



Recycling Handbook For Bow Valley Households

IT'S NOT GARBAGE ANYMORE!

Browse these pages or use your computer's search tool to find information about recovering resources from your waste.

QUESTIONS?

Info@BVWaste.ca

403-673-2708

WHAT, HOW AND WHERE TO RECYCLE?

CARDBOARD

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Boxboard, e.g. shoe boxes, detergent boxes, other product boxes Corrugated cardboard boxes Pizza boxes (clean) Toilet paper and paper towel rolls Cardboard egg cartons and drink trays Cardboard fast food containers All food item boxes such as cereal, crackers, beer, pasta, etc.	Plasticized cardboard Waxy cardboard Non-beverage Tetra packs (e.g. soup, broth, etc.) Plastic liners



HOW TO PREPARE:

- Make sure it is clean and dry.
- Flatten boxes.
- Dispose of in a cardboard bin where available, otherwise a Mixed Paper bin.

WHERE:

BANFF

CANMORE

M.D. BIGHORN

LAKE LOUISE

MORE INFO:

- Cardboard and boxboard are recycled into new cardboard, boxboard, building paper and shingles.
- When markets are high cardboard can be one of the more valuable materials selling for over \$100/Tonne.

WHAT, HOW AND WHERE TO RECYCLE?

MIXED PAPER

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
<p>Newspaper and advertising inserts</p> <p>Can or jar labels</p> <p>Brown paper (Kraft or bags), File folders</p> <p>Pet food bags (no plastic liners)</p> <p>Paper white or colour with or without staples, Post-It™ notes</p> <p>Envelopes with or without window</p> <p>Soft cover and paperback books</p> <p>Photocopies, computer paper, fax paper, construction paper, etc.</p> <p>Shredded office paper</p> <p>Magazines, catalogues and phone books</p> <p>Glossy fax paper, flyers, brochures and receipts</p>	<p>Padded envelopes and bubble plastic envelopes</p> <p>Carbon paper</p> <p>Elastic bands</p> <p>Metal fasteners</p> <p>Paper clips</p> <p>Plastic liners</p> <p>Plasticized paper</p> <p>Food wrapping</p> <p>Cellophane</p>



HOW TO PREPARE:

- Make sure it is clean (not oil soaked) and dry.
- Place shredded paper in paper bags or **clear** plastic bags.
- Dispose of in Mixed Paper bin.

WHERE?

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LAKE LOUISE

More Info:

- Magazines are pulped and converted into new products such as building insulation, paper towels, and bathroom tissue.
- Mixed paper is recycled into boxboard, egg cartons, building paper and roofing material.
- Old newspaper is recycled into new newsprint, boxboard, insulation materials, and roofing shingles.

WHAT, HOW AND WHERE TO RECYCLE?

GLASS CONTAINERS: CLEAR AND COLOURED (Non- Beverage)

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
All glass food jars and bottles with or without labels All colours accepted	Window panes or windshields Ceramic materials Cookware and tableware Refundable containers Mirrors

Please **DO NOT** place glass containers in bins marked "Mixed Containers" since automatic sorting systems cannot separate glass from other materials. **DO NOT** place glass beverage containers in bins marked for glass containers. Please return these for the deposit and proper recycling at your Bottle Depot.

HOW TO PREPARE:

- Make sure they are clean & dry (paper labels OK).
- Lid off (e.g. if the lid is metal, dispose of in the Metal bin).
- Dispose of in Glass bin.



WHERE?

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MORE INFO:

- The glass collected in the Bow Valley is used locally at the Lafarge Canada Inc. plant in Exshaw where it is ground back into sand and used in their concrete production.

WHAT, HOW AND WHERE TO RECYCLE?

