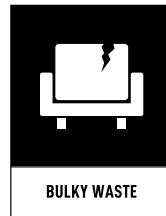


# 101



## Q&A's on waste sorting and recycling





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# 101

Q&A's on waste  
sorting and recycling

**Your waste is not rubbish. Properly sorted, your waste is a resource that can be recycled and turned into new products or energy. In this guide, we have collected 101 questions and answers about recycling – everything you need to know to recycle properly, so your waste can be disposed of safely for both people and the environment. Every time you recycle, you contribute to a more sustainable Sweden.**

## **Why should I sort my waste?**

Everyone wins when we recycle. Sorting your waste saves energy, carbon dioxide emissions and natural resources. Our planet does not have unlimited resources, and resource management is important to achieve sustainable development. A large part of the material used in products can be recycled and become new products. Some products also contain hazardous substances. For example, plastics contain microfibers that are toxic to our ecosystem. By dealing with them in a good and safe way, we protect people, animals and nature.

## **Is sorting of waste required by law?**

Yes. In order for the entire recycling system to work, it is important that households sort their waste. Therefore, it is regulated by law. Households, i.e. all residents, are obliged to sort recyclable packaging (plastic, paper, glass and metal), electrical waste, batteries and bulky waste and deliver this waste to the existing collection systems. Starting in 2024, households will also be required to sort food waste.

## **How do I sort my waste if I live in an apartment?**

Contact your property owner or tenant-owner association to find out what applies to you. You can also leave packaging at the recycling stations in the municipality.

## **How do I sort my waste if I live in a single-family home?**

Single-family homes sort their household waste and food waste into separate bins. Packaging is left at the nearest recycling station and other waste at the recycling centre.

## **What should I do if I am unsure about a material?**

Often the packaging states how it should be sorted; start by checking if there is a symbol or a printed sorting indication. You can also search for the product at [sopor.nu](https://www.sopor.nu)

### **Do I have to rinse out the packaging when sorting?**

You don't have to rinse it out thoroughly – but you should always scrape out leftover food before sorting the packaging. Sort the leftovers in the green bag for food waste.

### **How do I sort packaging made of several different materials?**

If the packaging consists of more than one material, separate them if possible. A glass jar with a metal lid is easy to separate, while the pump of a spray is usually difficult to disassemble. In that case, leave it in place.

### **Is it environmentally justifiable to transport waste for recycling at recycling stations and recycling centres?**

Yes. The environmental burden of additional transport is justified by the significant environmental benefits achieved. Of course, it is best if you compact your waste as much as possible to reduce transport. Pack smaller paper packages in larger ones, and they will take up less space both under the sink and at the recycling station. An empty milk carton holds at least five folded cartons.

### **What is the difference between a recycling station and a recycling centre?**

At a recycling station, you can only leave newspapers and packaging. At a recycling centre, you can leave, for example, metal, white goods, bulky waste, garden waste, and even hazardous waste. Recycling centres are also staffed, unlike recycling stations.

**HERE'S HOW TO SORT!**



## WHY SHOULD I SEPARATE MY FOOD WASTE?

Households account for the majority of food waste in Sweden. Around one million tonnes of food waste is thrown away each year. That's about 95 kilograms per person. To reduce food waste, we must properly handle the food we buy, all food at home that is left over and that we cannot eat (e.g. banana peels, coffee grounds and shrimp shells) must be sorted and discarded in approved food waste bags. When we sort food waste, we can utilize both the energy and the valuable nutrients contained in food waste, which is converted into biogas and biofertilizer. The biogas is then used as fuel for bin lorries, buses and cars instead of petrol and diesel. It reduces emissions of nitrogen oxides and other harmful particles into the air.



### **What counts as food waste?**

Food waste includes both raw and cooked food scraps, such as: meat and bones, cheese, pasta, rice, fruits and vegetables – including shells and kernels, breads and baked goods, fish and shellfish – including bones, eggshells, tea leaves and coffee grounds. You can also put small amounts of used paper towels in the food waste bag.



### **What can I not put in the food waste bag?**

Examples of what is not counted as food waste: plastics – including bioplastics, metal, paper packaging, kitty litter and cage litter, garden waste, snuff pouches, cigarette butts, potted plants and soil.

