

REDUCE REUSE RECYCLE



MAKE
THINGS
LAST



GIVE
CLOTHES
A SECOND
CHANCE



REPAIR
RENEW
REUSE



A



IN THE
CORRECT
BIN

REPURPOSE



STUDENT GUIDE



IF YOU CAN'T REDUCE
THEN REUSE

Reduce, Reuse, Recycle: A Student Guide

To use this guide, simply use the document search function to look up the name of your item to find how to recycle, or deal with it, responsibly. Visiting the index at the end will allow you to see more easily which items are listed within this A-Z.

This A-Z of reducing, reusing and recycling ties in with the objectives of our Circular Economy and Sustainable Resource Management Strategy 2024-2030, which promotes a new way of thinking about everything we buy and use. A circular economy is a system where materials never become waste and nature is regenerated. Through reusing and repairing products, rather than always buying new, we can keep products in circulation and stop them ending up in waste streams. Learn more about the circular economy and read the full strategy on the University's [Sustainability website](#). This A-Z links specifically to Objectives 2, 4 and 5 of the Strategy:

- **Objective 2:** Ensure that waste is considered a resource by all staff and students and managed accordingly.
- **Objective 4:** Prevent and minimise waste production wherever possible.
- **Objective 5:** Maximise reuse, recycling and composting in line with the waste hierarchy.

Things to note

- Any brands, shops, schemes and external sites referenced in this A-Z are not affiliated with the University¹. The purpose of this document is to provide you with the information to help you make informed decisions about what to do with your unwanted items. If you feel there are any items we have missed, you would like to provide feedback on this resource or you have further questions, please get in touch with us at sustainability@exeter.ac.uk.
- **Student Warp-It** is a reuse platform which aims to promote circular economy thinking amongst students and allows them to upload their unwanted items to an online platform for other students to claim for free. Find out more, including how to create account, on the [Sustainability website](#).
- If the **Gift it Reuse it** (GiRi) scheme is suggested as a reuse option for an item listed here, the ability to donate an item is subject to the opening of the GiRi shop. Keep an eye out on the [Sustainability Instagram page](#) and GiRi [webpage](#) for shop opening times. If you have broken items – anything from clothes to electrical items – bring them along to the University's new [Repair Café](#) and get them fixed for free.

¹ Other than Gift It Reuse It (a University run initiative) and Warp It and the British Heart Foundation, who are partners of the University.

The A-Z

A

Aerosols (e.g. air freshener cans, deodorant, body sprays)

- **Reduce** – seek non-aerosol alternatives, such as cardboard or aluminium roll-on deodorants, liquid spray deodorants or powder hairsprays. Such products also generally contain safer, more environmentally friendly ingredients.
- **Recycle** – aerosols (non-hazardous i.e. deodorant, hairspray, shaving foam, whipped cream) are accepted in the green recycling bins on campus and the equivalent bins in bin sheds at on-campus residences. If you are living off-campus, empty aerosol cans go in your green bin.

Airers

- **Repair** – if broken, consider ways to repair by searching on YouTube for relevant videos ('how to fix a broken ailer').
- **Reuse** – donate to the Gift it Reuse it scheme if in good condition.
- **Recycle** – if broken and not repairable, take to a recycling centre (such as Exton Road or Pinbrook Road) in Exeter and recycle according to material type.

Alarm clocks

- **Repair** – if broken, consider if it can be repaired before throwing it away.
- **Reuse** – if it is still working, donate to Gift it Reuse it or a charity shop.
- **Recycle** – See [Electrical equipment](#).

B

Bags (soft plastic)

- **Reduce** – invest in sturdy fabric bags for long term use, and if you must buy a bag, aim to buy a bag you can reuse, or choose paper over plastic where possible.
- **Recycle** – take soft plastics (e.g. bread bags or plastic carrier bags) to a local supermarket (e.g. Co-op or Sainsburys) for recycling. Check your local supermarket for a comprehensive list of which soft plastics they take. Find out more on the [Recycle Now](#) website.

Baking paper

- **Reduce** – consider reducing baking paper use by switching to silicone baking mats or reusable baking sheets.
- **Disposal** – dispose of as non-recyclable waste in a general waste bin.

Balloons

- **Reduce** - opt for sustainable alternatives to balloons, such as reusable fabric bunting or banners, to minimise environmental impact.
- **Reuse** - if balloons are used, consider creative ways to repurpose them after events. For example, deflated balloons can be used in art projects or as protective packaging material.
- **Disposal** - after use, deflate balloons completely and dispose of them in the general waste bin. Do not place balloons in recycling bins.

Batteries (Lithium-ion/Li-ion)

- **Reduce** - consider how products are powered when making a purchase.
- **Recycle** - lithium batteries are an environmental hazard and fire risk. Terminals **must** be taped over by the user prior to their removal. Return to the retailer, who has a responsibility to take them back for safe disposal.

Batteries (regular)

- **Reduce** - buy only what you need. Where possible, avoid buying battery-powered items over those that can be charged at the mains. If batteries are needed, consider investing in re-chargeable batteries over single-use ones. This will also save you money in the long run.
- **Recycle** - some on-campus residences have battery collection points in reception. Otherwise, regular single-use batteries can be recycled at many supermarkets including Tesco, Co-op and Morrisons in Exeter. Visit the [Recycle Now website](#) for more details on local battery recycling points.

Barbecue (BBQ) waste (charcoal and ash)

- **Reduce** - opt for natural, additive-free lump charcoal over those containing chemical additives, as it produces less ash and is more environmentally friendly. Additionally, consider using gas or electric grills to minimize charcoal waste.
- **Reuse** - unused or partially burned charcoal can be reused for your next barbecue session. Ensure the charcoal is completely extinguished and dry before storing it in a moisture-free environment. Additionally, ash from additive-free wood charcoal contains potash, which can serve as a fertilizer for certain plants. To find out more, visit lesswaste.org.uk.
- **Disposal** - Allow charcoal and ash to cool completely for at least 48 hours. Once cooled, wrap them in aluminum foil and place them in an outdoor bin. Avoid placing hot or warm charcoal into bins, as this can pose a fire hazard. For more information, go to barbequick.com.

Bed sheets

- **Repair** – if your bedsheets have holes in, they can be repaired with some easy sewing techniques that can be learned online, or even given a new look with some patchwork techniques. For small tears, you can use an iron-on patch or fabric adhesive to bond the edges together.
- **Reuse** – if in a clean and usable condition, donate to charity shops such as the British Heart Foundation. If they are unsuitable for donation, they can be cut up and used as cleaning rags.
- **Recycle** – if unusable, recycle with other textiles. See [Textiles](#).

Bicycles

- **Repair** – if your bike is broken, before donating or recycling it, consider seeing if it can be repaired with a local repair scheme. Find out more on the [Recycle Devon website](#).
- **Reuse** – donate to Ride On in Exeter (the bike can be in any condition). Find out more on [their website](#).
- **Recycle** – unwanted bikes are also accepted at most recycling centres, including Exton Road and Pinbrook Road recycling centres in Exeter.

Bicycle helmets

- **Repair** – if broken, consider ways to repair it by searching on YouTube for relevant videos ('how to fix a broken helmet'). If the helmet is significantly damaged, do not aim to reuse, as it may be unsafe and no longer fit for purpose.
- **Reuse** – donate to the [Gift it Reuse it](#) scheme if in good condition.
- **Recycle** – if broken and not repairable, take to a recycling centre (such as Exton Road or Pinbrook Road) in Exeter and recycle according to material type (usually plastic).

