

# Recycling made EASY!

Recycling within NHS Grampian sites is actually easier than doing it at home - and it helps us save money on disposal costs. That means every item you recycle helps free up more funds for frontline services and patient care. Win-win!

## Here's what you **CAN** pop into our Mixed Recycling Bins:

### Paper and magazines

Things like newspapers, letters (make sure there are no confidential or private information), paper wrapping, labels, magazines and books, sweetie wrappers.

### Cardboard

Packaging and small boxes, take away food boxes (just make sure there's no food left overs), juice boxes and other Tetra-Pak drinks cartons (making sure there are no liquids left over).

### Cans and tins

Juice and drinks cans, food tins and trays (just make sure there's no food left overs), aluminium items and tin foil.

### Plastic bottles and packaging

Such as drinks bottles, plastic take-away food boxes (just make sure there's no food left overs), yoghurt pots, take-away coffee cup lids and other hard plastic.

### Soft plastics

Plastic bags and wrapping, like shopping bags, wrapping from sweeties and chocolate bars, bubble wrap etc.

### Food take away boxes

Like the cardboard boxes with plastic windows from NHS Catering outlets (just make sure there's no food left overs).

## Please **DON'T** put these in the Mixed Recycling Bins:

### Crisp packets

Often a combination of plastic and foil, so very difficult to recycle.

### Food waste

Recycling of this is only available in some staff areas.

### Paper towels

Can be recycled along with food waste, but not available in most public areas.

### Glass items

Cannot be placed into our Mixed Recycling Bins. If they break they could cover other items in shards of glass making them dangerous to be handled for processing.

### Aroma coffee cups

Not currently recyclable, but the lids can be recycled.

### Polystyrene

Some food take away boxes from outside of NHS Catering are made from polystyrene.

Any questions please contact: NHS Grampian Waste Management Officer [gram.scar@nhs.scot](mailto:gram.scar@nhs.scot)

Together we can reduce the carbon footprint of NHS Grampian