## **DID YOU KNOW... THAT ONE BAG OF FOOD WASTE CAN BE CONVERTED TO BIOGAS THAT IS ENOUGH TO DRIVE 2.5 KILOMETRES?**

### **Can I use the paper bags for fruit and vegetables from the store for my food waste?**

No, only the food waste bag provided by the municipality is approved for disposing of food waste; this ensures the quality of the biofertilizer produced from the food waste.

### **Why doesn't the municipality offer cornstarch bags for food waste?**

Corn starch bags or bioplastic bags are not compostable in the digestion process used to recover food waste because they get stuck and can cause downtime.

### **What do I do if my food waste bag is leaking?**

If the bag is leaking – put it in another food waste bag. Note: Never put your food waste bag in a regular plastic bag. The plastic bag can get stuck in the bin lorry and cause damage, and it destroys the process of converting the food waste into biogas or biofertilizer. Remember to let wet waste drain off before putting it in a bag, so there is

less risk of the bag leaking. You can also put newsprint in the bottom of the brown container so the contents don't stick to the bottom.

### **What do I do when my food waste bags are used up?**

There are different ways to order new bags, depending on whether you live in an apartment or villa. If you live in an apartment and run out of food waste bags, contact your landlord or your tenant-owner association. If you live in a villa and have a food waste subscription, food waste bags will be delivered to your address twice a year – once in the spring and once in the autumn. If these aren't enough, you can order more on My Pages on the municipality website

### **What do I do if there is an odour from my food waste?**

The best tip is to change the bag often, especially during the summer, even if the bag is not full. Also, always use a bag holder that allows the bag to breathe. Keep food waste as dry as possible. Allow it to drain thoroughly in the sink before placing it in the bag. Tie the bag tightly so the food waste does not



fall out of the bag and make the container sticky. If the container is sticky, odours may occur that attract fly larvae. During September, the municipality washes your food waste container free of charge and also offers washing of residual waste against order during the same period.

### **Can I share a food waste bin with my neighbours?**

If you only have a small amount of food waste, you and your neighbours can share a brown bin. You will pay your own basic fee, but share the collection costs. You will still each receive a separate invoice. All households involved in sharing will receive the reduced basic fee.

### **What do I do if I want to compost my food waste?**

If you wish to compost, you must report this to the Building and Environment Office. This also applies if you want to compost using the Bokashi method. Composting should take place in an insulated, pest-protected composting bin. It should be placed in a location that prevents any inconvenience to nearby residents, that is, as far from your neighbour as possible and preferably in a shady place.

### **Where should I leave my food waste?**

Leave your food waste in the designated bin for food waste. If you

live in an apartment, contact your landlord or tenant-owner association about how food waste is collected in your building.

### **How is my food waste handled by the municipality?**

Your sorted food waste is transported for transshipment at SÖRAB's facility in Hagby, where it is inspected and classified and then transported to Uppsala Vatten's facility. There it goes through a digestion process to produce biogas that is used as fuel and nutrient-rich biofertilizer that is used for cultivation.





## WHY SHOULD I SEPARATE MY PLASTIC PACKAGING?

Separating and recycling a used plastic packaging item cuts its climate impact in half, compared to throwing it into the household waste and incinerating it. The more plastic packaging you separate and then recycle, the lower the emissions from incineration and the amount of fossil resources needed in the production of new plastic. A good tip if you are short on space at home is to press the soft plastic packaging together in a plastic bag.



### **What counts as plastic packaging?**

Plastic packaging includes both soft and hard plastics, styrofoam, bubble wrap, empty medicine blister packs, bottles, plastic lids, plastic tubs, fruit nets, trays, plastic tubes, bag-in-box bags, plastic refill bags, soap packaging and roll-on. If you are unsure if a package is plastic, please read the packaging.



### **What doesn't count as plastic packaging?**

Not all plastic is packaging. Get into the habit of asking yourself if it's packaging or not. For example, the following products are made of plastic but aren't packaging: sleds, laundry baskets, furniture, CDs, video cassettes, pots made of plastic, and more. These plastic products should be left as plastic at your recycling centre and not as plastic packaging. Check with the staff at your recycling centre if you are unsure.

