



Make the most of your recycling services

July 2023

# Welcome

This guide is packed full of useful information that will help you make the most of your waste and recycling collection service.

Following the tips in this guide will make managing your waste easy and helps us divert waste from landfill.

In Fife we recycle approximately 44% of household waste. Thanks to your effort that is 000s of tonnes of waste being recycled and not going to landfill.

We aim to increase our recycling and composting rate to 70% and send less than 5% of our waste to landfill by 2025. We can't do this on our own. Your support is vital to ensure we all recycle for Fife

## For more information:

[www.fife.gov.uk/recycling](http://www.fife.gov.uk/recycling)

Tel: 03451 55 00 22

# Your recycling bins

## Grey Bin

Paper, Card and Cardboard

Collected every 4 weeks

## Green Bin

Plastics, Metals

Collected every 4 weeks

## Brown Bin

Food and Garden

Collected every 2 weeks and 4 weekly from Dec – Feb



To find your collection dates, check your bin calendar online at:  
[www.fife.gov.uk/bincalendar](http://www.fife.gov.uk/bincalendar)

## Collection day tips

### Do

- ✓ Put your bins out by 6am on the day of collection
- ✓ Ensure the correct bins are out on your collection day
- ✓ Ensure bin lids are closed

### Don't

- ✗ Leave waste at the side of your bins
- ✗ Put items in your recycling bins that are not accepted

Grey bin - Collected every 4 weeks

# Paper, Card and Cardboard



Yes

## Paper (clean & dry)

- ✓ Newspapers
- ✓ Magazines, catalogues and directories
- ✓ Junk mail
- ✓ Letters and envelopes (including windows)
- ✓ Office and shredded paper
- ✓ Paperback books - reuse by taking to a charity shop or book bank
- ✓ Glitter free wrapping paper

## Cardboard (flattened)

- ✓ Cardboard boxes - for example cereal detergent boxes and packaging
- ✓ Brown corrugated packaging
- ✓ Toilet and kitchen roll tubes
- ✓ Glitter free greetings cards

No

- ✗ Cartons (fruit juice, milk, soup & sauce)
- ✗ Tissues and napkins
- ✗ Padded envelopes
- ✗ Kitchen towels
- ✗ Cardboard contaminated with food
- ✗ Nappies



Green bin - Collected every 4 weeks

# Plastics and Metal



Plastic bottles, pots, tubs and trays, tins, cans and aerosols

Yes

## Metals (empty & rinsed)

- ✓ Food and drinks cans/tins
- ✓ Empty aerosols
- ✓ Foil (including trays)
- ✓ Chocolate and biscuit tins
- ✓ Metal lids

## Plastics (rinsed & squashed)

- ✓ Plastic bags, liners and cling-films
- ✓ Bubble wrap
- ✓ Food & drinks bottles
- ✓ Toiletry bottles
- ✓ Tablet and medicine bottles
- ✓ Pots, tubs and trays
- ✓ Lids and tops
- ✓ Yoghurt pots
- ✓ Cleaning product bottles
- ✓ Plastic wrappers
- ✓ Crisp packets
- ✓ Laminated food pouches e.g. baby food, express rice, pet food
- ✓ Disposable drier sheets (for tumble driers and also floors)
- ✓ Disposable duster refills

No

- ✗ Polystyrene
- ✗ Nappies
- ✗ Glass

Wash, squash and keep lids on plastic bottles. Place recycling into your bin loose, please don't bag it.



# Food & garden waste

All types of food waste - **cooked and uncooked** as well as garden waste



## Yes

### Food waste

- ✓ Dairy and eggshells
- ✓ Fish meat and bones
- ✓ Fruit and vegetables (and peelings)
- ✓ Bread and cakes
- ✓ Rice, pasta and pizza
- ✓ Tea bags and coffee grounds
- ✓ Pet foods
- ✓ Unpackaged out of date food

### Garden waste

- ✓ Flowers and plants
- ✓ Weeds and trimmings
- ✓ Grass cuttings
- ✓ Hedge clippings and prunings
- ✓ House plants and pot flowers
- ✓ Leaves
- ✓ Twigs and small branches

## No

- ✗ Liquids and oils
- ✗ Packaging
- ✗ Plastic bags or bin liners
- ✗ Foil or cling film
- ✗ Soil, turf or compost
- ✗ Timber
- ✗ Liquids e.g. oil, soup, yoghurt
- ✗ Rubble and stones
- ✗ Animal faeces & bedding
- ✗ Vacuum dust

### Food waste bag alternatives

Newspapers can be used to wrap your food waste

Food waste can be placed in your brown bin loose



# Non-recyclable waste

Now you have taken all the steps to recycle as much as possible, you will find that there's not much waste left for your blue bin.



### The types of waste disposed of in the blue bin include:

- ✓ Nappies
- ✓ Pet waste
- ✓ Vacuum dust
- ✓ Hygiene products
- ✓ Animal bedding
- ✓ Cold ashes
- ✓ Polystyrene
- ✓ Kitchen roll, serviettes and other items soiled with food

If you have space in your blue bin you can use this for other waste items that do not arise every day however, this waste can be taken to our Household Waste Recycling Centres or you can arrange for a Special Uplift.

