide range of hand tools, power tools, sewing machines, etc. which need refurbishment, but can not accept broken tools that require repairing unless these are mixed in with other useable tools. To donate tools or see the list of wanted tools, go to twam.uk/donatetools

Alternatively offer unwanted items to friends, neighbours or relatives, or "re-gift" unwanted gifts next Christmas.

Sell through a car boot sale, jumble sale or online market.

Recycle

Take any tools beyond repair to any Suffolk Recycling Centre for recycling. Metal hand tools can be recycled in the metals container - electric tools must be placed in the Small Electrical Appliances container.

Toys

Reduce

Before thinking about reuse, recycling or disposal options for your toy, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Reuse

Please reuse toys in good condition by passing them on to friends and family or donating to charity.

Recycle

For advice on hard plastic toys, see "Plastic (Hard)"

For advice on soft toys see "Textiles"

For advice on electronic toys see "Small Electrical items"

Turf

Recycle

Turf contains soil and as such needs to be disposed of with hardcore, rubble and soil at any Suffolk Recycling Centre. This is a charged for service.

TVs and monitors (televisions)

Reduce

Before thinking about reuse, recycling or disposal options for your TV or monitor, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Some charities will accept televisions for reuse. Find your nearest charity shop.

You can also sell or exchange television and monitors through an online re-use network, car boot sale, jumble sale, or online market. Offer unwanted items to friends, neighbours or relatives.

If it is in good condition, it can also be taken to any Suffolk Recycling Centre and placed in the re-use container (ask site staff for details).

Recycle

You can recycle TVs and monitors at your local Suffolk Recycling Centre in the large domestic appliance section.

Alternatively your local district or borough council offers a charged collection service.

Tyres

Reduce

Drive or ride carefully, avoiding unnecessarily heavy braking and cornering and harsh acceleration to keep tyre wear to a minimum.

Keep tyres inflated to the correct pressure. If you store unused tyres for future use, keep them out of direct sunlight, and ensure they are not crushed as this will lead to cracking.

Re-use

Turn old tyres into planters.

Cut old inner tubes into strips to be re-used as wheel rim tape.

Recycle

Old vehicle tyres will be accepted by the fitting garage whenever they fit a new tyre to the vehicle (though a disposal charge may be added to your bill for this).

Another option is to contact your local scrap or car dismantling yard, because some will accept tyres at a charge.

You cannot dispose tyres at any Suffolk Recycling Centre.

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Umbrellas

Reduce

Before thinking about reuse, recycling or disposal options for your umbrella, have you considered whether it

could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

If you have a useable umbrella that you don't want, take it to your nearest charity shop and give someone else the opportunity to keep dry!

Recycle

If it is beyond repair, then you can recycle it in the metal bin at any Suffolk Recycling Centre.

[A to Z of recycling - V](#)

Vapes

Please see information on 'E-cigarettes'

Vegetarian pet bedding and waste

Recycle

You can put small amounts of hutch waste from vegetarian animals in the household composting bin if you live in the East Suffolk area.

Home compost

You can home compost hutch waste (such as straw, hay, shredded paper and droppings) from vegetarian animals only (rabbits, hamsters, gerbils, guinea pigs etc.).

Disposal

You can put vegetarian pet bedding in your general rubbish bin at home.

You can place one manageable bin liner of vegetarian pet waste or hutch material per week in the non-recyclable container at any Suffolk Recycling Centre.

Videos

See "Cassettes"

Vinyls

See "Records"

[A to Z of recycling - W](#)

Wallpaper

Re-use

New rolls or any extra unused wallpaper could be used in reuse projects or advertised online free swap sites/ social media.

Disposal

Used wallpaper cannot be recycled due to the mix of materials (paper + glue) so will need to be disposed of in your household rubbish bin

or for large quantities in the non-recycling container at any Suffolk Recycling Centre.