## Where should I leave my plastic packaging?

Leave your plastic packaging at a recycling station, or if you live in an apartment building and have access to a recycling room or similar, you can leave your plastic packaging there. You can also drop off your plastic packaging at a mobile recycling centre.

## What happens to my sorted plastic packaging?

The plastic packaging is sorted by type at a sorting facility. Then the plastic is

pressed, ground, melted and recovered so it can be reused and made into new products. Not all plastic can be recycled yet, and some of the plastic is therefore turned into energy through incineration. It is important that we sort correctly at home; only plastic packaging belongs in the bin for plastic packaging, otherwise there is a great risk that the quality of the plastic will deteriorate and the plastic will be difficult to recycle.

**DID YOU KNOW...  
THAT FOR EVERY KILO OF PLASTIC  
RECYCLED, WE SAVE ONE LITRE OF OIL  
AND TWO KILOS OF CARBON DIOXIDE?**





## WHY SHOULD I SEPARATE METAL PACKAGING?

By recycling aluminium and steel, large amounts of energy are saved, compared to producing new raw materials. Both aluminium and steel can be recycled as many times as you like without any loss of quality.



### **What counts as metal packaging?**

Metal packaging includes, among other things, cans, empty spray cans (spray cans that are not empty are thrown away as hazardous waste), packaging, tubes, caps, lids, the foil on the crème fraiche tub, and more.



### **What doesn't count as metal packaging?**

Not all metal is packaging. This includes, for example, frying pans, scrap metal, plumbing parts, electronics, torch holders, tealight cups and wick holders, as well as paint and glue cans with leftover paint/glue.

If you are unsure whether a material is metal or not, try the following trick: Squeeze the package. If it stays crumpled, sort it as metal packaging; if it unfolds, sort it as plastic packaging.

**DID YOU KNOW...  
THAT A RECYCLED ALUMINIUM CAN  
SAVES AS MUCH ENERGY AS RUNNING  
YOUR COMPUTER FOR A DAY?**



**What do I do with metal waste that is not packaging?**

Deliver non-packaging metal objects to the recycling centre as bulky waste. Do not forget to remove the wick holder from the tealight cup, otherwise the cup will be separated as iron and the aluminium will burn up in the smelter. One tip is to collect all metal waste that is not packaging in a separate container and take it with you when you go to the recycling centre.

**Where should I leave my metal packaging?**

Leave your metal packaging at a recycling station, or if you live in an

apartment building and have access to a recycling room or similar, you can leave your metal packaging there. You can also drop off your metal packaging at a mobile recycling centre.

**What happens to my sorted metal packaging?**

Your old metal packaging becomes new packaging, rebar or engine parts. Nothing is too small to be recycled, even a bottle cap makes a difference.



## WHY SHOULD I SORT OUT NEWSPAPERS AND RECYCLED PAPER?

Carbon dioxide emissions are reduced by about 1.4 kilograms for every kilogram of newspapers we recycle. Energy consumption in paper production is much lower when the base is recovered fibre than when the fibre comes directly from felled forest.



### **What counts as newspaper and recycled paper?**

In recycling containers for newspapers and recycled paper, you can put newspapers, magazines, catalogues (mail order and travel catalogues), phonebooks, flyers, brochures, office paper, writing and drawing paper, and paperbacks.



### **What are not allowed the recycling bin for newspapers and recyclable paper?**

Paper that shouldn't be put in containers for newspapers includes, for instance envelopes and hard-cover books, which should instead be thrown away as residual waste, or in the case of padded envelopes, they should be thrown away as paper packaging. Paper packaging does not belong in containers for newspapers, but instead in the container for paper packaging.

## **Why can't I use the recycled paper as fuel to produce heat and electricity instead?**

It's a huge waste of resources to burn end-of-life paper products when you can benefit so much from them. Besides saving trees, energy consumption is about 50% lower when using recycled paper as raw material compared to raw materials from the forest. Therefore recycling paper is very beneficial.

## **Can you put ordinary writing paper in the newspaper recycling?**

Yes, it's fine to leave small amounts of ordinary writing paper in with the newspapers for recycling.

