

Show everyone you have a crush on Alberta.



Crush and recycle your empty milk containers.

Every year Albertans recycle millions of empty milk containers. Those jugs and cartons are turned into new useful products. Jugs become flower pots, drainage pipes, home composters, lawn chairs and bottles for everything from shampoo to cleaning products. Cartons are made into corrugated cardboard and even fine writing paper. But we are still throwing away too many milk containers. Instead of being recycled into new products, they are being wasted needlessly in landfill sites. Think about it the next time you have a milk container in your hands: recycle or landfill? Thank you for choosing to recycle every time.

It's a simple way to help preserve Alberta's great natural beauty!

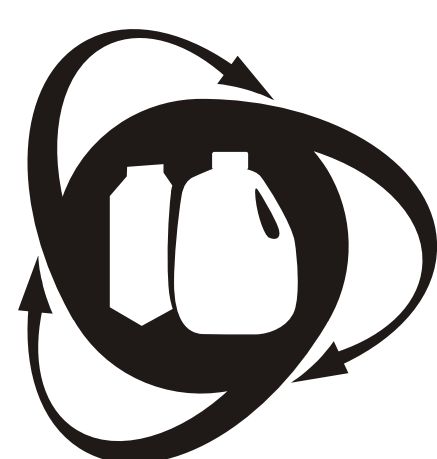


Swish and squish.

Remember, before you recycle, give your empty milk containers a swish with warm water, and a squish with your hands, your feet or whatever else works, so they take up less space. Deliver a crushing blow to waste.

For more information about the milk container
recycling facilities in your community call

1-877-414-5847



**swish'n
squish**

**ALBERTA DAIRY COUNCIL
MILK CONTAINER
RECYCLING PROGRAM**