Biscuit packets

- **Recycle** – take these to a supermarket collection point to recycle with soft plastics. See locations where this item is accepted on the [Recycle Now website](#).

Blister packs (medicine)

- **Recycle** – see [Pill packets](#).

Books

- **Reduce** – use libraries or charity shops to obtain books. Look out for book swaps and books available for free in some on-campus residence receptions.
- **Reuse** – donate at British Heart Foundation [donation points](#) on campus. You can also donate to [Book Cycle](#) in Exeter, or Gift it Reuse it.
- **Recycle** – if unreadable, remove the cover, place this in the general waste bin and put the pages in a recycling bin.

Bras

- **Reuse** – there are a number of charities that take bras that are in good condition. On campus, you can use the British Heart Foundation [donation points](#).
 - You can also donate to Against Breast Cancer. Their bra recycling scheme takes your unwanted or unloved bras and raises vital funds for pioneering breast cancer research. Bra banks in Exeter are located at:
 - John Lewis, Sidwell Street.
 - St Davids Train Station.
 - De Bora, South Street.
 - Hidden Beauty Exeter, Tudor Street.
 - You can also post your bras to the charity. Find their address and more on the [Against Breast Cancer website](#).
- **Recycle** – See [Clothes](#).

Bread bags

- **Reduce** – try to buy bread that comes in paper packaging instead of plastic. (These paper bags can be recycled in a paper recycling bin, provided any plastic elements are removed).
- **Reuse** – consider keeping plastic bread bags that are clean and in good condition for use as sandwich bags for packed lunches (or for use as food waste caddy liners if living off-campus and your food waste is collected by [Exeter Council](#)).
- **Recycle** – take soft plastics (e.g. bread bags or plastic carrier bags) to a local supermarket (e.g. Co-op or Sainsburys) for recycling. Check your local supermarket for a comprehensive list of which soft plastics they take. Find out more on the [Recycle Now website](#).

Bubblewrap (plastic)

- **Reduce** – consider switching to paper alternatives for packaging delicate items (e.g. newspaper or brown paper).
- **Reuse** – aim to keep bubblewrap received in packages to reuse for future packaging needs.
- **Recycle** – bubblewrap is not accepted in on-campus recycling bins – take to a soft plastic recycling point in a local supermarket (e.g. Co-op or Sainsburys). Find out more on the [Recycle Now website](#). If you are living off campus, place in your green bin (pieces must be no smaller than a postcard).

Bulbs

- **Reduce** – purchase LED bulbs for lamps as they are more energy efficient and will last longer.
- **Recycle** – take to a recycling centre (such as Exton Road or Pinbrook Road) if the bulb is an energy efficient one, or to collection points such as the one located in John Lewis (on the high street).

Butter block packets

- **Reduce** – consider buying butter from places that use paper packaging such as Aldi supermarkets, which as of May 2024, have begun the introduction of fully paper butter packaging that can be recycled in a paper recycling bin.
- **Disposal** – if not paper, dispose of as non-recyclable waste in a general waste bin.

C

Cables

- **Reduce** – check Gift it Reuse it and [Warp It](#) for any surplus cables before buying new ones.
- **Reuse** – if working, donate to Gift it Reuse it or upload to [Warp It](#).
- **Recycle** – if broken, take to a recycling centre (Exton Road or Pinbrook Road) or a recycling point such as that located in John Lewis (on the high street). To find out where your nearest cable recycling point is, visit the [Recycle Your Electricals page](#) and enter your postcode.

Cameras

- **Recycle** – See [Electrical equipment](#).

Cans

- **Reuse** – See [Tins](#).
- **Recycle** – place empty and clean cans in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Candles

- **Reduce** – if you are living in on-campus student accommodations, candles are prohibited due to fire risk.
- **Reuse** – consider washing or scraping out any remaining wax carefully and turning the jar into a drinking glass or pen pot (depending on the size and shape).
- **Recycle** – you can recycle candles in the Guildhall recycling bin (outside Wilko in Exeter). If there is no wax remaining and the jar cannot be reused, it should be placed in the appropriate recycling bin (according to its material i.e. glass or plastic).

Camping gear

- **Reuse** – if your camping equipment (e.g. sleeping bag, rucksack or stove) is not broken or ripped, upload it to [Warp It](#) or take it to a charity shop.

- **Recycle** – Cotswold Outdoor (including the store in Exeter in Bishops Retail Park) runs a recycling scheme for camping gear. Find out what items they accept on their website [here](#).

Cardboard

- **Reuse** – consider carefully flattening or taking boxes apart to be reused for moving out at the end of the year, or for crafting activities. Explore examples of sustainable cardboard crafts on Pinterest [here](#).
- **Recycle** – remove all non-cardboard packaging (i.e. polystyrene inserts or plastic tape) and place in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Cartons (e.g. soup or juice cartons, Tetrapaks)

- **Recycle** – check the label. If cardboard or plastic, recycle accordingly. If you have TetraPaks and are living in UPP accommodation on campus, place in the recycling bins at your student residence. Otherwise, take Tetrapaks to a recycling bank. The nearest bank to campus is located behind Sidwell Street, in [Bampfylde Street car park](#). Find out more on the [Exeter Council website](#). (Select 'Cartons' from the drop-down menu and then click 'Show banks on map').

Cartridge and Toners

- **Reduce** – consider buying refillable cartridges for printers where possible.
- **Reuse** – if they are still usable/have ink left in them, donate to Gift it Reuse it or advertise on [Warp It](#) (please label them with the name of the printer they are for).
- **Recycle** – when empty, you can return them to the supplier or producer, who are legally required to take back old cartridges/toners for recycling. Ink cartridges can be taken to Ryman stationary stores, including the store in Exeter, which allows you to gain credit on your account. They do not have to be cartridges bought at Rymans. Find out more on [their website](#). You can also send your cartridges to [Recycle4Charity](#).

CDs and DVDs

- **Reduce** – only purchase what is needed and if buying DVDs is preferred, aim to buy them from charity shops in the first instance. Try renting a DVD instead of purchasing one. A DVD rental service is offered by [Cinema Paradiso](#).
- **Reuse** – donate to charity shops or Gift it Reuse it, or upload to [Warp It](#).
- **Recycle** – if they cannot be donated due to their condition, take them to a local recycling centre such as Exton Road or Pinbrook Road.

Cereal boxes

- **Reuse** – consider reusing the cardboard to make cards or home decorations (cover with plain or coloured paper and decorate). Explore examples of sustainable cardboard crafts on Pinterest [here](#).
- **Recycle** – See [Cardboard](#).

Cereal inner bags

- **Recycle** – See [Bags](#).

Cheese wrappers

- **Recycle** – See [Bags](#).

Chewing gum

- **Reduce** – try sustainable chewing gum alternatives. See more [here](#).
- **Disposal** – dispose of as non-recyclable waste in designated disposal areas. Do not litter on the street as you could be fined up to £100.

China (e.g. vases)

- **Repair** – if you have any broken ceramics such as a broken vase, consider adopting a repair technique such as Kintsugi. Find out more [here](#).
- **Reuse** – donate to charity shops or Gift it Reuse it, or upload to [Warp It](#).

Christmas/birthday cards

- See [Greeting cards](#).