## **Where should I leave my newspapers for recycling?**

Newspapers and recyclable paper are left in recycling containers for

## **DID YOU KNOW... THAT A TONNE OF RECYCLED PAPER SAVES 14 TREES IN THE FOREST?**

newspapers and paper at a recycling station or in a marked container for newspaper collection. If you have access to a recycling room or similar and live in an apartment building, you can leave your newspapers and recyclable paper there.

## **Why shouldn't I put envelopes and post-it notes in the paper container?**

The glue is the main problem for envelopes. It doesn't dissolve in the treatment process at the paper mill, but clumps together. This results in poorer paper quality or, in the worst case, shredding. The same goes for Post-It notes. By putting the envelope and similar items in the bin bag, it can instead be used for energy recovery.





## WHY SHOULD I SORT OUT MY PAPER PACKAGING?

We should recycle paper because it saves our resources and the environment. Energy consumption and deforestation are reduced when we recycle our paper packaging, as pulp is extracted from timber from deforestation around the world. The fibres in the paper can be recycled up to seven times before they are worn out.



### **What counts as paper packaging?**

Paper packaging includes: corrugated cardboard, pasta packets, cereal packets, paper cups, milk packets, juice packets, toilet rolls, paper towel rolls, detergent cartons, wrapping paper, paper towels, egg cartons, tea cartons, shoeboxes, disposable paper plates, padded envelopes and paper bags. If a package consists of several materials – paper and plastic or aluminium, for example – read on the packaging how it should be sorted; often there is a symbol or sorting instructions. If there's no

symbol or instructions, separate the different components if possible. If this isn't possible, put it in the container for paper packaging anyway.



### **What doesn't count as paper packaging?**

Products that are not paper packaging include newspapers, magazines, brochures, office paper and envelopes.



**DID YOU KNOW...**  
**THAT THROUGH PAPER RECYCLING WE SAVE**  
**40% OF THE ENERGY CONSUMPTION THAT**  
**WOULD BE SPENT MAKING BRAND NEW PAPER?**

**Where should I leave my paper packaging?**

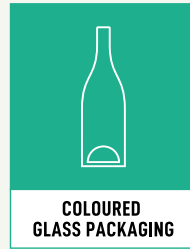
Paper packaging should be left at a recycling station, or if you live in apartment buildings and have access to a recycling room or similar, you can leave your paper packaging there in the paper packaging bin. You can also drop off your paper packaging at the mobile recycling centre. Remember to flatten the packaging to save space.



**What happens to my sorted paper packaging?**

The paper packaging is transported to a paper mill. There it is ground down into new pulp that's used for new cartons and new corrugated board. The fibres in the paper can be recycled up to seven times before they are worn out. We cut down on both wood and energy consumption when we recycle paper packaging.





## WHY SHOULD I SORT OUT MY GLASS PACKAGING?

When we recycle glass, we save on transport and the consumption of natural resources since, in Sweden, we import all the raw materials used in making glass. When recycled glass is melted into new glass, 20% less energy is used than if you start with new raw materials. Glass production with recycled glass also emits smaller amounts of carbon dioxide.



### **What counts as glass packaging?**

There are two types of glass packaging that should be sorted separately: coloured and uncoloured glass. Glass packaging includes: glass bottles and glass jars.



### **What doesn't count as glass packaging?**

Not all glass is packaging. Products not included in glass packaging include drinking glasses, glass vases, glass pitchers, glass coffee maker pots, glass mixers, mirrors, trinkets, glass lampshades, shattered window glass, light bulbs, glass bowls, earthenware, stone, porcelain, ceramics and fluorescent lamps.

## Why can't I put drinking glasses in the glass recycling?

Drinking glasses are of a different glass quality than glass packaging. If the glass qualities are mixed, the chances of recycling the glass deteriorate. Leave your drinking glasses at the municipal recycling centre.

## Where should I leave my glass packaging?

Leave your glass packaging at a recycling station. If you live in an apartment building and the designated container is in the property's recycling room, you can leave your glass packaging there. You can also

drop off your glass packaging at the mobile recycling centre. Coloured and uncoloured glass packaging must be left in different containers for recycling to work. Although the same vehicle picks up packaging from several different containers, it has separate compartments for coloured and uncoloured glass and, in some cases, even for other types of packaging. The different packaging is kept separate throughout the recycling process.