METAL FOOD CANS

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Cans with or without labels with lid in and pressed shut	Metal fasteners and paper clips
Aluminum foil, plates, pans (clean, no stuck-on food)	Hangers
Aerosol cans (well drained)	Chip bags and other plastic aluminum bags
Fruit cups	Batteries
Metal lids	Toxic product metal containers (paint, thinner, etc.)
Empty dried-out paint cans are okay	Propane Tanks

HOW TO PREPARE:

- Make sure they are clean & dry (paper labels OK).
- Lid pushed in and pressed shut.
- Dispose of in Metal bin where available, otherwise Mixed Containers.

WHERE?

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MORE INFO:

- Metal food cans may be recycled into rebar, car parts and new food cans.
- Aluminum foil must be clean – not stuck-on food.
- Gas stove canisters and BBQ tanks are pressurized and dangerous for recycling workers and must be disposed of properly as a hazardous material.



WHAT, HOW AND WHERE TO RECYCLE?

PLASTICS – HARD PLASTIC #1 TO #7

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Bottles (ketchup, mayonnaise, mustard, etc.)	Polystyrene (plastic foam) (mushroom trays, meat trays, etc.)
Food Jars Bottles and Tubs (ketchup, mayonnaise, condiments, peanut butter, etc.)	Plastic bags are accepted at the grocery stores only
Food containers (margarine, ice cream, yogurt, etc.)	Soft plastic with triangle and number (Mobius Loop)
Hard Plastic egg cartons	Toxic product plastic containers
Any hard plastic with triangle (#1 to #7) that you are able to clean	Plastic containers without a triangle (Mobius Loop)
Cleaner containers (window cleaner, all purpose cleaner, etc.)	Plastic liners, plastic film, plastic wrap, food wrappers
Cosmetic containers (shampoo, conditioner, hand cream, etc.)	Single serving condiment containers (jam, peanut butter, mayonnaise, etc.)

HOW TO PREPARE:

- Make sure they are clean & dry (paper labels OK).
- Lids off and can be contained inside a sealable, recyclable plastic container so they do not scatter.
- Dispose of in Plastics bin where available, otherwise Mixed Containers.

WHERE?

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MORE INFO:

These plastics are recycled into many products including plastic lumber, carpet, various containers, and vehicle curbs.

1. PETE (polyethylene terephthalate)
4. LDPE (low density polyethylene)
7. OTHER

2. HDPE (high density polyethylene)
5. PP (polypropylene)

3. PVC (polyvinyl chloride)
6. PS (polystyrene)

WHAT, HOW AND WHERE TO RECYCLE?

PLASTICS THAT ARE NOT ACCEPTABLE FOR RECYCLING IN MUNICIPAL DEPOTS

STYROFOAM

Styrofoam (polystyrene plastic) is widely used for packing material, either in block form or individual peanut-shaped pieces. It is also used as the tray part of the packing used for foodstuffs in supermarkets. It is also used for coffee cups, clamshell containers and egg cartons. Styrofoam is *not recycled* by municipalities in the Bow Valley. Commercial recycling services may handle this material.

SOFT PLASTIC

Plastic bags, pouches shrink wrap are made of thin, flexible, plastic film. Single use plastic bags create a litter and waste management issue and are also a waste of resources. They are *not accepted* in Bow Valley municipal collection programs. Commercial recycling services may handle this material.

Some grocery stores in Banff and Canmore accept **their** plastic bags for recycling. Durable, reusable bags are, however, a more environmentally friendly option. They can be washed and reused over and over again.

LARGE RIGID PLASTIC

Large rigid plastics include such things as pipe, lawn furniture and toys. These large rigid plastic items are currently not being collected and recycled in the Bow Valley. They can be taken to the Francis Cooke Landfill for disposal.

WHAT, HOW AND WHERE TO RECYCLE?

REFUNDABLES

READY-TO-DRINK CONTAINERS

Polycoat containers (juice boxes, milk, cream, rice and soya cartons, etc.)
Plastic drink bottles (water, juice, soft drink, etc.)
Plastic jugs and bottles (clear, coloured and opaque plastic drink containers)
Aluminum cans (soft drink, juice, “energy” drink, beer, etc.)
Bag-in-a-box (wine)
Juice pouches and poly cups
Glass bottles (wine, juice, soft drink, beer, etc.)
Bi-metal cans (tomato juice, apple juice, coconut milk, etc.)