Water filters

Recycle

Water filter manufacturers Brita have collection points for recycling cartridges at branches of Robert Dyas, Argos, Tesco, and Dunelm throughout Suffolk. Enter your postcode into the 'Locator' at the BRITA website to find your nearest recycling point.

For other water filter brands, please contact the manufacturer to find out if they provide a similar service.

Disposal

If the manufacturer is unable to accept them, you can put old filters:

in your rubbish bin

in the non-recyclable container at any Suffolk Recycling Centre

Watering cans

For advice on hard plastic watering cans, see "Hard Plastics"

For advice on metal watering cans, see "Metals"

Wet wipes

Disposal

Baby wipes, cosmetics, bathroom cleaning wipes and moist toilet tissues are not recyclable and not flushable, even though some labels say they are!

You should always put them in your general rubbish bin.

How you dispose of the wet wipe packaging depends on the type of material it is: You cannot recycle combined material packaging (such as plastic and metal, or soft plastic and hard plastic). It needs to go in your general rubbish bin, unless you can separate out the materials.

You can recycle hard plastic packaging at any Suffolk Recycling Centre in the rigid plastic container.

Wood (timber, fence panel and posts, natural corks)

Recycle

You can take wood, items made from wood and natural corks to any Suffolk Recycling Centre and place in the wood container.

Wooden sleepers of any style (e.g. reclaimed sleepers or sleepers bought at any store typically for garden use) are not accepted at any Suffolk Recycling Centre. Please see Railway sleepers on A to Z for more information on this.

Wool clothing

Reduce

Before thinking about reuse, recycling or disposal options for your woollens, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

Donate wool or woollen garments in good condition to charity shops.

Recycle

Take any wool garments to:

a textiles or clothing bank

any Suffolk Recycling Centre for recycling

Home compost

You can compost clothing made from 100% wool at home. You may want to cut off any labels as these will be made from man-made materials. If you cut the garment up into small pieces it will compost much quicker.

Wormery

A wormery is a container that you can keep inside or outside. It contains special worms that eat your left-over food waste. The worms produce a rich compost and liquid fertiliser.

You can buy a reduced price wormery. (<https://getcomposting.com/>)

Alternatively you can make your own wormery: a basic wormery for under £5 or a more advanced tier system wormery.

See "compost bin" (or check out our home composting page)

Wrapping paper

Reduce

Think about buying an 'experience' present rather than a gift.

Re-use

Why not try an alternative wrapping paper? For some ideas, see 12 alternatives to wrapping paper. (<https://www.buzzfeed.com/scotchbrand/alternatives-to-wrapping-paper-that-are-actually-gorgeous>)

Recycle

You can only recycle paper-based wrapping paper (you cannot recycle glittery or foil types). Please remove any tapes, ribbons and bows before recycling.

To check if your wrapping paper is recyclable, try the scrunch test! Scrunch up the paper into a ball. If it scrunches, and stays scrunched, it can be recycled. Watch this handy video to find out more! (<https://www.youtube.com/watch?v=8PBps0ccvXc>)

in the household recycling bin

at any Suffolk Recycling Centre in the paper container

A to Z of recycling – Y

Yogurt Pots

Recycle

Yogurt pots can be put into your Household Recycling bin

Can also be recycled in the rigid plastic container at any Suffolk Recycling Centre

A to Z of recycling – Z

Zips

Reduce

Before thinking about reuse, recycling or disposal options for your zip, have you considered whether it could be repaired?

There are several repair cafes and groups in Suffolk who offer free help to local communities. Please visit this page to find out more.

Re-use

If the zipper is separate but still working, you can use it to replace broken zips on other garments.

Recycle

Household Waste Recycling Centre If the zip is detached and no longer working, you can recycle in the metal container at any Suffolk Recycling Centre.

Recycling bring bank If the zip is still attached to the item (such as clothing, bag or pillowcase) but the item is unusable, then recycle the whole item in any textiles or clothing bank or at any Suffolk Recycling Centre.