**DID YOU KNOW...  
THAT IT TAKES  
ABOUT ONE MILLION  
YEARS FOR GLASS  
TO DECOMPOSE?**





## WHY SHOULD I SORT OUT MY HAZARDOUS WASTE?

Hazardous waste is something that is harmful to humans, animals and our environment if left in the wrong place. It contains toxic substances and can cause serious harm to plants, animals and humans if released into the environment. It must therefore be sorted out and dealt with separately.



### **What counts as hazardous waste?**

Hazardous waste includes anything that can be toxic, carcinogenic, corrosive, environmentally hazardous, infectious, flammable or cause birth defects. In an ordinary household, this could include, for example, chemicals, paints, solvents and plant protection products. If the jar or bottle is marked with any of the symbols below, it should be left as hazardous waste for municipal collection, even if it is completely empty and dry. In other words, it should not be left at a recycling station for packaging.

### **Do nail polish and hairspray count as hazardous waste?**

Yes. Old nail polish and spray cans are hazardous waste and should be handed over for municipal collection, usually at a recycling station or recycling centre.

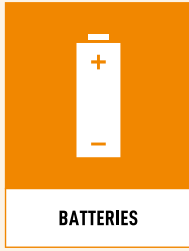
### **Where should I leave my hazardous waste?**

If you live in a single-family house, hazardous waste collection and electronic/electrical waste (e-waste) are included in your basic fee. For those who live in a single or multi-

family dwelling in Väsby, you must have a red box where you put your hazardous waste and small e-waste. When the box is full, you can order pick-up by logging in to My Pages. If you don't already have one, you can also order a red box on My Pages. You can also drop off your hazardous waste at the mobile recycling centre.

For those of you who live in apartment buildings, you can either leave your hazardous waste at a recycling centre or at the mobile recycling centre. If there is a designated container for hazardous waste in the property's recycling room, you can also leave your hazardous waste there.





## WHY SHOULD I SORT OUT MY E-WASTE?

Electronics contain a variety of precious metals and materials that can be used for new products after disposal. Extracting precious metals is both energy and resource-intensive. A functioning recycling system saves on both natural resources and energy, compared to when new material is used.



### **What counts as e-waste?**

E-waste includes all products with a cord or battery, as well as fluorescent light bulbs, energy-saving bulbs and incandescent bulbs. Many appliances and toys have built-in batteries. If you can't remove the batteries, leave the entire appliance/toy for e-waste collection. For example: vacuum cleaners, computers, small household appliances, Christmas tree lights, TVs, white goods and mobile phones.

### **Do car batteries count as e-waste?**

No. Used car batteries are counted as hazardous waste due to their content of lead and should be left at a recycling centre.

### **Where should I dispose of batteries?**

The easiest way to dispose of batteries is in a battery box, which is available at recycling stations. You can also leave them in a receptacle at a recycling centre. Some stores also have battery boxes, as do some recycling rooms in apartment buildings.



## **Where should I leave my e-waste?**

Leave your e-waste at a recycling centre in a container for electrical/electronic waste or at the mobile recycling centre. You can also leave your e-waste with stores that sell electrical/electronic products. You can hand over small e-waste (less than 25 cm) to all major retailers free of charge. Some recycling rooms also have a specific red box where you can leave small e-waste such as electric cords, chargers, mobile phones or flashlights.

## **What happens to e-waste once it's collected?**

When you put end-of-life electronics and batteries in containers for e-waste, it is taken care of and transported to one of the specialised recycling facilities to be dismantled. After dismantling and sorting, the environmentally hazardous components are taken care of, and the various components are processed into new raw materials or energy.



## WHY SHOULD I SORT OUT MY GARDEN WASTE?

When you leave your garden waste for recycling, the material is taken care of in the best way. Most of the garden waste is digested and becomes biogas, while the rest is composted and becomes soil. Branches and twigs are chipped and sold as fuel to heating plants with solid fuel boilers. You can also choose to compost your garden waste on your plot, as long as the compost is properly handled and well maintained.



