



# NIH Environmental Management System

Take Action to Protect the Future



## NIH Recycling Mission

The NIH Recycling Program is committed to the delivery of effective, courteous, innovative, and responsive waste reduction and recycling services to the NIH main campus and all other locations. We serve to establish a supportive and informational role to coordinate recycling at all NIH installations in cooperation with local, state, and federal agencies. In addition, the program integrates the principles of recycling and waste reduction into all phases of daily activities and operations.

## The 4 R's of Recycling

- **Reduce:** Waste prevention, or "source reduction," means consuming and throwing away less. It is the most preferred method of waste management.
- **Reuse:** Reusing items -- by repairing them, donating them to charity and community groups, or selling them -- also reduces waste. Reusing products, when possible, is even better than recycling because the item does not need to be reprocessed before it can be used again.
- **Recycle:** Recycling turns materials that would otherwise become waste into valuable resources. In addition, it generates a host of environmental, financial, and social benefits.
- **Rebuy:** When we buy recycled products, we create an economic incentive for recyclable materials to be collected, manufactured, and marketed as new products. Green purchasing is now a federal requirement and encompasses many areas of federal purchasing.

## Did You Know....?

Many of the items you use everyday **must** be recycled. Disposal in the general trash is illegal in Montgomery County for the following items:

- Mixed paper
- Aluminum cans and foil
- Glass bottles and jars
- Narrow-neck plastic bottles
- Steel and tin cans
- Cardboard, tissue and paper towel boxes

## How to Recycle at NIH

For more information, please contact:  
Gareth Buckland  
Recycling Coordinator  
301-496-7990  
bucklandg@mail.nih.gov

[www.nems.nih.gov](http://www.nems.nih.gov)





## Materials Recycled at NIH

Many of the items used to perform daily activities at NIH can be recycled or reused. Here are guidelines to help you do your part in achieving the 4 R's.

<b>Recyclable Item</b>	<b>How to Recycle</b>
<b>Mixed Paper*</b> <i>White or colored paper, newspaper, magazines, scientific journals, hard and soft-back books, telephone books, 3-ring binders, self-stick notes, envelopes, and manila folders</i>	<b>Place in Mixed Paper bin</b>
<b>Aluminum Cans and Foil*</b>	<b>Place in Aluminum Cans bin</b> <i>Please rinse food/beverage containers before placing in recycling containers.</i>
<b>Glass bottles and jars*</b> <b>Narrow-Neck Plastic Bottles (#1 and #2)*</b> <b>Steel and Tin Cans*</b>	<b>Place in Glass / Plastic #1 and #2 / Steel Cans / Tin Can bin</b> <i>Please rinse food/beverage containers before placing in recycling containers.</i>
<b>Pipette Tip Racks and Plastic #5</b>	<b>Place in Polypropylene / Plastic #5 bin</b>
<b>Printer and Copier Toner Cartridges</b> <i>NIH Charities receives \$1 for each usable cartridge that is recycled</i>	<b>Place in Toner / Ink Jet Cartridge bin</b>
<b>Cardboard, Tissue and Paper Towel Boxes*</b>	<b>Flatten and place in corridor</b> <i>Do not include trash and packing materials</i>
<b>Lead-Acid and Rechargeable Batteries</b>	<b>Call 301-496-4710 for collection</b>
<b>Electronics</b> <i>Computers, monitors, laptops, keyboards, hard drives, and memory cards</i>	<b>Call 301-402-6279 for collection</b>

\* Recycling is mandatory in Montgomery County for these items

## Unacceptable for Recycling

Some items cannot be recycled. Do not place the following in a recycling bin:

- A recyclable item contaminated by food
- Infectious or radioactive materials
- Hazardous chemicals

## Recycling Containers

All recycling containers are identified by the blue and green NIH recycling logo and with information as to the specific material which can be recycled in the container. Call 301-402-6349 to request additional containers.