NO soup broth, coffee to-go box or any other containers if you haven't paid a deposit.

How:

- Make sure they are rinsed clean.
- Lids and tabs on.
- Bring them to the bottle depot or give them to charities.

WHERE:

[BANFF BOTTLE DEPOT](#)

101 Eagle Crescent (Industrial Compound)
403-762-2588
Open Tuesday to Saturday
9:00 am to 4:00 pm

[CANMORE BOTTLE DEPOT](#)

103 Boulder Crescent
403-678-5099
Open Tuesday to Saturday
9:30 am to 4:30 pm



WHAT, HOW AND WHERE TO RECYCLE?

MORE REFUNDABLES INFORMATION

In Alberta, all ready-to-drink beverage containers sold, including milk containers, are returnable for a refund. Deposits range from 10 cents to 25 cents (greater than 1litre). For more information visit the [Alberta Beverage Container Recycling Corporation](#).

- Aluminum cans are melted down and made into new aluminum products.
- Glass containers are crushed and ground back into sand or glass spheres, which can be mixed with paint and used to make road lines reflective.
- Coloured glass is made into fibreglass insulation used in homes and buildings.
- Glass can also be crushed and mixed with gravel or asphalt products.
- Some plastic containers are recycled into new bottles, buckets, pails and fleece jackets.
- Polycoat containers can be processed and used in gypsum wallboard, roofing paper and boxes.
- Bi-metal cans are typically made of steel, which can be melted down and made into rebar and car parts.
- Drink pouches are processed to remove the plastic, which is used to make park benches and bins.
- Milk cartons are recycled into corrugated cardboard, tissue paper, napkins and bathroom tissue.
- Milk jugs are recycled into new products such as drainage pipes, flower pots and plastic containers.

WHAT, HOW AND WHERE TO RECYCLE?

FOOD WASTE

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Raw or cooked vegetables and fruits, leftover and plate scrapings	Meat
Vegetable and fruit pits, peelings, rinds, tops, cores and husks	Bones
Grains such as rice, bread, cereal, pasta, tortillas, pies, pastries	Liquids
Coffee grounds and paper filters	Plastic bags, Plastic labels
Tea bags and leaves	Straws
Eggshells, cheese & wax protecting the cheese	Twist ties, Elastic bands, stickers
Paper soiled with food	Foil wrappers
Wooden popsicle, stir sticks and chopsticks	NO yard waste

NOT SURE? Click for a [Detailed List](#).

HOW TO PREPARE:

- You can use any kind of containers for your food waste.
- Dispose in neighbourhood [“white” bins](#). If you feel you must use bags make sure you are using a bag approved by the Town of Banff **OR** make sure you place the emptied bag in the garbage.

WHERE?

BANFF ONLY

WHAT HAPPENS TO IT?

- The organics are transported to Banff’s Waste Water and Biosolids Treatment Facility where they are processed to facilitate making a useful product that can be returned to the land. Keeping plastic out of the organics stream is essential to avoid litter, fouling machinery and producing a high quality product suitable for sale.

WHAT, HOW AND WHERE TO RECYCLE?

ELECTRONICS

RECYCLABLE	
Computers - desktop and laptops	Monitors, keyboard, mouse, printers, cables and speakers
Televisions and radios	DVD, CD and Blu-ray players
Microwave and small appliances (toaster oven, toaster, hair dryer, etc.)	Cell phones and accessories

HOW TO PREPARE:

- No specific preparation required
- Bring them to the electronics collection point

WHERE?

BANFF: OPERATIONS COMPOUND

CANMORE BOULDER CRESCENT RECYCLING DEPOT

Cell phones can be recycled at retail outlets that participate in the industry [Recycle My Cell](#) program.

WHAT HAPPENS TO IT?