## Bulky uplift service

### What is a bulky uplift?

We provide a bulky uplift service to collect large household items. This includes fridges, freezers, furniture and more. The service is limited to one bulky uplift per normal blue bin collection day.

### How can I book an uplift?

You can book a bulky uplift online at: [www.fife.gov.uk/bulkyuplift](http://www.fife.gov.uk/bulkyuplift) or by phoning 03451 55 00 22 (08.00 - 18.00 Monday to Friday).

### How much does it cost?

The service is free.

### Please check if your item can be reused before requesting a Bulky Uplift.

Furniture reuse organisations such as Furniture Plus or Castle Furniture will collect reusable furniture items free of charge from your house and prepare them for reuse. Charity shops also take a wide range of goods for reuse and you can pass on and collect items for free from some websites such as Revolve or Fife Freegle.

## Reducing your waste

Here are some simple tips to avoid creating waste. Not only will these reduce waste but they can also save you money:

- Buy products that can be re-used e.g. rechargeable batteries, re-usable bags, hot drinks cup and water bottle. It saves money to refill water and some coffee shops give a discount to customers bringing their own cups
- Choose products with less packaging – buy loose fruit and veg or items you regularly use in bigger sizes. Not only can this reduce waste but can also save money
- Borrow garden and household tools and equipment rather than buying. Tool libraries run by local organisations are cost effective ways to borrow equipment
- Take a packed lunch to work in a re-usable container rather than buying lunch in disposable packaging
- Choose real nappies over disposables
- Stop unwanted mail by contacting the Mail Preference Service to opt out at [www.mpsonline.org.uk](http://www.mpsonline.org.uk)
- Love your clothes – making simple repairs to clothes such as sewing on a button saves waste and is cheaper than replacing
- Consider switching toiletries such as shower gel and shampoo to soap and shampoo bars



Scotland throws away 600,000 tonnes of food and drink from our homes every year, most of which could have been eaten. This costs £720 for the average household, for hints and tips and recipes to help use up leftovers visit - [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

## Re-use

Every year in Scotland many potentially re-useable items are sent to landfill.

There are great re-use organisations in the region that offer alternative ways to dispose of your unwanted items. This helps your local community and reduces the volume and cost of waste sent to landfill.

Get more information on re-use at: [www.zerowastescotland.org.uk/topics/reuse](http://www.zerowastescotland.org.uk/topics/reuse)

## Why re-use?

- You'll benefit your local community and charitable organisations by supporting employment and volunteering opportunities
- You'll help to reduce the amount of items being sent to landfill and reduce the environmental impact of waste
- You'll save the council landfill disposal costs; money which can be spent in your community.

## Revolve

Revolve is Scotland's national re-use quality standard for shops that sell second hand goods. Visit [www.zerowastescotland.org.uk/revolve](http://www.zerowastescotland.org.uk/revolve) to find your nearest shop.



Furniture is a great example of what can be re-used

## Recycling Points

Fife has one of the largest networks of recycling facilities in Scotland located at supermarkets, car parks, community centres and leisure centres.

Find your nearest Recycling Point at [www.fife.gov.uk/recyclingpoints](http://www.fife.gov.uk/recyclingpoints)

Recycling Points are not designed for bulky household waste. Please ensure the recycling you bring can fit into the bin openings. Anything larger should be taken to a Household Waste Recycling Centre or a Special Uplift booked. Non-recyclable waste is not accepted at Recycling Points.



### Glass bottles and jars

- ✓ Mixed glass



### Textiles and clothing

- ✓ Clothes, towels, paired shoes, curtains and sheets



### Plastics and metals

- ✓ Plastic packaging such as bottles, pots, tubs and trays. Food and drinks cans
- See green bin list on page 4.



### Paper and cardboard

- ✓ Paper, cardboard, magazines.
- See grey bin list on page 3.

If you find your Recycling Point is full, please take your recycling to another point or Recycling Centre. Please don't leave recycling at the side of bins as this is fly tipping.

## Flytipping

If you find any flytipping in your local area you can report this easily online by visiting [www.fife.gov.uk/flytipping](http://www.fife.gov.uk/flytipping) and completing the online form.

## Your Household Waste Recycling Centres

We operate 11 Household Waste Recycling Centres throughout Fife that allow you to recycle a wide range of materials and bulkier items.

For a list of all centres, their opening times and what you can recycle at each site visit:

[www.fife.gov.uk/recyclingcentres](http://www.fife.gov.uk/recyclingcentres)

## You can recycle the following at our centres:

Books	Cans and plastic	Electrical equipment	Fluorescent tubes and light bulbs
Fridges and freezers	Glass bottles and jars	Metal	Batteries
Televisions and monitors	Garden waste	Paper and cardboard	Textiles
Wood	Soil and rubble	Vehicle oil	Tyres

## How to use your Household Waste Recycling Centre

- Always separate your recycling and waste before visiting the site
- Do not bring unsorted waste in bags as many items can be recycled at the site
- Do not put recyclable material in the landfill skip