Christmas trees (artificial)

- **Reduce** – if you are living on campus, artificial Christmas trees are not permitted in student residences. Consider more sustainable alternatives to plastic Christmas trees, such as [wooden](#) alternatives. See more sustainable Christmas decoration ideas on [Pinterest here](#).
- **Reuse** – if purchasing for the first time, check Gift it Reuse it, [Warp It](#) or eBay for second hand options before buying new. Donate to GiRi or upload to [Warp It](#) for other students to use if you no longer want your tree.
- **Disposal** – if unusable or broken, they should be taken apart where possible and put in a general waste bin as they cannot be recycled.

Cigarettes

- **Disposal** – dispose of safely in a cigarette bin to reduce fire risk. There are cigarette bins dotted around Exeter and on campus (outside certain on-campus residences and outside many academic buildings).

Cleaning products

- See [Household chemicals and cleaners](#).

Clingfilm

- **Reduce** – try switching to [reusable beeswax wraps](#) or [silicone dish covers](#) which will both save you money in the long run and reduce waste.
- **Recycle** – if clean, this can be placed in the recycling bins around campus or at student residences. If living off-campus, clingfilm should be taken to a supermarket along with other soft plastic recycling. Check your local supermarket for a comprehensive list of which soft plastics they take. Find out more on the [Recycle Now website](#).

Clothes

- **Reduce** – only buy what you need. Consider the impact on the environment when purchasing clothes, including what the product is made from and who the suppliers are. Try buying from brands that prioritise sustainability – you can use the [Good On You](#) website to compare different retailers' sustainability ratings. Always buy second-hand where possible. University of Exeter students get 10% off at the British Heart Foundation's charity shops with a valid student ID card.
- **Reuse** – all clean clothes (apart from items with University branding) can be donated to the British Heart Foundation via the red collection points around campus. You can find out where these are located on the Sustainability website [here](#). Clothing items which have University branding on can be donated to Gift it Reuse it or uploaded to [Warpllt](#).
- **Recycle/disposal** – if clothes are unwearable, recycle them at a textile recycling bank, such as Exton Road or Pinbrook Road.

Coffee bags (plastic)

- See [Bags](#).

Coffee cups (disposable)

- **Reduce** – always use a reusable coffee cup where possible. When 'drinking-in', always request that your drink is served in crockery rather than a disposable cup if you do not have your own cup. On campus there is a 40p charge for using a takeaway cup.
- **Recycle** – if off-campus and using a disposable coffee cup, take them to a coffee shop recycling point. Use the [Cup Recycling Scheme](#) website to find your nearest cup recycling point. For on campus, see below.
- **Disposal** – many coffee cups are difficult to recycle given their complicated make up of a combination of paper, cardboard and plastic. Coffee cups should

therefore be placed in the general waste bin on campus. As a university, we aim to encourage the use of reusable drinks cups wherever possible. Single use should always be second choice!

Coffee grounds

- **Recycle** – used coffee grounds can be useful fertiliser for growing plants or vegetables. Otherwise, put your used coffee grounds in a food waste bin.

Coffee pods

Examples: Nespresso pods, K-cup pods.

- **Reuse** – search on Pinterest for creative ways to reuse coffee pods and capsules.
- **Recycle** – use the [Podback](#) scheme to recycle used coffee pods. The closest drop off point to the University is on Union Road (at Saunders). Find more locations on [their website](#).

Conditioner bottles

- **Reduce** – aim to use conditioner with no plastic packaging e.g. conditioner bars. If buying conditioner in plastic packaging, avoid buying items with pumps, as these parts are often not recyclable.
- **Reuse** – consider investing in sustainable solutions e.g. refillable conditioners. BodyShop, for example, sell shampoo and conditioner in aluminium bottles which can be refilled in store when empty. Find out more on [their website](#). Bigger shampoo and conditioner bottles can also be bought from certain brands (and original bottles can then be refilled), which can help save money in the long run. See, for example these large (2.5L) bottles sold by [Faith in Nature](#).
- **Recycle** – See [Plastics](#).

Confidential waste (paper)

- **Recycle** – place in a Restore Datashed paper console across campus (see what these look like on the final page), which are secure and emptied weekly. These can be found in most academic buildings. See specifically where on the [University website](#).

Contact lens

- **Recycle** – Boots Opticians on Exeter High Street and Pullen & Symes Opticians on Longbrook Street are both drop off points for contact lens recycling. Find out more [here](#). Most Specsavers also accept old contact lenses and their packaging for recycling in store. Find out more on [their website](#).

Contact lens packaging

- **Recycle** – the plastic packs that contact lenses come in can be recycled with other household plastics, provided the foil lids are removed. The boxes that contact lenses come in can also be recycled with other cardboard in a recycling bin (at your student residence or in the green bin if you are living off-campus). Specsavers and Boots also accept the packaging alongside contact lens themselves for recycling (see [Contact lens](#)).

Cork

- **Recycle** – donate to Recorked UK by post, who will resell your corks and donate a portion of the profit to charity. Find out more on [their website](#).

Cotton wool pads and buds

- **Reduce** – only buy what is needed and ensure where possible that items being purchased are plastic free. Consider switching to reusable options e.g. makeup pads made from cotton or microfibre which can be washed and reused. See, for example, these [reusable pads from Ikea](#).
- **Disposal** – for used cotton wool buds and pads that are not intended for reuse, dispose of as non-recyclable waste in a general waste bin.

Crisp packets

- **Recycle** – collect up with other packets such as biscuit packets and take to a supermarket collection point (see [Bags](#)).
- **Disposal** – dispose of as non-recyclable waste in a general waste bin.

Crisp tubes (i.e. Pringles cans)

- **Reduce** – consider buying crisps that do not come in tubes, as these are sometimes not recyclable with other cardboard waste. There is only one recycling point for these non-cardboard items in Exeter (see below).
- **Reuse** – consider reusing your Pringles can. See [this BBC article](#) and videos on YouTube for inspiration.
- **Recycle** – Pringles have recently introduced new recyclable tubes. If your tube contains the recyclable banner, recycle with other cardboard items. If the tube states that it should not be recycled, take to a Pringles Can donation point such as the one at Exeter Leukaemia Fund in Marsh Barton. Find out more about [The Pringles Tube Free Collection Programme](#) here.

D

Dehumidifiers (electrical)

- See [Electrical equipment](#).

Dehumidifiers (plastic)

- **Reduce** – consider switching to natural alternatives. For example, you can place baking soda or rock salt in bowls around your house/flat to naturally absorb moisture. Certain plants, like spider plants and English ivy, can absorb water from the air through their leaves. If purchasing plastic dehumidifiers, consider purchasing hanging dehumidifier bags instead, as these contain less plastic overall and some have paper-based bags.
- **Disposal** – most plastic dehumidifiers that have contained moisture absorbing crystals cannot be recycled. Check the packaging to be sure. Make sure to empty the dehumidifier of water before placing the rest of the container in your general waste bin.

Deodorant containers (roll-on)

- **Reduce** – consider purchasing cardboard/aluminum roll on deodorants instead of plastic (e.g. [Wild](#) or [Salt of the Earth](#) deodorants).
- **Reuse** – the empty roll-on deodorant container can easily be filled with sunscreen to create a convenient applicator. They can also be used for crafting activities, such as to make glitter pens (fill with a mixture of PVA glue and glitter). See more [here](#).
- **Disposal** – no parts of a plastic roll-on deodorant can be recycled, so dispose of as non-recyclable waste in a general waste bin.

Deodorant cans (spray)

- See [Aerosols](#).