- As a general rule, if you can plug it in, the depots will take it. Electronic waste can contain heavy metals such as lead, mercury, and cadmium as well as other harmful substances. These items are collected as part of the [certified electronics recycling program](#) in Alberta. Fees are charged when purchasing new electronic items to help offset the recycling costs. Electronic waste contains a number of valuable materials that can be broken down and reused. Wires, cables and circuits contain steel, aluminum and copper metals. Glass from computer monitors and television screens can be crushed and reused. Keyboards, computer cases and mice contain plastic that can also be recycled into new products.

WHAT, HOW AND WHERE TO RECYCLE?

LARGE ITEMS & APPLIANCES

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Washers and Dryers	Mattresses
Dishwashers	Box springs
Hot water heaters	Sofas/couches and loveseats
Stoves	Furniture (non-metal)
Furnaces	Luggage
Fridges and Freezer	
Metal and wood furniture	
Bicycles	



How:

- Curb-side collection is free of charge however you must schedule a pick-up with your municipality.
- Follow your municipality's instructions.
- Remember to empty your fridge and freezer prior to collection or delivery to a disposal site.
- It desired these items may be brought directly to Francis Cooke Regional Class III Landfill. Disposal fees are charged.

WHERE:

[BANFF](#)

[CANMORE](#)

FRANCIS COOKE REGIONAL CLASS III LANDFILL

MORE INFO:

- Appliances are transformed into steel products such as rebar using only one-quarter of the energy it would take to make it from iron ore.

WHAT, HOW AND WHERE TO RECYCLE?

BATTERIES ELECTRONICS

AUTOMOTIVE BATTERIES

HOW TO PREPARE:

- Place automotive batteries inside the containers provided at the Depot.
- Handle with care - often old batteries leak, causing acid burns.
- Leaking batteries can be sealed in plastic or placed inside a 5 gallon pail.

WHERE?

[BANFF](#)

[CANMORE](#)

WHAT HAPPENS TO IT?

- The plastic casing from automotive batteries becomes new plastic casing. The lead cells become new lead cells. The acid is reused in the production of polystyrene.



SINGLE-USE HOUSEHOLD BATTERIES / RECHARGEABLE BATTERIES

These dry cell batteries may be placed in the designated collection container at Canmore's Boulder Crescent recycling depot for safe disposal or brought to a hazardous waste round-up event in your community. They contain potentially harmful chemicals and should not be disposed of in normal household waste.

HOW TO PREPARE: Place in the proper containers at the Depot.

WHERE?

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WHAT HAPPENS TO IT?

- Reusable material from rechargeable batteries includes nickel, iron, lead and cobalt. Some of these metals are used to make new batteries and stainless steel.

WHAT, HOW AND WHERE TO RECYCLE?

FLUORESCENT LIGHT TUBES AND BULBS

RECYCLABLE

Fluorescent tubes

Compact fluorescent bulbs

HOW TO PREPARE:

Fluorescent bulbs may contain toxic materials such as mercury and so care should be taken not to break them.

- No specific preparation required.
- Dispose of them at the fluorescent tubes and light bulbs collection point.

WHERE?

BANFF OPERATIONS COMPOUND

CANMORE BOULDER CRESCENT DEPOT

WHAT HAPPENS TO IT?

- The mercury is recovered from fluorescent bulbs.
- The glass bulb, the aluminum end caps and phosphor powder is also separated and reused or recycled.



WHAT, HOW AND WHERE TO RECYCLE?

HOUSEHOLD HAZARDOUS WASTE – TOXIC ROUND UP AND PAINT EXCHANGE

There are four round ups per year throughout the Bow Valley as part of Alberta's Household Hazardous Waste - Toxic Round Up and Paint Exchange Program. Household Hazardous Waste consists of solid or liquid materials and their containers. These materials are flammable, corrosive, explosive or toxic. These potentially hazardous products should not be disposed of in landfills or sewage systems. Commercial operations or institutions

HAZARDOUS PRODUCTS

Aerosols
Batteries
Electronics
Paint, varnish, lacquer, etc.
Pesticides and Herbicides
Poison
Small camp stove propane cylinders
Solvents and Cleaners

HOW TO PREPARE:

- No specific preparation required.
- Bring them to the specific location (see below).