### **What counts as garden waste?**

Garden waste includes branches, grass clippings, fallen fruit, Christmas trees, twigs, leaves and other plant parts that are collected from normal gardening.



### **What doesn't count as garden waste?**

The following are not counted as garden waste: felled trees and stumps, invasive plants, soil, rock, sand, food waste, whole torn up hedges with soil and roots, cat litter, shavings from animal cages, plastic bags, compostable bags such as cornstarch bags or bags made of bioplastic.





## **Invasive plants**

Invasive plants are foreign plant varieties that spread very quickly and negatively affect our ecosystems. All waste from invasive plants must be transported to the Hagby recycling centre, which receives invasive plants. You can read about the most common invasive plant varieties to watch for on the Swedish Environmental Protection Agency's website.

## **Where should I leave my garden waste?**

Leave your garden waste at a recycling centre. From April through November, you can also have your garden waste picked up at your property every two or four weeks when you schedule in advance. You schedule your pick-up via My Pages. There is also a service for individual garden waste pick-ups if, for example, you have a large amount of leaves you wish to have removed.

## **Can I throw fallen fruit in the garden waste?**

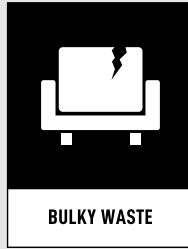
It's possible to leave fallen fruit as garden waste at a recycling centre or at the mobile recycling centre. If there are large quantities of fruit, we recommend using the municipality's special service for fallen fruit.

## **Why can't I leave felled trees at the recycling centre?**

Stumps, stems and roots require special handling to be able to degrade and these treatment options do not exist at Smedby.

## **Where should I leave soil that I don't want?**

You can leave potting soil and other soil at a recycling centre. Please note that if the soil contains or has contained invasive plants/species, you should talk to the staff at the recycling centre about where to leave it.



## WHY SHOULD I SORT OUT MY BULKY WASTE?

By collecting bulky waste, we can ensure that it is taken care of in an environmentally sound way and that the recyclable material is utilised. The bulky waste collected at the recycling centre is sorted in order to recover material or energy.



### **What counts as bulky waste?**

Bulky waste includes broken furniture, bathtubs, bicycle parts, toys, textiles or wooden planks. Please note that bulky waste may need to be sorted into additional categories, so read the signs when you arrive at the recycling centre.



### **What doesn't count as bulky waste?**

Bulky waste does not include hazardous and electronic waste, white goods, tyres, construction and demolition waste, car parts, garden waste, excavated materials or impregnated wood waste, such as sleepers.

### **Where do I leave from my appliances if they are not bulky waste?**

You can either drop off appliances at a recycling centre, or there are stores

that pick up your old appliance when you buy a new one.

## **Where do I leave old worn-out car tyres?**

When you buy new tyres, the seller is bound by producer responsibility to accept your old tyres. Private individuals can also leave tyres from a passenger car at the recycling centre (maximum 8 at a time). Tyres from lorries or tractors are not accepted at the recycling centre. Hand them over instead to the dealer or to Swedish Tyre Recycling.

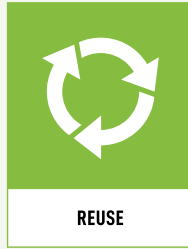
## **Where should I leave my bulky waste?**

Leave your bulky waste at a recycling centre, sorted for recycling in the

respective bin, such as wood waste, scrap metal or plastic waste. If you are unsure of what goes in the different containers, you are welcome to ask the staff at the recycling centre. Before you throw away your bulky waste, consider whether it's possible to give it away or sell it instead. If it's still intact and useful waste, you can hand it over to a second-hand shop or one of the many charities that receive things if they're still useful.

Do not leave your bulky waste at a recycling station for packaging and newspapers. They don't belong there, and every year much time and money is spent removing them.





## WHY REUSE PRODUCTS?

Reusing products is a way to extend the life of products before they are discarded. Examples of reusable products include furniture, clothes or toys that are no longer wanted in one household and can benefit another household. One way of reusing is to upcycle, to transform an object into something else of higher quality or value than the original, for example a fork that is upcycled into a piece of jewellery.