Disposable BBQs

- **Reduce** – use your grill to recreate the same flavour and reduce the waste created by disposable BBQs. The University does not permit the use of any BBQs on campus, other than those provided on site at approved BBQ points. For use off-campus, consider investing in a small metal BBQ that can be reused. See, for example, [this small BBQ](#) from Argos.
- **Disposal** – if using one at a beach such as Exmouth, there are designated metal bins for disposable BBQs. **Do not put in other bins** – there have been several fire incidents at Exmouth because of disposable BBQs being placed in the incorrect bins.
 - Do not use at beaches that forbid them e.g. Dawlish Warren.
 - Guidance on how to safely dispose of disposable BBQs can be found [here](#).
 - If not being used at the beach, ensure that the BBQ has fully cooled down before putting in a general waste bin.

Drink cans

- **Recycle** – place empty, clean cans in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Duvet

- **Reuse** – donate to the charity Turntable (in Exeter St Thomas). Please contact ahead of time to see if they are accepting donations. Find out more on [their website](#).
- **Recycle** – unwanted duvets can either be taken to a recycling centre (such as Exton Road or Pinbrook Road in Exeter) or taken to stores such as Dunelm. Dunelm runs an in-store Textile Takeback Scheme where you can take unwanted pillows and duvets from any brand. The scheme is available in the Exeter store. Find out more on the [Dunelm website](#).

E

Egg boxes

- **Reuse** – there are a number of creative ways you can repurpose egg boxes. Why not try using them to plant seedlings in, use them as organisers for small things e.g. screws, jewellery or Christmas ornaments or use them as a paint pot. See more ideas [here](#).
- **Recycle** – See [Cardboard](#).

Electrical equipment

- **Reduce** – consider all new purchases carefully, ensuring there is a genuine need. Check Gift it Reuse it, [Warp It](#) or charity shops first.
- **Reuse** – donate to Gift it Reuse it, [Warp It](#) or a charity shop.
- **Recycle** – all retailers selling electrical goods are obliged to take back items for recycling. See how the process works at John Lewis, for example, on [their website](#). For all electrical items and their potential recycling locations, visit the Recycle Your Electricals [search webpage](#).

Envelopes (non-padded)

- See [Paper](#).

Envelopes (padded)

- **Reuse** – consider keeping these items for when you next need to post a delicate item. Sell on eBay if you have large volumes.
- **Disposal** – unwanted padded envelopes, such as jiffy and poly-envelopes, cannot be recycled and must be disposed of as non-recyclable waste in a general waste bin.

F

Face cream pots (glass)

- See [Glass](#).

Face cream pots (plastic)

- **Recycle** - See [Plastic](#).

Face cream tubes (plastic)

- **Recycle** - See [Plastic](#).

Fancy dress

- **Reuse** – if in good condition, donate to the British Heart Foundation (see the [red donation banks](#) around campus) or other charity shops.
- **Recycle** – if unusable (i.e. torn or stained) take to a textiles recycling bank, such as those at Exton Road or Pinbrook Road recycling centres.

Foil (sheets or trays)

- **Reduce** – consider switching to reusable alternatives, such as silicone baking sheets or [beeswax wraps](#).
- **Recycle** – foil, if clean, can be recycled in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.
 - When recycling, wipe or dip foil trays in washing up water to remove any crumbs or food residue and scrunch kitchen foil, aluminium pot lids and wrappers together to form a ball – the bigger it is, the easier it is to recycle. Foil items that can be recycled include:
 - Foil food trays, barbeque trays and takeaway containers.
 - Kitchen foil, aluminium pot lids and wrappers.
 - Drinks cans (see also, [Cans/Tins](#)).
 - Screw top lids from wine bottles.

Food packaging (mixed material)

- **Reduce** – consider packaging when ordering and purchasing food items.
- **Recycle** – check the back of the packaging to see if it is recyclable, or needs separating by component. Often, plastic elements can be recycled in a plastics bin (or the green bin if you are living off-campus) and paper elements in a paper bin. Some packaging will need to be taken to a supermarket recycling point (e.g. those at Co-op or Sainsburys). Check your local supermarket for a

comprehensive list of which soft plastics they take. Find out more on the [Recycle Now website](#) here.

Food

- **Reduce** – aim to combat food waste by cooking with flatmates, batch cooking and meal planning to avoid excess food purchasing. Try using the Supercook app or [website](#) to generate recipe ideas with the items you already have in your fridge and cupboards. Find some more tips for reducing food waste on the [Sustainability Instagram page](#).
- **Reuse** – donate unwanted (unopened, in-date food) to the Community Fridge in the Forum Library on campus or the local [food bank](#). There are food bank collection points in a number of supermarkets, including Morrisons on Prince Charles Road.
- **Recycle** – in non-residential University buildings, food waste bins are currently being rolled out in phases across campus. If living in student accommodation – on campus or in the city – find out how to recycle your food waste [here](#). Find out more about food waste provision by Exeter Council on [their website](#).

Furniture

- **Reduce** – always check charity shops, Gift it Reuse it or [Warp It](#) to see if you can obtain items second hand. Consider the environmental credentials of furniture when buying new. Additional items of furniture are forbidden in student residences on campus.
- **Repair** – if broken or damaged, take to a furniture repair shop e.g. Topsham repair cafe where it can be repaired for free. You can also find repair videos on YouTube to follow.
- **Reuse** – donate to Gift it Reuse it or upload to [Warp It](#).
- **Recycle** – take to a recycling centre (e.g. Exton Road or Pinbrook Road) and recycle according to material.

Frame (e.g. picture frame)

- **Repair** – if the frame is broken, these can often be fixed with wood glue or a glue gun.
- **Reuse** – if the frame is in-tact and usable, donate to Gift it Reuse it or a charity shop.
- **Recycle** – if not useable and made up of wooden components, take the frame apart carefully and take the wooden components to a recycling centre (e.g. Exton Road or Pinbrook Road).
- **Disposal** – if there are non-recyclable components e.g. broken glass or plastic edges, put in the general waste bin (safely, taking care to wrap anything sharp in newspaper or other protective packaging).

G

Glass bottles (drinks)/Glass jars/Glass perfume bottles

- **Reuse** – re-use old food (e.g. jam) jars to store leftover food, cupboard ingredients e.g. flour or other small items e.g. pins and paperclips.
- **Recycle** – if you are in a non-residential University building, glass items should be taken to external glass bins, such as those outside the Forum or Streatham Court (in the bin shed). To see what these bins look like, go to the final page of this document.
 - If you are living on campus, glass items can be recycled in the glass bin at your student residence.
 - If you are on St Luke's campus, there is a glass recycling bin on the Quad.
 - If you are living off-campus, glass recycling must be taken to one of various glass banks located around the city. To see where these are located, visit the [Exeter Council website](#). (Some of the nearest banks to campus include those located on Prince of Wales Road, Old Tiverton Road and Howell Road).

Glasses (for vision)

- **Reuse** – you can sell frames on sites such as [Vinted](#) and [eBay](#), or donate them to [Peep Eyewear](#), which takes old glasses in return for a £10 voucher. This family-run business sells pre-loved frames, and does repairs. It can also turn your old glasses into sunglasses. Peep sends frames they cannot reuse to the [Lion's Club](#), which sorts and restores glasses for the charity [Unite for Sight](#), or dismantles and recycles them. Click [here](#) to read the full article from The Guardian on these schemes.
- **Recycling** – if your glasses are broken, take them to Specsavers in Exeter and place them in the recycling bin in store.

