

the paper of all colors  
cardboard  
catalogs  
envelopes  
file folders  
magazines  
paperback books  
sticky notes  
spiral-bound notebooks  
telephone books  
plastic bottles and tubs  
rinsed cans  
scrap metal



and almost everything  
you use during a typical  
work day

**thebox\***

NO NEED TO  
REMOVE CLIPS,  
STAPLES OR TAPE!

**\* LEAVE IT OUT**

Disposable cups and plates  
Frozen food boxes  
Label backing sheets  
Paper towels, tissues and napkins  
Plastic bags  
Plastic lids  
Takeout containers

**Recycle glass separately.**

**503-234-3000**  
**[www.RecycleAtWork.com](http://www.RecycleAtWork.com)**



**Recycle at Work**  
*from Metro and your local governments*