### **What kind of products can be reused?**

Almost everything can be reused. For example, clothes, books, fabrics, furniture, whole drinking glasses, ceramics, kitchen utensils, shoes and tools.



### **What kind of products can't be reused?**

Products that cannot be reused include: hazardous waste, tires with and without rims, fixed electronics, fillers, residual and food waste, white goods and refrigeration appliances.



## **Why should I leave things for reuse?**

What is waste to you can be treasure to someone else. When we give our things a second life, the need to make new things decreases. In this way, we save our resources and reduce the amount of waste.

## **Where should I leave my things for reuse?**

Upplands Väsby has several places where you can leave things for reuse, including at the municipal recycling centre and mobile recycling centre. Many stores and businesses that sell reused items often also accept them. Some places only accept a certain type of reused item, such as textiles, while there are

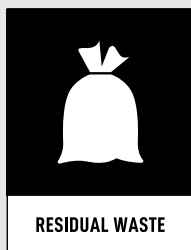
other places you can leave all kinds of things. On Upplands Väsby's website there is a list of places where you can leave things for reuse.

## **Why is it good to buy used products?**

Buying used products is both sustainable and cost-effective and it helps the environment.

## **Where can I buy used items?**

There are several stores where you can buy used things, there are also some pages on social media where you can get in touch with people looking to sell. On Upplands Väsby's website there is a list of places where you can find items for reuse.



## RESIDUAL WASTE?

Residual waste is the waste that remains after you have sorted out everything else, such as packaging, food waste, items for reuse, bulky waste, e-waste, hazardous waste and more. It's sometimes also referred to as household waste or combustible waste. Considering how much material that can be sorted and recycled, the amount of residual waste should be very small.



### **What counts as residual waste?**

Here are some examples: vacuum cleaner bags, dishcloths, toothbrushes, dish brushes, sanitary pads, tampons, tops, diapers, cat litter, potted plants, cage shavings, snuff, cigarettes, envelopes, pens, post-it notes, mouthguards and disposable gloves.



### **What is not considered residual waste?**

Residual waste does not include hazardous waste, pharmaceuticals, e-waste, batteries, newspapers, flyers, light bulbs, packaging and bulky waste.

## **Where should I leave my residual waste?**

Residual waste should only be left in the bins that are part of your home, property or business's rubbish removal service. Collect the residual waste in a bag, then tie it and throw it into the container intended for residual waste. By law, residual waste from households can only be collected by an approved contractor.

## **What happens to my residual waste?**

The residual waste is taken to SÖRAB, a waste management company, which then processes it in order to extract as many resources as possible. A majority of residual waste goes to incineration, but the residual waste that is burned is also a resource, as it is converted into energy at the CHP plant. Electricity and district heating thus come, in part, from your own residual waste.





## WHY SHOULD I SORT OUT MY CLOTHING AND TEXTILES?

By sorting out and handing in your textiles, you reduce the textile industry's negative environmental impact. Large amounts of water are required to produce clothes and textiles, and to bleach or dye textiles, chemicals are used that harm both people and the environment. Even if you grow tired of your curtains, outgrow your pants or stain a tablecloth, the textiles are still valuable.

### **Where should I leave my textiles?**

Leave your textiles in the textile bin at the recycling centre or in textile containers located near you, for example at a recycling station. You can also leave your textiles at any mobile recycling centre.

### **What happens to the textiles I leave?**

Textiles that are collected are sorted, and everything that is intact is sold in Sweden or sent abroad for sale. Any textiles that cannot be reused are repurposed as industrial rags, car interiors, insulation or recycled. Some organisations also work actively with various charity projects,

in addition to reselling textiles. For example, if you leave your clothes in one of Human Bridge's containers for textile collection, what you leave goes to people in need through various aid programmes, either in the form of clothing deliveries or in the form of income through sales to various aid projects, mainly in Africa, Eastern Europe and the Middle East.

### **What should I keep in mind when handing in clothes and textiles?**

Make sure the textiles are clean. Torn or frayed textiles can also be handed in, as anything that can't be reused is sorted out for recycling.