Glass (Pyrex or drinking glasses)

- **Reuse** – if in good condition and clean, donate to Gift it Reuse it or a charity shop.
- **Disposal** – if broken or unusable, wrap up in newspaper or other packaging to ensure safe disposal. Pyrex dishes and broken drinking glasses cannot be recycled with glass recycling at your student residence or on campus. Take to a recycling centre (e.g. Exton Road or Pinbrook Road) if living off-campus.

Greaseproof paper

- **Disposal** – dispose of as non-recyclable waste in your general waste bin.

Greasy card/paper (i.e. Domino's pizza boxes or take away containers)

- **Disposal** – dispose of as non-recyclable waste in your general waste bin.

Greeting cards

- **Reuse** – cut up and reuse as gift tags or gift boxes. See more ideas [here](#).
- **Recycle** – if the card is made up of just paper or card (or has plastic or material components that can be removed), see [Paper](#).
- **Disposal** – if the card is made up predominately of plastic, glitter or other elements e.g. ribbons, dispose of as non-recyclable waste.

H

Hangers

- **Reuse** – donate to Gift it Reuse it or upload a group of hangers to [Warp It](#).
- **Recycle (broken metal)** – take to a recycling centre (Exton Road or Pinbrook Road) and recycle with other metals.
- **Recycle (broken plastic)** – See [Plastic](#).
- **Recycle (broken wood)** – See [Wood](#).

Hair dryer/straightener/curler

- **Recycle** – See [Electrical Items](#).

Headphones (broken)

- **Reuse** – donate to Gift it Reuse it, upload to [Warp It](#) or donate to a charity shop.
- **Recycle** – if broken, see recycling options under [Electrical Items](#).

Hello Fresh Packaging

- See [Recipe Boxes](#).

Household chemicals and cleaners

- **Reuse** – consider investing in sustainable solutions e.g. refillable products. If you have purchased a surface cleaning spray at the start of the year, the same bottle can be refilled for the rest of the year. A number of brands and supermarkets sell cleaner refill pods that can be dissolved in water. See more ideas in [this PDF](#) from the Sustainability website and on the [Sustainability Instagram](#) page.
- **Recycle** – always read the label of the product. Some products can be put in the bin, but some have to be poured down the sink or taken to a recycling centre if they are hazardous. The bottles of some products can be recycled with other recyclables if the product inside is rinsed out. Check bottles with spray or pump mechanisms – sometimes these parts cannot be recycled and will need to be put in a general waste bin.

Ice cream tubs

- **Reuse** – plastic ice cream tubs can be re-used as storage boxes for lunches or meal prep.
- **Recycle** – if plastic or card, rinse out and place in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Ice packs

- **Reuse** – if reusable and in good condition, donate to Gift it Reuse it.
- **Recycle** – most ice packs (if the outer shell is hard plastic) can be recycled if the contents are poured out or disposed of (usually water or gel). Read the outside of the ice pack itself and look out for the recycling symbol. Ice packs that come with recipe boxes often cannot be recycled, so they should be placed in the general waste bin (once emptied in the sink if filled with water). See more information [here](#).

Inflatables

- **Repair** – details on how to repair inflatables can be found [here](#).
- **Reuse** – if in good condition and not torn, donate to Gift it Reuse it or a charity shop.
- **Disposal** – if completely unusable and not in a state to be repaired, dispose of as non-recyclable waste in your general waste bin.

Ink cartridges

- See [Cartridges and Toners](#).

IT equipment

- **Reuse** – donate to Gift it Reuse it, a charity shop or upload to [Warp It](#).
- **Recycle** – when you replace a laptop or computer, the retailer you buy it from is legally required to help you dispose of your old device. Ask instore or contact their customer services online for details.

J

Jars

- See [Glass](#) or [Plastic](#) depending on material.

Junk mail

- **Reduce** – you can register with the Royal Mail's Door to Door Opt Out Service for non-addressed junk mail. You can also register with the [Mailing Preference Service](#), which can remove your name from up to 95% of Direct Mail lists.

- **Recycle** – See [Paper](#).

K

Kettles

- See [Electrical equipment](#).

Kitchen (assorted) e.g. chopping boards, baking sheets or crockery (usable)

- **Repair** – if broken, aim to repair the item before recycling it.
- **Reuse** – if in good condition, donate to Gift it Reuse it or a charity shop. Please clean before donating.
- **Recycle** – if in poor condition and not suitable for donation, take to a recycling centre (e.g. Exton Road or Pinbrook Road) and recycle according to material (e.g. metal or plastic).

Kitchen roll

- **Reduce** – buy reusable cloths that can be put in the washing machine. Designate one cloth for different cleaning jobs e.g. one for surfaces and one for the floor. See more ideas [here](#).
- **Disposal** – once used, kitchen roll cannot be reused or recycled, so put in your general waste bin.

Kitchen roll tubes

- **Reuse** – consider reusing your kitchen roll tubes in a creative way. Explore examples of sustainable cardboard crafts on Pinterest [here](#).
- **Recycle** – See [Cardboard](#).

Kitchen utensils e.g. cutlery

- **Reuse** – donate to Gift it Reuse it or a charity shop. Please clean before donating.
- **Recycle** – if plastic, see [Plastic](#) and if metal, take to a recycling centre (Exton Road or Pinbrook Road) and recycle with other metals.

L

Laptops

- **Reuse** – if in working condition, sell on eBay, donate to a charity shop (check first with the specific shop whether they accept such items) or Gift it Reuse it, or upload to [Warp It](#).

- **Recycle** – if unusable, consider donating to a charity that can refurbish it such as [Computers4Charity](#). Alternatively, you can take the product back to its retailer, as they are legally required to help you dispose of your old device. If you do not know the retailer with whom you purchased the device, you can take any laptop to John Lewis, Currys or Exton/Pinbrook Road recycling centres for recycling. To find out more, search your postcode and device on the [Recycle Your Electricals website](#).

Lamps

- See [Electrical equipment](#).

Light bulbs

- See [Bulbs](#).

M

Magazines

- **Recycle** – See [Paper](#).

Make-up

- **Reduce** – consider using eco-friendly makeup brands. See a list of examples on the [Bower Collective website](#).
- **Recycle** – take any make-up items such as empty mascaras, lipsticks, travel minis, samples and make-up palettes to Boots in Exeter and earn shopping credits. Find out more on [their website](#).

Margarine tubs

- **Re-use** – consider keeping these tubs (if big enough) to use as storage boxes for sandwiches or meal prepping.
- **Recycle** – see [Plastics](#).

Matchboxes

- **Recycle** – take off the strike strip (dispose of in a general waste bin) and put the rest of the box in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Matches

- **Reduce** – consider purchasing a rechargeable lighter for longer term use.

- **Disposal** – dispose of as non-recyclable waste. Ensure that it has been extinguished.

Meat trays (plastic)

- **Recycle** – see [Plastic](#).

Medicines

- **Recycle** – if you have used all the medicine inside, dispose of according to material e.g. plastic, glass etc. For inhalers (even if empty) and other half-full or surplus medicines, return to a pharmacy.

Metal hangers (broken)

- **Recycle** – take to a recycling centre (e.g. Exton Road or Pinbrook Road) and dispose of with other metal items.

Milk bottles (plastic)

- **Reduce** – consider switching to buying milk in glass bottles. See [here](#) for more details.
- **Recycle** – rinse and place in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus. All plastic milk bottles are recycled in a closed-loop, meaning they become milk bottles again.