WHERE

[BANFF](#)

[CANMORE](#)

[M.D. BIGHORN](#)

WHAT HAPPENS TO IT?

- Latex paint is recycled into new paint products. Oil based paints may be blended into fuel oil. Toxic materials are disposed of at a licensed hazardous waste disposal facility.

WHAT, HOW AND WHERE TO RECYCLE?

SCRUB AND BRUSH

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Small trees	Plastic bags
Branches	Scrap wood
Stumps	Food



HOW TO PREPARE:

- No plastic bags.
- No scrap lumber.
- No food (i.e. pumpkins).

WHERE?

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FRANCIS COOKE CLASS III LANDFILL

WHAT HAPPENS TO IT?

- Scrub and brush is taken to the Francis Cooke Landfill where it is chipped and used for landscape mulch and or used in mixing top soil blends.

WHAT, HOW AND WHERE TO RECYCLE?

LEAVES AND GRASS

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Leaves	Plastic bags
Grass	Scrap wood
Other soft tissue plants	Food
	Animal waste

HOW TO PREPARE:

- **No bags.** Empty bags into the bins or onto the pile and recycle bags if possible. Using refillable containers such as plastic bins or tubs is recommended.
- No scrap wood.
- No food (i.e. pumpkins).

WHERE? **BANFF** **CANMORE** **M.D. BIGHORN** **FRANCIS COOKE CLASS III LANDFILL**

WHAT HAPPENS TO IT?

- The leaves and grass are taken to the Francis Cooke Landfill where it is composted and blended with other materials to make soil for commercial landscaping needs.

WHAT, HOW AND WHERE TO RECYCLE?

SCRAP METAL

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Vehicle wheel rims Washers and dryers Hot water heaters Stoves Furnaces Fridges and freezers Metal buckets (empty and dry) Any kind of metal object	Tires Metal containers not empty



HOW TO PREPARE:

- Fridges and freezers.
- There may be a small fee for freon removal.

WHERE?

BANFF

CANMORE

FRANCIS COOKE CLASS III LANDFILL

WHAT HAPPENS TO IT?

- The metal is transformed into rough steel products such as rebar using only one-quarter of the energy it would take to make it from iron ore.

WHAT, HOW AND WHERE TO RECYCLE?

AUTOMOTIVE TIRES

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Passenger Car Tires Truck Tires *Bicycle tires	Tubes



*Bicycle tires are only collected at the Boulder Crescent recycling depot in Canmore.

HOW TO PREPARE:

- Rims must be removed.
- Tires with rims on can be taken to Francis Cooke Landfill for recycling but there is a small charge for rim removal.

WHERE?

BANFF

FRANCIS COOKE CLASS III LANDFILL

Tires are collected as part of the [Alberta Tire Recycling](#) program.

- Used tires are shredded and separated into their various component materials.
- The shredded rubber goes through another process to produce rubber crumb, which can be shaped and formed into many different products. It can be made into roofing tiles and building products, playground surfaces, landscaping tiles, livestock mattresses and mats, and rubber-asphalt roads.

WHAT, HOW AND WHERE TO RECYCLE?

USED OIL, ANTIFREEZE, CONTAINERS AND FILTERS

RECYCLABLE	NON-RECYCLABLE / NOT ACCEPTED
Used Crankcase Oil	

HOW TO PREPARE:

- Follow the directions at the drop-off station

WHERE?

CANMORE BOULDER CRESCENT RECYCLING DEPOT

AUTOMOTIVE SERVICE SHOPS

WHAT HAPPENS TO IT?

Antifreeze is recycled into new antifreeze. The used oil is cleaned and made into new oil. The used oil containers are cleaned and recycled into new plastic products. Used oil filters are recycled into metal products such as rebar, wire or nails.