## WHY SHOULD I HAND IN MY LEFTOVER MEDICINES TO THE PHARMACY?

Medicines are classified as hazardous waste. Therefore, medicines should be handed in to the pharmacy and not flushed down the toilet or thrown into the household rubbish. Medicines may contain substances in higher concentrations that need to be taken care of appropriately. Flushing medicines down drains can contaminate our drinking water and groundwater, as our treatment plants are not designed to filter out pharmaceutical substances.

### **What happens to the medicines I hand in?**

When you return leftover medicine to a pharmacy, they are sent to facilities regulated by the Environmental Code. The medicines are burned so that the active ingredient residues become inactive, the flue gases are purified and the ash is deposited in an approved area.

the pharmacy's transparent bag when handing in leftover medicine. This facilitates further handling. However, cytostatics (cancer medicines) and mercury thermometers must be handed over to a recycling centre or the municipality's hazardous waste collection.

### **Where can I hand in my leftover medicine?**

All pharmacies accept leftover or expired medicine. Feel free to use



## WHY SHOULDN'T I POUR OIL AND FAT FROM COOKING DOWN THE DRAIN?

Grease and cooking oil can clog drainpipes when they are poured down the drain and solidify on the way to the treatment plant and lumps form in the pipes that can eventually clog them. Therefore, it is important to properly dispose of fat waste.

### **What is cooking fat and cooking oil?**

It can be oil that you use for cooking, such as olive, canola or other cooking oil. It can also be cooking fat, such as melted butter or coconut fat. The oil in which food is stored also counts as cooking oil, for example the oil that olives or pickled garlic cloves come in.

### **Where can I leave leftover cooking oil and fat?**

If it's a small amount, you can wipe up the oil with a paper towel and dispose of it with the residual waste.

If you have larger quantities, you can recycle the oil by using a funnel. Then pour the oil into a PET bottle and, when it is full, hand it in at your nearest recycling centre.



## CONSTRUCTION AND DEMOLITION WASTE?

Building materials include, for example: brick tiles, windows, doors, sinks, toilet seats and kitchen cabinets.



### **What counts as construction and demolition waste?**

Building materials include, for example: brick tiles, windows, doors, sinks, toilet seats and kitchen cabinets.



### **What doesn't count as construction and demolition waste?**

Hammers, saws, ladders, paint, wood oil and cardboard.

### **Where should I drop off my construction and demolition waste?**

Building materials that are intact and still useful can be left for reuse. If it's something that cannot be reused, you can dispose of it at the recycling centre. If you are a private individual, you can also order the collection of your construction and demolition waste in a big bag.

### **What should I keep in mind when dropping off construction and demolition waste?**

The waste from construction and demolition work should be sorted into at least six categories: wood, minerals, metal, glass, plastic and plaster. In addition to these categories, concrete, brick, clinker, ceramics, stone and hazardous waste are also sorted.

### **What happens to the construction waste after it is picked up?**

After collection, the waste is treated for extraction of new raw materials, for use in construction, or for energy recycling.



## WHY SHOULD I RECYCLE MY WHITE GOODS?

Appliances such as dishwashers, washing machines and stoves may contain environmentally hazardous substances, such as PCBs, which are removed during recycling. In addition, glass, metal and plastic are separated and recycled for use in new products.

### **Where should I leave white goods?**

Appliances such as refrigerators, freezers, washing machines and stoves that are intact and in working condition are dropped off for reuse. If the appliance is broken, leave it at the recycling centre. If you buy a new appliance, you can also order the removal of the old appliance.

### **What happens to broken appliances left at the recycling centre?**

They are taken care of by an authorized operator for dismantling, recycling and destruction of hazardous materials/substances. Most of the materials from which white goods are made can be recycled without any problem.

Sorting your waste  
is an easy way to  
make a big difference.  
You save energy,  
the earth's resources  
and you reduce  
emissions.

# 101

Q&A's on waste  
sorting and recycling

## **For more information**

If you need more information about a specific product,  
use the search function at [Sopor.nu](https://www.sopor.nu)

If you want to find your nearest recycling centre, search for it at [Väsbykartan](https://www.vasbykartan.se)