Mobile phones

- **Reuse** – you can donate mobile phones to charities such as Oxfam. Find out more [on their website](#). You can also sell them on a number of online websites, including [eBay](#).
- **Repair** – Curry's offer a mobile phone repair service (find out more on [their website](#)), as do many local repair shops around Exeter.
- **Recycle** – the mobile phone retailer is legally required to provide an option for recycling. If you do not know the retailer with whom you purchased the device, you can take any mobile phone to John Lewis, Currys or Exton/Pinbrook Road recycling centres for recycling. To find out more, search your postcode and device on the [Recycle Your Electricals website](#).

N

Nail varnish

- **Reuse** – be creative with old nail polish bottles by using them for other activities such as crafting. If the nail varnish is dried up, add a drop of nail varnish remover liquid to return the varnish to its original consistency. If the varnish is unusable

and the bottle cannot be cleaned, consider keeping just the brush (that forms the bottle lid) for other purposes.

- **Recycle** - use acetone or nail varnish remover to clean the bottle. Discard any leftover nail polish on a paper towel. Put the bottle in your glass recycling bin, and the lid/brush in a general waste bin.

Newspaper

- **Reduce** – read the news online instead.
- **Reuse** – use as a resource for packing things up when moving out, use a gift wrapping or in paper mâché for crafts.
- **Recycle** – all newspaper can be recycled in any recycling bin.

O

Oil (cooking)

- **Disposal** – large amounts of cooking oil **must never** be poured down drains. Oil should be poured into a sealed container and placed in your general waste bin, or left to solidify and then scraped off into your food waste bin.

P

Packaging

- **Reuse** - use Packshare to donate any unused packaging to local businesses. You can look up specific items such as cardboard boxes. Find out more [on their website](#).
- **Recycle** – if not suitable for reuse and made of recyclable materials such as cardboard, paper or recyclable plastic, place in the appropriate recycling bin (on campus or at your student residence).
- **Disposal** – if it states on the packaging that it is not recyclable, place in a general waste bin.

Packing peanuts

- **Reuse** – save for when you are next packaging an item.
- **Recycle** – if you have no future use for them, dispose of as non-recyclable waste in a general waste bin.

Paint

- **Reduce** - opt for natural or low VOC paints, using water-based paints where possible. Additionally, make sure to keep paint sealed and stored correctly to extend its shelf life.

- **Disposal** – if acrylic paint is completely dry, it can be disposed of in the general waste bin. Wet acrylic or solvent-based paints, however, should be disposed of at hazardous waste points found at all recycling centres.

Paint pots

- **Reduce** – to reduce paint consumption in plastic tubs, prioritise buying only what is needed and ensure proper airtight storage. Proper storage and use can also help extend the life of paint, reducing the need to purchase it more frequently.
- **Reuse** – consider reusing paint containers or recycling them when empty.
- **Disposal** – once the paint has been removed/disposed of, if the container is clean, it can be recycled according to material type (e.g., plastic or metal).

Paper

- **Reduce** – use digital formats or recycled paper e.g. Pukka Pad Recycled Jotta.
- **Recycle** – paper (including newspapers, magazines and books) can be placed in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Pens

- **Reuse** – if they are in good condition and working, donate to Gift it Reuse it.
- **Recycle** – Ryman's offers pen recycling for all types of pens (including broken/unbroken and Ryman/non-Ryman pens) in-store in Exeter. See more [here](#).

Perfume bottles

- **Reduce** – buy refillable perfumes where possible.
- **Reuse** – consider reusing perfume bottles for other purposes, such as a reed diffuser jar or vase for flowers. See more ideas [here](#).
- **Recycle** – if glass, check whether the top is plastic or metal and remove this before placing in the glass recycling. If you are unsure about the recyclability of your bottle, you can take your empty bottle to the '[The Perfume Shop](#)' store and they will recycle it for you.

Pill packets

- **Recycle** – you can recycle empty pill packets (also called blister packs) at Superdrug and Boots stores. Find out more on the [Superdrug](#) and [Boots](#) websites. (Medicine boxes made from cardboard and paper instruction leaflets can be recycled in a standard recycling bin).

Pizza boxes e.g. Dominoes

- **Recycle** – if the box is not dirty, recycle with other cardboard waste.

- **Disposal** – if the box has substantial food or grease stains on, dispose of as non-recyclable waste in a general waste bin.

Plant pots (plastic)

- **Reduce** – consider using old household items such as tins, coffee cans or plastic bottles to create your own plant pots.
- **Reuse** – if in good condition and not cracked, consider donating to the Exeter Community Garden, above and behind East Park accommodation.
- **Recycle** – clean and place in a plastic recycling bin (on campus, at your student residence or in a green bin if off-campus).

Plant pots (ceramic)

- **Repair** – if you have any broken ceramics such as a broken plant pot, consider adopting a repair technique such as Kintsugi. Find out more [here](#).
- **Reuse** – if in good condition and not cracked, consider donating to the Exeter Community Garden, above and behind East Park accommodation.
- **Recycle** – take to a recycling centre such as Exton Road or Pinbrook Road and recycle with other ceramics.

Plasters

- **Reduce** – switch to eco-friendly alternatives e.g. Elastoplast plasters made from natural fibres.
- **Disposal** – dispose of as non-recyclable waste in a general waste bin.

Plastics

- **Reduce** – consider switching to reusable or more sustainable alternatives to plastic, such as reusable drink bottles/cups. Consider refilling products at zero-waste shops (e.g. Zero or Nourish in Exeter) to reduce packaging waste. Find out more on [Zero's website](#).
- **Reuse** – be creative and turn plastic products or packaging into plant pots, bird feeders or pen pots. See more ideas for upcycling old plastic items on [Pinterest](#).
- **Recycle** – place clean plastics in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus. Acceptable items include (but are not limited to) drinks bottles, cleaning fluid containers, milk bottles, food tubs and trays, clean clingfilm and plastic bags. For specific plastic items such as clothes hangers and shampoo and conditioner bottles, see dedicated sections on this list.

Polystyrene

- **Reduce** – consider the packaging when purchasing items.

- **Reuse** – keep and use for future packages or to pad items when moving out at the end of the year.
- **Disposal** – dispose of as non-recyclable waste in a general waste bin.

Pots and pans

- **Reuse** – if in good condition and clean, donate to a charity shop or Gift it Reuse it, or upload to [Warp It](#).
- **Recycle** – if not in good condition, take to a recycling centre e.g. Exton Road or Pinbrook Road and place in the designated recycling bin.

Pump bottles

- **Reduce** – switch to refillable options e.g. refillable shampoo bottles or brands which either avoid using pumps in their products or make recyclable pumps e.g. [Aveeno](#).
- **Recycle** – lotion pumps can be recycled at Boots, alongside make-up products. Available in the Exeter High Street store. Find out more on [their website](#).

R

Disposable razors

- **Reduce** – consider switching to more sustainable razor alternatives e.g. bamboo razors or razors with replaceable heads.
- **Recycle** – make sure to dispose of razors safely in a general waste bin by wrapping them in paper or cardboard.

Ringbinder folders

- **Reduce** – check Gift it Reuse it or [Warp It](#) before purchasing new.
- **Reuse** – if in good condition, donate to Gift it Reuse it or a charity shop.
- **Recycle** – if completely unusable, please remove any metal (and dispose of this at a recycling centre) and put the cardboard in a cardboard recycling bin (at your student residence or in the green bin if you are living off-campus).

Recipe box packaging

- **Reuse** – if buying Hello Fresh and provided with insulation sheets, these can be used as a sustainable alternative to cushion stuffing. You can purchase cushion covers second hand in charity shops which can then be filled with these sheets of insulation. Consider folding away any large boxes that come with orders, saving them to use for moving out at the end of the year.
- **Recycle** – make sure to put any paper packets and sachets in the recycling bin. Sometimes boxes will come containing items made from soft plastic e.g. plastic

films and ice packs which (once drained) can be recycled at supermarkets with other soft plastics (look for the 'Recycle with bags at large supermarkets' logo'). See [Bags](#).

Rubber bands/gloves

- **Recycle** – if they are Marigold rubber gloves, find out how they can be recycled on the Marigold website [here](#).
- **Disposal** – if not the Marigold brand, place them in a general waste bin as non-recyclable waste.

Rugs

- **Reuse** – donate to Gift it Reuse it, upload to [Warp It](#) or donate to a charity shop (not accepted in the British Heart Foundation donation banks located around campus).
- **Recycle** – See [Textiles](#).

S

Salad bags

- **Recycle** – See [Bags](#).

Sanitary products

- **Reduce** – consider switching to re-usable sanitary products e.g. menstrual cups, reusable/biodegradable pads, period underwear or other plastic free products. See a comprehensive guide on the [Recycle Devon website](#).
- **Disposal** – dispose of pads and tampons in sanitary bins in any toilet on campus. Dispose of with other non-recyclable waste otherwise.

Saucepan

- See [Pots and Pans](#).

Shampoo bottles/shower gel bottles

- **Reduce** – aim to use shampoo with no plastic packaging e.g. [shampoo bars](#). If buying shampoo in plastic packaging, avoid buying items with pumps, as these parts are often not recyclable. Switch to bars of soap instead of shower gel.
- **Reuse** – consider investing in sustainable solutions e.g. refillable shampoo and conditioner. Body Shop, for example, sell shampoo and conditioner in aluminium bottles which can be refilled in store when empty. Find out more on [their website](#). Bigger shampoo and conditioner bottles can also be bought from certain brands

(and original bottles can then be refilled), which can help save money in the long run. See, for example, [this large refill bottle](#) (2.5L) from Faith in Nature.

- **Recycle** – See [Plastics](#).

Shoes

- **Reuse** – donate to the British Heart Foundation (see the location of all on-campus donation banks on the [Sustainability website](#)). You can also send up to 15kg of them (in any condition) to the [Jog On](#) campaign, through its partnership with delivery service Evri for £2 (click [here](#) to see the full article from The Guardian).
- **Repair** – consider getting your shoes repaired before you buy new ones. Repairs can be carried out by Timpson. Find out more on [their website](#).
- **Recycle** – take to a recycling bank if in poor condition and you are unable to send to Jog On. Find your nearest recycling bank on the [Exeter Council website](#) (select 'Shoes' from the drop down menu and then click 'Show banks on map').

Sponges

- **Reduce** – aim to reduce the use of plastic or non-biodegradable sponges. You can buy sponges which are 100% biodegradable, such as coconut fibre sponges. See more ideas in [this PDF](#) from the Sustainability website and the [Sustainability Instagram](#) page.
- **Disposal** – dispose of as non-recyclable waste in your general waste bin.

Spray bottles

- See [Household chemicals and cleaners](#).

Sports equipment

- **Reuse** – donate any usable unwanted items to Gift it Reuse it, upload to [Warp It](#) or take it to a charity shop.
- **Recycle** – if broken, take to a recycling centre e.g. Exton Road or Pinbrook Road and dispose of accordingly.

Stationery

- **Reuse** – donate any usable unwanted items e.g. rulers, pens and highlighters to Gift it Reuse it, upload to [Warp It](#) or take it to a charity shop.
- **Recycle** – Ryman's offers pen recycling in-store (see more under [Pens](#)).

Sweet/chocolate tins/tubs (metal or plastic)

- **Reuse** – consider reusing tins e.g. Quality Street or Celebrations tins for storage of stationary, sewing kits, first aid or other small items (or to store cutlery in when moving out at the end of the year).
- **Recycle** – check details on the container as to whether it can be recycled or not. Many plastic tubs can be placed in the recycling bin (at your student residence, the green bins around campus, or the external green bin if living off-campus). Over Christmas, consider donating to the [Tub2Pub scheme](#) (Greene King Pubs) which raises money for charity.

Sweet/chocolate wrappers (plastic)

- **Recycle** – take to a supermarket collection point where they also accept soft plastics (e.g bread bags) for recycling. Check your local supermarket for a comprehensive list of which soft plastics they take. Find out more on the [Recycle Now website](#) here.

T

Takeaway containers (card/plastic)

- **Recycle** – recycle as card/plastic if no grease/food stains remain after washing.
- **Disposal** – if grease/food stains are visible then dispose of as non-recyclable waste.

Teabags

- **Recycle** – if available in your area, place them in your food waste collection for composting. You may need to separate the tea from the bag and dispose of the bag in general waste beforehand. Check the packaging for details on recyclability. Find out more about teabag recycling on the [Recycle Now website](#).

Tents (camping)

- **Reuse** – if your tent is not broken or ripped, upload to [Warp It](#) or take it to a charity shop.
- **Recycle** – Cotswold Outdoor (including the store in Exeter in Bishops Retail Park) runs a recycling scheme for camping gear including tents. Find out more on [their website](#), or take your unwanted or broken tent (provided it is small) into store.

TetraPaks (e.g. milk cartons)

- **Recycle** – if you have TetraPaks and are living in UPP accommodation on campus, place in the recycling bins at your student residence. Otherwise, take Tetrapaks to a recycling bank. The nearest bank to campus is located behind Sidwell Steet, in [Bampfylde Street car park](#). Find out more on the [Exeter Council website](#). (Select 'Cartons' from the drop-down menu and then click 'Show banks on map').

Textiles

- **Reuse** – donate to Gift it Reuse it or a charity shop if still usable. Check the charity shop prior to donating – some do not accept textiles (the British Heart Foundation donation banks around campus do not accept rags or similar textiles in their banks).
- **Recycle** – if unusable, recycle in a textiles recycling bank. Find out more on the [Exeter Council website](#). Alternatively, you can use Dunelm's take-back scheme for any brand of textiles (their scheme is available in the Exeter store or by post). Find out more on the [Dunelm website](#).

Towels and tea towels

- **Reuse** – donate to the British Heart Foundation (see donation points on the [Sustainability website](#)) or other charity shops if in good condition and clean.
- **Recycle** – see [Textiles](#).

Tins (food or coffee)

- **Reuse** – consider washing coffee tins e.g. Kenco or Nescafe coffee tins and using them as pen pots, pots for make-up brushes or toothbrushes or even a pot for a plant! See many sources of inspiration on Pinterest and other sites such as [this one](#).
- **Recycle** – place empty and clean tins in the recycling bin at your student residence, the green bins around campus, or the external green bin if living off-campus.

Tissues

- **Reduce** – consider using reusable alternatives e.g. handkerchiefs.
- **Reuse** – unopened tissue packets can be given to Gift it Reuse it.
- **Disposal** – used tissues should be placed in a general waste bin with other non-recyclable waste.

Toasters

- See [Electrical equipment](#).

Toilet roll tubes

- **Reduce** – consider switching to an eco-friendlier toilet roll brand, for example, [Serious Tissues](#).
- **Reuse** – consider reusing your toilet roll tubes e.g. for crafts. See more ideas on [Pinterest](#) and [here](#).
- **Recycle** – See [Cardboard](#).

Toothbrush (plastic)

- **Reduce** - consider switching to an eco-friendly alternative e.g. [a wooden toothbrush](#).
- **Reuse** - consider repurposing your old toothbrush for household chores, such as for cleaning showers, shoes and hard to reach areas!
- **Recycle** - plastic toothbrushes can be recycled with Philips. Find out more on [their website](#).

Toothbrush (electric)

- See [Electrical equipment](#).

Toothpaste

- **Recycle** - recycle at Boots on Exeter High Street. Find out more on [their website](#).

Tote bags

- **Reuse** - donate to [Gift it Reuse it](#), upload to [Warp It](#) or donate it to a charity shop.
- **Recycle** - See [Textiles](#).

U

Umbrellas

- **Repair** - if broken, consider ways to repair it by searching on YouTube for relevant videos ('how to fix a broken umbrella').
- **Reuse** - donate to [Gift It, Reuse It](#) or donate to a charity shop if in good condition.
- **Recycle** - take to a recycling centre (e.g., Exton Road or Pinbrook Road recycling centres) and recycle according to material. It may need to be separated (e.g., the material removed from the metal).

V

Vapes (disposable)

- **Reduce** - switch to rechargeable vape kits.
- **Recycle** - return to the retailer. Vape retailers are legally required to have a vape bin in-store or at the place of sale. Sainsburys Guildhall in Exeter also has vape recycling.

W

Water Bottles

- **Reuse** - if in good condition, donate to Gift it Reuse it, a charity shop or upload to [Warp It](#).

- **Recycle** – if no longer usable, recycle according to material e.g. plastic/metal. Chilly's (the popular reusable metal bottle brand) do a take-back scheme for water bottles, both plastic and metal. They do not have to be Chilly's products. Find out more on [their website](#).

Water filter

Examples: *BRITA filter*

- **Recycle** – if you use a BRITA filter jug, these can be recycled in collection boxes at most Sainsbury's, Robert Dyas and Tesco stores (amongst others). Some collection boxes accept any brand. Find out more on the [BRITA website](#).
- **Dispose** – if a water filter cannot be recycled through these routes, dispose of it in a general waste bin, as it cannot be recycled at recycling centres or through at-home recycling routes.

Wet wipes/wet wipe packets

- **Reduce** – consider investing in reusable wipes. Where buying disposable wipes is necessary, aim to buy those that are biodegradable.
- **Disposal** – wet wipes cannot be recycled or flushed down the toilet (even those that are biodegradable). Dispose of both plastic and biodegradable wipes, and their packaging, in a general waste bin.

Wood

- **Recycle** – take to a recycling centre e.g. Exton Road or Pinbrook Road and dispose of accordingly.

See below for images of bins and donation banks mentioned in this document.



Glass bin outside Forum



Glass bin outside Forum



Paper console
(Business Building)



British Heart Foundation
Donation Bank

East Park

Other useful resources:

- If you are off-campus e.g. in a private house and your bins are collected by Exeter Council, please refer to their '[A-Z of recycling, waste, and materials](#)' for any items not covered in this document. For items not covered by the council's database, use the [Recycle Now](#) database.
- Please refer to the following University webpage for more information on sustainable living:
 - o <https://www.exeter.ac.uk/about/sustainability/whatyoucando/>.
- Please refer to the following University webpage for more information on recycling when living in an on-campus residence:
 - o <https://www.exeter.ac.uk/study/accommodation/current-residents/recycling/>.
- Other local resources:
 - o <https://www.recycledevon.org/>
 - o <https://exeterlot.org.uk/>

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- Barbecue (BBQ) waste (charcoal and ash)
- Bed sheets
- Bicycles
- Bicycle helmets
- Biscuit packets
- Blister packs (medicine)
- Books
- Bras
- Bread bags
- Bubble wrap (plastic)
- Butter packaging

C

- Cables
- Cameras
- Cans
- Candles
- Camping gear
- Cardboard
- Cartons (e.g., soup or juice cartons, Tetrapaks)
- Cartridges (for printers)
- CDs and DVDs
- Cereal boxes
- Cereal inner bags
- Cheese wrappers
- Chewing gum
- China (e.g., vases)
- Christmas/birthday cards
- Cigarettes

- Cleaning products
- Clingfilm
- Clothes
- Coffee bags (plastic)
- Coffee cups (disposable)
- Coffee grounds
- Coffee pods and capsules
- Conditioner bottles
- Confidential waste (paper)
- Contact lens
- Contact lens packaging
- Corks
- Correction Fluid/ White-out
- Cotton wool pads and buds
- Christmas trees (artificial)
- Christmas trees (real)
- Crisp packets
- Crisp tubes (i.e., Pringles cans)

D

- Dehumidifiers (electrical)
- Dehumidifiers (plastic)
- Deodorant containers (roll-on)
- Deodorant cans (spray)
- Disposable BBQs
- Drink cans
- Duvet
- Duvet cover

E

- Egg boxes
- Electrical equipment
- Envelopes (non-padded)
- Envelopes (padded)

F

- Face cream pots and tubes
- Fancy dress
- Foil (sheets or trays)
- Food packaging (mixed material)
- Food
- Furniture
- Frame (e.g., picture frame)

G

- Glass bottles (drinks)/Glass jars/Glass perfume bottles
- Glasses (for vision)
- Glass kitchenware (e.g., Pyrex dishes/glass baking tray, drinking glasses)
- Greaseproof paper
- Greasy cardboard/paper (i.e. pizza boxes or take away containers)
- Greeting cards

H

- Hangers
- Hair dryer/Straightener/Curler
- Headphones (broken)
- Meal kit packaging (e.g., Hello Fresh, Gousto, etc.)
- Household chemicals and cleaners
- Ice cream tubs
- Ice packs
- Inflatables
- Ink cartridges
- IT equipment

J

- Jars
- Junk mail

K

- Kettles
- Kitchen items (assorted) e.g., chopping boards, crockery
- Kitchen roll
- Kitchen roll tubes
- Kitchen utensils (e.g., cutlery)

L

- Laptops
- Lamps
- Light Bulbs
- Lighters (disposable)

M

- Magazines
- Make-up
- Margarine tubs

- Matchboxes
- Matches
- Meat trays (plastic)
- Medicines
- Milk bottles (plastic)
- Mobile phones

N

- Nail varnish
- Newspaper

O

- Oil (cooking)

P

- Packaging
- Packing peanuts
- Paint
- Paint pots
- Paper
- Pens
- Perfume bottles
- Pizza boxes (e.g., Dominoes)
- Pill packets
- Plant pots (plastic)
- Plant pots (ceramic)
- Plasters
- Plastics
- Polystyrene
- Pots and pans
- Pump bottles

R

- Disposable razors
- Ringbinder folders
- Recipe box packaging
- Rubber bands/gloves
- Rugs

S

- Salad bags
- Sanitary products
- Saucepan
- Shampoo bottles/shower gel bottles
- Shoes

- Sponges
- Spray bottles
- Sports equipment
- Stationery
- Sweet/chocolate tins/tubs (metal or plastic)
- Sweet/chocolate wrappers (plastic)

T

- Takeaway containers (card/plastic)
- Teabags
- Tents (camping)
- TetraPaks (e.g., milk cartons)
- Textiles
- Towels and tea towels
- Tins (food or coffee)
- Tissues
- Toasters
- Toilet roll tubes
- Toothbrush (plastic)
- Toothbrush (electric)
- Toothpaste
- Tote bags

U

- Umbrellas

V

- Vapes (disposable)

W

- Water bottles
- Water filter
- Wet wipes/wet wipe packets
- Wood